

Trinity Broadcasting Network

Quarterly Report

January, February, March 2011

WHLV-TV , 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.

Crime

Economy

Education

Health

Youth

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Crime

Joy In Our Town # 183	28:30	14:00	L	PA/O	2/18/11	1:00 PM
					2/19/11	3:30 AM
					2/21/11	11:30 AM
					2/22/11	3:30 AM
					2/24/11	3:30 AM

Host Nick Kroger and Linda Fossen, President of I am Whole, Inc. discuss sexual abuse on children. The Orange County Sheriff's office reports that there is a 190 page manual on how to molest children is being circulated right now around Central Florida. One in every three women and one in three men will be sexually abused by the time they reach the age of 18. In the nation, Florida is ranked number two with sexual abuse cases. We have done a good job teaching our children about stranger danger, but most cases involve family members or friends. Warning signs include changes in a child's behavior. They will become introverted or act inappropriately with sexual knowledge that they ordinarily wouldn't know. Or, a child will act uncomfortable around a certain family member. In teen years, you will see a lot of cases of cutting, eating disorders or substance abuse. We need to really pay attention.

Joy In Our Town # 183	28:30	14:00	L	PA/O	2/18/11	1:00 PM
					2/19/11	3:30 AM
					2/21/11	11:30 AM
					2/22/11	3:30 AM
					2/24/11	3:30 AM

Host Nick Kroger and Detective Eric Giebelbecker from the Orlando Police Department discuss sexual abuse on children. There are different types of child sexual abuse. It could be an adult taking advantage of a child in a sexual way, exposure, a sex act, molestation, or children with children. The police department receives calls on child sexual abuse in different ways. Reporting suspicions can be done in different ways. The calls can be made anonymously through Crimeline, a teacher or neighbor could see something, or the Department of Child Services could notify the police department. Once the call is received, the child is interviewed first to determine validity. The police department has a partnership with Victim's Service Center who has professionals to do the interviews. Sometimes cases are hard to prove because it's the adult's word against the child's word. And, sometimes it will be years later when it comes to light. Although child molestation, touching or handling has a statute of limitation, sexual battery does not.

Joy In Our Town # 186	28:30	14:00	L	PA/O	3/8/11	3:30 AM
-----------------------	-------	-------	---	------	--------	---------

Host Nick Kroger and Guy Inannello, Founder of Total Freedom, discuss crime prevention with repeat offenders. Between 90-95% of crime is drug addiction related. To pay for their addiction, drug addicts turn to crime. In families with children, this becomes an example and the children follow in their parents' footsteps. It's an inherited crime situation. This increases the crime statistics in our community. Sometimes going to prison isn't enough. When criminals serve their time and get out, there's no support. They're families are hurt and no longer trust them. So there needs to be a place where prisoners can go to rebuild trust. A tool that needs to be provided in order for released criminals to get back into society is accountability, having someone they can trust. Other ex-cons can be helpful because it's hard to talk to someone who hasn't been there. Another tool is reliability. If a person is staying out of prison, there is reliability. With accountability and reliability, the trust can build.

Economy

Joy In Our Town # 187	28:30	14:00	L	PA/O	1/4/11	4:00 AM
-----------------------	-------	-------	---	------	--------	---------

Host Nick Kroger and Melissa DeMarco, Mayor of Mount Dora, discuss how small cities are affected by the economy. Small cities in Central Florida such as Mount Dora have seasonal residents. Not only are they impacted by the economy with a decline in visitors, but also a lot of their residents leave during the summer. Because Mount Dora is a small town, it is filled with small businesses and the owners all know each other. When one business struggles, the others struggle as well. Some of the ways that Mount Dora has overcome the downturn in the economy is by having festivals and activities that draw the residents from the surrounding communities. The people coming to the festivals have a good time and see other activities in Mount Dora that they would like to take advantage of so they come back. Not only do they come back, but they tell their friends. The small businesses have also adapted, for example, the restaurants that have a low turnout for dinner, change their menus.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town # 194	28:30	14:00	L	PA/O	1/14/11	1:00 PM
					1/15/11	3:30 AM
					1/17/11	11:30 AM
					1/18/11	3:30 AM
					1/20/11	3:30 AM

