



Trinity Broadcasting Network

**WHSG-TV**

***Monroe / Atlanta***

QUARTERLY REPORT

January, February, March 2011

Trinity Broadcasting Network

Monroe / Atlanta

DESIGNATION OF TOP COMMUNITY PROBLEMS

FROM THE AVAILABLE SOURCES

IN THE WHSG TV

VIEWING AREA

January, February, March 2011

Health

Economy

Employment / Unemployment

Family

Public Safety

Civic Affairs

Misc. / Drugs

<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*

Joy In Our Town #727	28:30	13:00	L	PA/O/E	1/07/11	1:00PM
					1/08/11	4:30AM
					1/10/11	11:30AM
					1/11/11	4:30AM

Rachael welcomes Dr. Malcolm Hill, Author of God's Original Diet. Dr. Hill states that after teaching numerous classes on diabetes, high blood pressure and high blood cholesterol that people need to learn about their alternatives. An abundance of meat, dairy products and refined process food are known to lead to diseases. To promote a healthier lifestyle, Dr. Hill recommends that meat and dairy be eliminate them from the diet. She states that the food that you eat becomes you and that your health is a product of the food that you eat. A plant based diet should be eaten in abundance. Other alternatives include: almond milk which comes from the processed almond and butter substitutes made from soy beans, whole wheat bread, Ice cream made from soybeans. He demonstrates each substitute including the veggie burger. He adds that it takes beef and pork a lengthy amount of time of up to five days to be pushed out of the colon.

Joy In Our Town #727	28:30	13:00	L	PA/O/E	1/07/11	1:00PM
					1/08/11	4:30AM
					1/10/11	11:30AM
					1/11/11	4:30AM

Rachael Miller welcomes Brenda Cobb, Founder of the Living Food Institute. She is making sure you are prepared and ready to stick to your New Year's resolutions. Everything is raw in living food. When we cook fresh vegetables and fruit we kill almost all loose all the enzymes, vitamins and minerals. It turns to acid and an acidic body becomes a sick body. Bananas and strawberries are good for the skin and hair. Antioxidants help to keep a person young and everyone wants to look good and feel young. It's all in the food. You can drink antioxidants with a shake by using bananas, raspberries, strawberries, organic lemon juice and filtered water. She states that the body requires enzymes for every living function. Metabolic enzymes are needed for every function of the body. You kill enzymes when you cook your food. Eating whole roma tomatoes are good for men with prostate cancer. Don't cook them because they turn acidic and have the opposite effect. Eating organic is important. Food that is not organic has pesticides; they get in the body and can make you sick. One clove of garlic has 100x's more antibiotic, she recommends eating one clove per day.

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Joy In Our Town #728	28:30	13:00	L	PA/O/E	1/14/11	1:00PM
					1/15/11	4:30AM
					1/17/11	11:30AM
					1/18/11	4:30AM

Rachael Miller welcomes Eight Time Mr. Olympia, Lee Haney. Mr. Haney states that Americans spend over 168-billion dollars per year due to obesity over 72-million people in United States are overweight. Diabetes and heart disease are brought on by obesity, lack of exercise and a lack of nutrition. Mr. Haney states that he worked with the former, Surgeon General, Dr. David Satcher to find ways to get health information out to the public. He states that by creating health and wellness program at local churches more people would have access to fitness programs at low or no cost. The lack of education, the low cost of fast food and the high fat that fills you up leads to obesity and diabetes. When you factor in the cost of what it takes to keep you alive and healthy, the cost of being overweight and paying for medication adds up. Exercise can be done inexpensively by using cans of soup. You don't need a treadmill to stay fit. By staying active, your body burns calories more efficiently. Bad food stays in the body and causes it to become sluggish and build up slack. Cleansing and detox is very important. New Year's fasts are also good. Eating garlic, red clover, oat bran, fiber, drinking water eating fruit and vegetables are a great way to get your body in gear.

Joy In Our Town #728	28:30	13:00	L	PA/O/E	1/14/11	1:00PM
					1/15/11	4:30AM
					1/17/11	11:30AM
					1/18/11	4:30AM

Rachael Miller welcomes Maureen Nolan, ADD/ADDHD Coach to talk about reaching your New Year's Resolutions. Lacks of attentiveness, distractibility, hyperactivity are just a few symptoms of ADD. If you don't have a good free flowing attention nothing is going to be accomplished. Your house will be impacted. You will go to the movies instead of exercise. You will impulsively smoke or use a drug that is not going to keep you in good health. A series of resolutions made you feel bad and you're not going to do it. You must find out what you're passionate about.