Host Nick Kroger talks with Andrew Meadows, Director of Communications for the FL Citrus Mutual, regarding how much the shrinking citrus market affects the Central Florida economy. The citrus industry is a 9 billion dollar market in Central Florida including 76,000 jobs in 32 counties. It is a huge part of Florida's economy, second only to tourism, but it is in danger of being eradicated. The citrus market has shrunk by 550,000 acres stated wide, but Central Florida still has a significant influence. The citrus growers tend to pass on their businesses to families, with several generations at a time remaining in the business. Growers face challenges every year with freezes, hurricanes, urban development and diseases, but always manage to endure. Two things that help the growers to continue in the business are research and diversifying with new hybrids. One of the biggest challenges right now is a new disease, HLB, which can kill trees within 2 years and is found in all citrus growing states. But, research is going on right now and there has been several breakthroughs on fighting the disease.

Joy In Our Town # 195	28:30	14:00	L	PA/O	1/21/11	1:00 PM
					1/22/11	3:30 AM
					1/24/11	11:30 AM
					1/27/11	3:30 AM
					2/1/11	4:00 AM

Host Nick Kroger talks with Sandi Vidal, Executive Director of Christian Help, about the issue of getting help to those affected by the economy. Christian Help has seen over 12,000 people this year needing help because of the economy. Seniors are struggling the most. They have been in jobs for years and now they are being laid off or forced into early retirement. They don't know how to look for a job and businesses are hiring younger employees. The largest group needing help is the middle class who have lost their jobs. They are caught off guard and have never had to ask for help before, so it's difficult for them to receive help. What is needed is help with food, housing, prescriptions and utilities, but also one-on-one counseling, attending job fairs, and creating a job plan. People need to make a plan as soon as they lose their job. Living in denial can cause problems. There are 17 different agencies in Central Florida which are collaborating to offer support to those in need. By calling 211, residents can get direction to the resources needed.

Joy In Our Town # 196	28:30	14:00	L	PA/O	1/28/11	1:00 PM
					1/29/11	3:30 AM
					1/31/11	11:30 AM
					2/1/11	3:30 AM
					2/3/11	3:30 AM

Host Nick Kroger and Sylvia McLain, Executive Director for the Seminole County Bar Association Legal Aid Society, talk about the issue of getting legal representation when you are struggling financially. In our current economy, we don't think of the necessities that aren't affordable to us. Legal representation can relieve the legal problems that hinder the ability to be self-sufficient or provide a safe environment for families. In the current economy, people sometimes do without legal services, but you should have a lawyer every time you need to deal with a legal issue. If you try to handle it yourself, you make mistakes. The Seminole County Bar Association Legal Aid Society has approximately 100 volunteer attorneys, and law students who can help with civil cases. Examples of civil cases are dissolution of marriage, child custody, child support, wrongful evictions, wrongful foreclosures, guardianship for minors, and bankruptcies. Getting things resolved allows families to focus on getting their lives back on track. It allows people to become good citizens and to care for their families.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town # 197	28:30	14:00	L	PA/O	2/4/11	1:00 PM
					2/5/11	3:30 AM
					2/7/11	11:30 AM
					2/10/11	3:30 AM
					2/11/11	1:00 PM
					2/12/11	3:30 AM
					2/14/11	11:30 AM
					2/15/11	3:30 AM
					2/17/11	3:30 AM

Host Nick Kroger and Scott George, Co-Founder of the Community Food & Outreach Center, talk about the issue of getting out of the welfare system. Because of its demographics, Orlando has been hit very hard because of the recession. It has been rated the fifth neediest city in the country. The type of people needing assistance has changed. Not too long ago, the "SUV" crowd (the middle class) was doing really well. They were driving SUVs, paying their bills and had good educations. But, when the economy tanked, they were really lost because they didn't know how to work the system and are mortified. In Central Florida there are three to four hundred thousand people who are one paycheck, one divorce, or one sickness away from falling through the system. We need to bring dignity back to them and give them hope. What they need is short term assistance and a hand "up" not a hand "out". Partnering with those in need gives them an opportunity to help and gives them ownership. We're not enabling them; we're empowering them which makes them feel good. We're trying to break the cycle of poverty by changing the way they think. We need to give people hope and encourage them.

Joy In Our Town #1107	28:30	14:00	L	PA/O	3/18/11	1:00 PM
					3/21/11	11:30 AM
					3/22/11	3:30 AM
					3/24/11	3:30 AM
					3/31/11	4:00 AM

Host Nick Kroger and John Murphy, Founder and President of Harvest Time International, discuss the importance of career changes. In the last 2 years, there has been a 300% increase in the number of people who have had a financial setback. A lot of people have been trained in certain areas and now there is no need for that service. You can't wait for something to happen, you have to make something happen. When a person loses their job and makes a career change, it gives them hope. When you fall down, it's hard to get in motion again, but if you keep moving, it's easier. Be willing to do whatever it takes, volunteering, if necessary. A lot of people who are building careers around themselves are not happy doing what they're doing. A career change can be good, finding what makes you happy. Men have a harder time coping with a career change. They don't want anyone thinking that they can't make their own way. But, it's not a contest between men and women. There are several organizations that work together with businesses in Central Florida to train people for entry level positions so the businesses will hire them. Career changes can prepare you to do a better job. Whatever you're doing, do it well with the expectation of moving forward.

Joy In Our Town #1107	28:30	14:00	L	PA/O	3/18/11	1:00 PM
					3/21/11	11:30 AM
					3/22/11	3:30 AM
					3/24/11	3:30 AM
					3/31/11	4:00 AM

Host Nick Kroger and John Murphy, Founder and President of Harvest Time International, discuss the importance of self esteem during a financial setback. During the current economic times, Middle income people are now in the need for financial assistance in some way. But, no matter what a person's previous salary was, we need to show regard for the person. Meeting the financial need and dealing with self esteem has a ripple affect into the families and the community. When a parent is feeling down on themselves, an attitude forms which can make them snap quickly and take it out on those that are close to them. We need to make sure each person is treated as special. Every person alive has a purpose. You need to focus on what you can do, not what you can't do. People need to stop living on the "only ifs". Surveys going back 100 years showed that the pockets of low income areas never changed. Organizations usually try to help from the outside and it seems like it doesn't help. We need to go inside the communities and reach one family at a time, one street at a time. We need to adopt a block and be there when they need us and not wait until they are so low that they have lost all hope.

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>
<i>Education</i> Joy In Our Town # 188	28:30	14:00	L	PA/O	3/25/11	1:00 PM
					3/26/11	3:30 AM
					3/28/11	11:30 AM
					3/31/11	3:30 AM
					Host Nick Kroger and Karen Almond, Seminole County School Board Member, discuss community involvement in the schools. Connecting the community and the schools to support each other is beneficial to both. A lot of people want to give their money when times are good, but when times are bad, their time becomes important. Some ways the community can help to make the school system successful is by mentoring students or helping in a classroom. Businesses can also share their resources. On a regular basis, the schools have Teach-ins to have professional personnel come in and share their careers with the students. This mirrors to the children and serves as an example and builds respect. The mission is to make sure that the students acquire the knowledge, skills and attitudes to become successful.	
Joy In Our Town # 189	28:30	14:00	L	PA/O	2/25/11	1:00 PM
					2/26/11	3:30 AM
					3/7/11	11:30 AM
					Host Nick Kroger and Daryl Flynn, Vice Chair for the Orange County School Board, discuss the need for the increase in the property tax millage rate. We're facing one of the worse financial crises in this economic downturn. Schools are funded with state sales tax and county property tax. Most of the money used to come from state sales revenue, but now it's reversed. Budget revenues have declined more than 1 million dollars and the federal incentives go away next year. An additional millage tax will make up the shortfall. With the class size amendment, more funds are needed for additional teachers and resources. This makes the millage tax all the more important. Schools are doing their best to rearrange students and repurpose teachers, but only time will tell if these methods will be effective.	
Joy In Our Town # 192	28:30	14:00	L	PA/O	1/3/11	11:30 AM
					1/4/11	3:30 AM
					1/6/11	3:30 AM
					1/7/11	1:00 PM
					1/8/11	3:30 AM
					1/10/11	11:30 AM
					1/11/11	3:30 AM
					1/13/11	3:30 AM
Host Nick Kroger talks with Regina Klaers, Director of Community Involvement for Seminole County Schools about school involvement. Central Florida schools have suffered a great deal of cutbacks, but what can lessen the pressures caused by the cutbacks is community involvement. It is a win/win situation. Our schools are part of the community and the community can help the schools. Seminole County Schools has about 1,000 business partners helping 61 schools by supplying things that are not included in the budget such as banquets and funds. Because of community involvement the school board hasn't had to cut back on athletics or the arts. Not only can businesses be involved, but individuals can be involved with the Dividends program and the PTA. Also, when parents are involved in the PTA, they become more involved in their child's lives and know what's going on at school.						