Are you paying attention to the right people the right activity? Are you taking care of all of the people that you love? Are you taking care of the things that you love? There is research that indicates that people who are obese deal with ADD/ADDHD. At the core of all additions is ADD. It is diagnosed in various ways. There are short online tests that will require you to answer YES to three out of seven questions. If yes is the answer, then it is recommended that you see a physician. Being distracted from the things that they really want to do is correlated with this disorder. There are various ways to reach people with ADD. They must first take a deep breath and realize that when they are distracted, they must understand that it's important to live in the present moment. You might have a panic moment and experience anxiety. Ask yourself what is the next best step. The rule of three is to make a list of what you need to make progress. Work on the top three things that you are wanting to accomplish. There are two types of hyperactivity. Being hyper focused is one type that focuses on the task at hand. You must get to know yourself by having an attention check up. By checking with yourself to determine what you are paying attention to the moment is key. Close your eyes and do a scan of your body and find out where is your attention is geared toward.

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Joy In Our Town #735	28:30	13:00	L	PA/O/E	11:30am 4:30am	1:00PM 4:30AM

Rachael Miller welcomes, Fitness Coach Judiette Rodgers with Conquest Fitness. Ms. Rodgers states that the waist line has increased. The term obesity wasn't a term over 50-years ago. Americans have increased being overweight by 50%. Childhood obesity has tripled in the past 30-years due to unhealthy lifestyle choices. The decision to live healthy often becomes a resolution spoken out but not put into action. First, the mindset must first be changed to live well and have a lifestyle of energy. Measurement calculations of the BMI (body Mass Index) determine the height and weight to identify obese calculations. A woman's waist line that measures over 30 is considered abnormal. Increased fat for your height also isn't good. A man's waist line that measures over 40 is also a problem. Americans with increased waistlines are at a greater risk of having heart attacks, high blood pressure, type 2 diabetes and have an increased risk for cancer. Health should not be compromised since there are too many young people that are dying too soon. The first step to living healthy is to make a decision and work out a plan. Be sure to schedule time for a workout. Ms. Rodgers gives practical exercise demonstrations and talks about the importance of drinking water.

Joy In Our Town #735	28:30	13:00	L	PA/O/E	11:30am 4:30am	1:00PM 4:30AM
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Rachael Miler welcomes Dr. April Speed, DeKalb Medical Center at Hillandale Breast Surgery. Dr. Speed states that she examines many women with breast cancer. Anxiety is often put to rest when you can offer a woman the opportunity to have breast reconstruction. Women who use to wake up with a scar on their chest in place of their breast can now wake up with a breast form replicated by a plastic surgeon. She states that historically doctors were only concerned about surveillance and a delay in treatment. Now research shows that mostly all women can wake up with their femininity preserved. Plastic surgeons work to preserve the nipple using the woman's own tissue or implants. It has been noted that a women as young as their early twenties has underone this surgery to have cancer removed and the breast reconstructed. Women in their 70's and 80's have also undergone this surgery and treatment. Preventative measures include: daily exercise and physically activity. Walking 30-minutes a day can reduce breast cancer by 20%. Diet isn't the main focus as much as lifestyle.

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700 Club NewsWatch	CBN	1:00:00	6:00	REC	PA/O/E	01/06/2011 3:00 PM
#010611						

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

700 Club NewsWatch	CBN	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!

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

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

Doctor #280	to Doctor	28:30	28:30	REC/L	PA/O/E	1/04/2011	12:30 PM
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**Dr. Don Colbert** talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. The root is inflammation caused by fatty meats, excessive sugars and fried foods. It's important to have your C Reactive Protein measured, to eat anti-inflammatory foods, lose belly fat and have dark chocolate. **Dr. James Mittelberger** talked about Palliative Care. It specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. It allows for pain to be managed which will allow for the comfort and quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. **Dr. Martin Finkelstein** talked about mind and body connection. When muscles near the cervical spine experience trauma or stress, they can tighten up and irritate nerves. This can lead to headaches, allergies and sinus problems. It's important to take care of our body, pay attention to symptoms and to correct the problem.