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town # 192	28:30	14:00	L	PA/O	1/3/11	11:30 AM
					1/4/11	3:30 AM
					1/6/11	3:30 AM
					1/7/11	1:00 PM
					1/8/11	3:30 AM
					1/10/11	11:30 AM
					1/11/11	3:30 AM
					1/13/11	3:30 AM

Host Nick Kroger talks with Frank Podeswa, Director-College Programs, and Kathy King, Vice-President of Education for Junior Achievement, regarding the importance of getting Central Florida students business ready. Even though there are two post high school tracks, vocational or college, the current trend in Central Florida is for students to prepare for college. But, no matter what track a student takes, being business ready will be important. Young adults need to know the basics such as budgeting and information about credit, and also the foundations to be successful in any organization. Building a relationship with money can start as soon as a child understands the value of money. Later, the students should learn about regional resources and how they are transported and used throughout the country. In high school years, students should become workforce ready, learning about resumes and job interviews.

Joy In Our Town #1106	28:30	14:00	L	PA/O	3/11/11	1:00 PM
					3/14/11	11:30 AM
					3/31/11	4:30 AM

Host Nick Kroger talks with Beverly Brown, Executive Director of Redeeming Light Community Services, Inc., about the problem of school suspensions. Suspensions from school occur mostly in grades 6-8. However, the age of suspended students is getting lower and lower. Because of zero tolerance in Florida schools, infractions can no longer be handled in the principal's office with the students immediately returning to the classroom. An infraction can be as simple as a disruption in classroom or as serious as fighting. The longest suspensions are 10 days, but the age of the student and the infraction is taken into consideration when suspensions are given. A problem arises when a student stays home and treats a suspension like a school vacation. They get behind in their school work and sometimes hang out in the neighborhood with nothing to do. This can add to the juvenile crime issues. With programs designed especially for suspended students, they receive structured guidance, help with their school work, tutoring and mentoring. When the student returns to school, they are not behind in school work and less likely to be a repeat offender.

Joy In Our Town #1106	28:30	14:00	L	PA/O	3/11/11	1:00 PM
					3/14/11	11:30 AM
					3/31/11	4:30 AM

Host Nick Kroger talks with Beverly Brown, Executive Director of Redeeming Light Community Services, Inc., about educating female students. Statistics show that more girls than boys are graduating high school and entering college. This is attributed to the fact that girls learn differently than boys. Girls have a different focus, are motivated and grasp the need to progress more. The long term focus to a goal exists with girls. However, the attitude of some girls has changed. It's unfortunate when you see "tweens" say that they want to have a baby. There is a deliberate desire to have someone to love them that slows down the educational focus. There is a need to give them a true idea of raising children, not one that the media gives them. There are a lot of mentoring programs for boys, but we need to have mentoring programs for girls in place also. We should start focusing on our girls' education at birth. They don't need to go to college necessarily, but they need to do something productive. They need to plan for the future. The most important thing is for them to stay focused, stay determined, and not let things distract them.