Doctor #284	to Doctor	28:30	28:30	REC	PA/O/E	1/11/2011	12:30 PM
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**Dr. Dan Collins** talked about emotional trauma. There are five stages: Can't cope with emotions, can't tell time, can't move, can't learn and can't see. It's important that at each stage that a person learns to face the problem, learn to deal with it and move toward mastering it. **Dr. Clark Gerhert** talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. **Dr. Thomas Distefano** talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest, There can be additional years of specialized study. It can take quite a few years to become a doctor.

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Doctor to Doctor #285	28:30	28:30	REC/L	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	12:30 PM
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**Dr. Eric Braverman** talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. **Dr. Ace Anglin** talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. **Dr. Susan Cole** talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.

Doctor to Doctor #287	28:30	28:30	REC	PA/O/E	2/01/2011	12:30 PM
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**Dr. Jessica Setnick** talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. **Dr. Teresa Carlson** talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. **Dr. Karen Bierman** talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.

Doctor to Doctor #288	28:30	28:30	REC	PA/O/E	2/8/2011	12:30 PM
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**Dr. Bettye Alston** talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. **Dr. James Mittelberger** talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. **Dr. David Cawley** talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.

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Doctor #289 to Doctor	28:30	28:30	REC	PA/O/E	2/15/2011	12:30 PM
<p><b>Dr. Mike Ronsisvalle</b> talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. <b>Kay Spears</b> talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. <b>Dr. Dale Peterson</b> talked about SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.</p>						
Doctor #290 to Doctor	28:30	28:30	REC	PA/O/E	2/22/2011	12:30 PM
<p><b>Lisa Buldo</b> talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. <b>Dr. Ace Anglin</b> talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. <b>Dr. Glee Steele</b> talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of the board.</p>						
Doctor #291 to Doctor	28:30	28:30	REC	PA/O/E	3/08/2011	12:30 PM
<p><b>Dr. Brian Nimphius</b> talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. <b>Dr. Bob DeMaria</b> talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. <b>Dr. Bernice Gonzalez</b> talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.</p>						
Doctor #292 to Doctor	28:30	28:30	REC/L	PA/O/E	3/15/2011	12:30 PM
<p><b>Dr. Don Colbert</b> talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. <b>Dr. Malcolm Hill</b> talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. <b>Dr. Kelafo Collie</b> talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.</p>						
Doctor #293 to Doctor	28:30	28:30	REC	PA/O/E	3/22/2011	12:30 PM
<p><b>Dr. Tonya Lyons</b> talked about gum disease. It is serious because bacteria can enter the bloodstream and cause illnesses to get worse. It can go from Type 1 to Type 4. It's important to have teeth and gums checked every 6 months. <b>Dr. Gerard Guillory</b> talked about food allergies and food sensitivities. Food can make you sick as well as additives like caffeine and MSG. It can cause headaches and other health problems. It's important to figure out which foods are causing the problem and then eliminate it from the diet. A food diary is a tool that can help. <b>Dr. Chris Lewis</b> talked about Cancer. It is a tumor that invades in the tissue or can spread around the body. It's the result of a mutated gene. It is preventable with good nutrition, exercise, getting enough rest and drinking plenty of water.</p>						

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*ECONOMY*

Joy In Our Town #729	28:30	13:00	L	PA/O/E	1/21/11	1:00PM
					1/22/11	4:30AM
					1/24/11	11:30AM
					1/25/11	4:30AM

Rachael Miller welcomes Dr. Roger Tutterow, Professor of Economics with Mercer University to discuss the condition of the economy for 2011. Dr. Tutterow states that the economy is growing again. He adds that although the recession ended in 2009 it still doesn't feel like it. Businesses are adding back to payrolls, the economy is coming back at a healthier pace. Entrepreneurs are moving toward job creation and businesses are acknowledging that the economy is expanding. The housing market dropped 80 percent in new home construction. It will take many years to get the housing market back to here it was. When we get back to the new normal for the housing market it will still be considered low. Many households have run through their liquid assets. Typically leaders don't want to cut healthcare and education as tax revenue fell by about 45% but stimulus money helped to plug the deficit. Gasoline prices are cheaper than most states due to low state in taxes. When gas goes up families spend less on other economic spending. Many households have tried to pay down debt. The oldest of the baby boomer generation born in 1946 will turn 65 this year which will have an impact on Medicare and Medicaid.