Health

Joy In Our Town # 186	28:30	14:00	L	PA/O	3/8/11	3:30 AM
-----------------------	-------	-------	---	------	--------	---------

Host Nick Kroger and Pete Clarke, founder of Primary Care Access Network discuss the problems that the working poor have in receiving healthcare. About 10 years ago, Orange County leaders wanted to make sure that everyone had healthcare. A local healthcare clinic closed and it left a lot of uninsured residents without healthcare. A group was formed, Primary Care Access Network, that was a collaborative effort of healthcare providers, doctors, hospitals and organizations to take care of this need. Currently, there are 14 clinics in Central Florida providing healthcare to the uninsured. But, in Orange County alone, 75-80% of the residents are uninsured. A large part of this demographic is made up of working individuals who can't afford insurance, but who don't qualify for government aid. With the Primary Care Access Network and others like it, these individuals and their families can get healthcare for themselves and their families.

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

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

Joy In Our Town # 190	28:30	14:00	L	PA/O	1/4/11	4:30 AM
-----------------------	-------	-------	---	------	--------	---------

Host Nick Kroger and Dr. John Gammichia, community leader, discuss the issue of foregoing dental care during recessions. During economic downturns, dentistry tends to be put on the back burner. However, this can lead to more costly problems later. For example, let's say it costs \$100 to fill cavity, but it gets put aside for 1-2 years. That cavity can lead to more problems. The bacterium has now reached the nerves and a root canal, a filling and possibly a crown is needed. Now, it becomes a \$2,000 problem. Cleanings are just as important. Gum disease is a silent killer and you can lose bone around your teeth. Putting the cleaning aside, the \$80 cleaning becomes a \$1,000 periodontal problem. In Central Florida, Dental Care Access has several organizations that can help provide services not covered by insurance or Medicaid. Dentistry from the Heart, which is made up of local dentists, also provides free care once a year.

Joy In Our Town # 190	28:30	14:00	L	PA/O	1/4/11	4:30 AM
-----------------------	-------	-------	---	------	--------	---------

Host Nick Kroger and Heidi Brewton, President of Autism Society of Greater Orlando, discuss the need to support family members affected by autism. When a child has autism, it's really hard for the family to do things together. And, the siblings without autism feel left out. It's important that people know that not all autistic children are the same. Some like to be hugged and others do not. Some may have sensory issues, while others enjoy loud music. The biggest misconception is that autistic children are not intelligent. Autism doesn't affect the intelligence; it affects the ability to express what you already know. When a family has an autistic child, they need to get together with other families with autistic children. This is really important in the early stages of diagnosis. The families can compare notes on doctors and treatments. The siblings can also see that they are not the only ones in this type of situation.

Joy In Our Town # 194	28:30	14:00	L	PA/O	1/14/11	1:00 PM
					1/15/11	3:30 AM
					1/17/11	11:30 AM
					1/18/11	3:30 AM
					1/20/11	3:30 AM

Host Nick Kroger talks with Maryalicia Johnson, Sr. Director of Media Relations & Public Awareness, and Wayne Humphrey, Vice-President of Government and Community Relations for the Central Florida YMCA, regarding reasons people are unhealthy. In today's world a family is not what it was 30 years ago. Everyone is going their own way, single parent homes or homes where both parents work do not cater to a family being together. Facilities where families can be active together are best. The goal should be 30 minutes a day for families to get out and be active, but just being active for 10 minutes is better than nothing. A good starting activity is walking. Walking is a natural human experience and it can be down at a person's own pace. Usually, when a person starts walking regularly, other activities are added to their routine. This not only is a health benefit, but it can help children academically because they're not so sluggish.

Joy In Our Town # 195	28:30	14:00	L	PA/O	1/21/11	1:00 PM
					1/22/11	3:30 AM
					1/24/11	11:30 AM
					1/27/11	3:30 AM
					2/1/11	4:00 AM

Host Nick Kroger talks with Merrill Frailey, Life Coach for Choose Joy Now, about hindering our health with our emotional state. There is a connection between a person's emotional being and their physical health. When our emotional state is not at its best, it affects our physical being. Depression, worry and fear affects a person's sleep habits and what they eat. Who you surround yourself with is also a factor. Are the people around you upbeat and do they encourage you? The environment plays a big part. In your home, do you open your blinds and let the sunshine in? A positive attitude is very important. Instead of saying, "I have to go to work", say "I get to go to work because I have a job". Instead of saying, "I have to go work out", say I get to go work out because I have my health". We need to stop our worries and fears and be grateful. At the end of the day, look at what was accomplished and count all of the unexpected joys that came. It comes down to having a positive attitude and choosing joy.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town # 196	28:30	14:00	L	PA/O	1/28/11	1:00 PM
					1/29/11	3:30 AM
					1/31/11	11:30 AM
					2/1/11	3:30 AM
					2/3/11	3:30 AM

Host Nick Kroger talks with Debbie Turner, Founder of Cancer Care/Resources Inc., about the lack of being prepared while having cancer treatment. There are a lot of things to take into consideration when diagnosed with cancer. Your treatment involves more than just chemotherapy. Patients need to find, among other things, wigs, prosthetics, a data base for resources, transportation to doctors, food shopping. These are things that the average person doesn't think about. When a person is diagnosed, they are so wrapped up in the fact that they have cancer that they lose track of everyday living, such as paying bills. Cancer patients need a good support system, a caregiver, family member or friend to help them take care of daily tasks. For those who are single, a co-worker or neighbor is sometimes the best person. They can come over and check on you and see if you need groceries or prescriptions filled. Emotional needs are also very important. Just a phone call once in a while or a card goes a long way.

700	Club	CBN	1:00:00	6:00	REC	PA/O/E	01/06/2011	3:00 PM
-----	------	-----	---------	------	-----	--------	------------	---------

NewsWatch

#010611

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

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

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>
700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	02/08/2011	3:00 PM

#020811

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

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

#032211

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

Doctor to Doctor #280	28:30	28:30	REC	PA/O/E	1/04/2011	12:30 PM
-----------------------	-------	-------	-----	--------	-----------	----------

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

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #284	28:30	28:30	REC	PA/O/E	1/11/2011	12:30 PM

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

Doctor to Doctor #285	28:30	28:30	REC	PA/O/E	1/18/2011	12:30 PM
-----------------------	-------	-------	-----	--------	-----------	----------

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

Doctor to Doctor #286	28:30	28:30	REC	PA/O/E	1/25/2011	9:30 AM
-----------------------	-------	-------	-----	--------	-----------	---------

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

Doctor to Doctor #287	28:30	28:30	REC	PA/O/E	2/01/2011	12:30 PM
-----------------------	-------	-------	-----	--------	-----------	----------

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

Doctor to Doctor #288	28:30	28:30	REC	PA/O/E	2/8/2011	12:30 PM
-----------------------	-------	-------	-----	--------	----------	----------

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

Doctor to Doctor #289	28:30	28:30	REC	PA/O/E	2/15/2011	12:30 PM
-----------------------	-------	-------	-----	--------	-----------	----------

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

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

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

Doctor to Doctor #290	28:30	28:30	REC	PA/O/E	2/22/2011	12:30 PM
-----------------------	-------	-------	-----	--------	-----------	----------

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

Doctor to Doctor #291	28:30	28:30	REC	PA/O/E	3/08/2011	12:30 PM
-----------------------	-------	-------	-----	--------	-----------	----------

Dr. Brian Nimphius talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. **Dr. Bob DeMaria** talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. **Dr. Bernice Gonzalez** talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.

Doctor to Doctor #292	28:30	28:30	REC	PA/O/E	3/15/2011	12:30 PM
-----------------------	-------	-------	-----	--------	-----------	----------

Dr. Don Colbert talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. **Dr. Malcolm Hill** talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. **Dr. Kelafo Collie** talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.

Doctor to Doctor #293	28:30	28:30	REC	PA/O/E	3/22/2011	12:30 PM
-----------------------	-------	-------	-----	--------	-----------	----------

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

Youth

Joy In Our Town # 188	28:30	14:00	L	PA/O	3/25/11	1:00 PM
					3/26/11	3:30 AM
					3/28/11	11:30 AM
					3/31/11	3:30 AM

Host Nick Kroger and Becky Anderson, Regional Director of C-Core, discuss the importance of mentoring youth. With the demographics of families these days, parents don't know how to help their young people find the career that they love. We know that people who work at a job that they love helps them to be more productive no matter what the job is. 50-60% of our youth will not finish high school. This isn't because of lack of abilities, but because they have too many obstacles. But, 52% of students with a mentor will not skip school, 46% will not turn to drugs, and 27% will not turn to drinking. It's difficult for young people to navigate from child to student to the work force. Matching a young person with an adult in a trade that they are interested in helps with the transition. Pairing youth with a mentor in a trade not only teachings them a skill, but instills positive character traits. When the young people work with someone in an industry that they are interested in, they see why they need to stay in school and have a good attitude.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town # 189	28:30	14:00	L	PA/O	2/25/11	1:00 PM
					2/26/11	3:30 AM
					3/7/11	11:30 AM

Host Nick Kroger and Walt Glover from The Gathering discuss ways to keep young men from a life of crime. In the black community, we're losing a lot of black young men to prison and drugs. We all have a responsibility to try to turn this around. We need to get the youth to do some positive things. With mentoring, it could make a big difference in a lot of lives. The root of the problem is the fact that we have so many young men growing up without a father in the home. A good step in the right direction is to match the young men up with adult men and work together on community projects. These gives the adults a chance to teach the youth some skills and give them the opportunity to open up tell them what's missing in their lives. Mentoring and providing encouragement is a two way street. One by one, you build a community of people who see a future. While contributing to the community, a lot of the young men pick up needed skills and can hang around with right people, which has a positive affect on them.

Joy In Our Town # 197	28:30	14:00	L	PA/O	2/4/11	1:00 PM
					2/5/11	3:30 AM
					2/7/11	11:30 AM
					2/10/11	3:30 AM
					2/11/11	1:00 PM
					2/12/11	3:30 AM
					2/14/11	11:30 AM
					2/15/11	3:30 AM
					2/17/11	3:30 AM

Host Nick Kroger talks with Frank Thompson, Founder, and Chenice Thompson, Executive Director of Youth Central, about the issue of getting suspended students back in school and keeping them there. In Orange County, there are 30-35,000 suspensions each year. The suspensions can eventually lead to expulsions. Students who are at risk may be from a background of poverty, uneducated families, single parent homes, or involved or exposed to negative behavior such as drugs or alcohol. These are factors that can contribute to a student's ability to be successful in school. If a student is already struggling in school they may not be able to catch up after returning to school. They can become discouraged and repeat the negative behavior that caused the suspension. The pattern needs to be broken so the problem doesn't lead to the juvenile justice system. The first step to making a difference in a student's life is for parents to spend more quality time with their children. Just 10-15 minutes a day makes a difference. The kids need someone to sit with them one-on-one. Then, they realize that someone cares about them.

Civic

Joy In Our Town # 187	28:30	14:00	L	PA/O	1/4/11	4:00 AM
-----------------------	-------	-------	---	------	--------	---------

Host Nick Kroger and Melissa DeMarco, Mayor of Mount Dora, discuss the benefits of regulating the size of a small town. Mount Dora is a relaxing place and is where you want to go to get away. It attracts local people but also tourists and visitors. Mount Dora offers the real old Florida. When you come, you remember an old movie. But, Mount Dora has lots to offer if you want to be busy. There are tours, unique shops and Bread and Breakfast Inns. Mount Dora also offers several large festivals as well as small community events throughout the year. There is also a lot of parks and recreation opportunities for families. It has more park land per capita than any other city in Central Florida. Demographically, there is a mixture of groups. Mount Dora is a place that people go to when they retire, but there are families as well. Mount Dora has a mixture of excellent schools, some public, and some private. And, the Arts are important, with several theaters. But, the goal of Mount Dora is to stay small with a hometown feel.

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