Joy In Our Town #731	28:30	13:00	L	PA/O/E	02/11/11	1:00PM
					02/12/11	4:30AM
					02/14/11	11:30AM
					02/15/11	4:30AM

Rachael Miller welcomes Ed Jennings, SE Regional Administrator with the US Department of Housing and Urban Development. The foreclosure crisis has led to over 130 thousand people receiving 90-day foreclosure notices. Many homeowners are trying to recover from predatory lending situations. On the other hand, people are seeing housing values to begin to stabilize. There have been over 3.7 million loan modifications in the country and homeowners with delinquent mortgages must be diligent and work with their bank and financial institution. Counseling is available through HUD along with housing grants. Information is available at [www.hud.gov/Geogia](http://www.hud.gov/Geogia). The hardest hit fund with millions of dollars begins April 1<sup>st</sup>. This will allow families who are behind with the mortgage payments to get their mortgage interest and taxes paid. There have been forbearance opportunities for 3.7 million throughout the country. There is room for non profits will reach out by bringing HUD assistance into their organizations to teach the public. Homeowners can call 888-795-HOPE for information in saving their home.

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Joy In Our Town #736	28:30	13:00	L	PA/O/E	3/11/11	1:00PM
					3/12/11	4:30AM
					3/15/11	4:30AM

Rachael Miller welcomes Mark Green spokesperson with the IRS to discuss the 2011 tax filing season. Mr. Green states that some of the most common mistakes that tax filers make in preparing their returns surrounds incorrect information. Mistakes can be costly and many have ended up with a delayed refund. Over seven million dollars in refunds was unable to be delivered due to incorrect addresses. Georgians are encouraged to take advantage of electronic filing. There are many options for tax payers if they choose to go the IRS and are within a certain income bracket free filing service is available. When choosing a tax preparer it is important to select someone who is credible and reliable. There are bad preparers some of the warning signs may include one who charges based on the percentages of your refund. Always check fees before going into the establishment and never sign a blank tax return. Before submitting payment make sure the information on the return is the same that was submitted. There are over four million returns filed in the state of GA. There are many credits with this year's tax filing season. The higher education credit on interest for higher education is an option. Teachers can receive a \$250 credit for misc items purchased. Currently over 3.2 million tax filers use electronic filing. This enables tax payers to receive a direct deposit on their money. Senior citizens and families that make less than 49k per year can also receive assistance with their filing and preparation. This year tax payers can check the status of their refund with the new smart phone app called *IRS to go*. For more information on the tax filing season tax payers are encouraged to visit [www.IRS.gov](http://www.IRS.gov).

Joy In Our Town #737	28:30	13:00	L	PA/O/E	3/18/11	1:00PM
					3/19/11	4:30AM
					3/21/11	11:30AM
					3/22/11	4:30AM

Rachael Miller welcomes Holly Lang with Georgia Watch to discuss medical debt. Ms. Lang states that medical debt is the leading cause of bankruptcy and foreclosures. Georgia ranks 6<sup>th</sup> in the nation for foreclosures and 1 out of every 325 homes were lost last year due to foreclosure. In 2007 more than two thirds of all bankruptcies were due to medical debt. Hospital bills are the primary cause for medical debt. She encourages patients to have medical screenings on a regular basis to make sure you're healthy. Through the indigent care trust fund, hospitals are able to care for people who have no insurance or are underinsured. It is important to find out the procedures performed and know what you will be billed for in advance. Something as simple as using a box of tissues can add up on a hospital bill. She adds that it might be more affordable to use your own Kleenex during an overnight stay at a hospital. The uninsured get yearly physical and different blood tests that check your white and red blood cell count. Being proactive is a key element to maintain good health for the uninsured and the underinsured. Obesity is a huge issue in the state. Eating deep fried can lead to cardiovascular diseases, kidney disease and liver disease. People should talk to their doctor and the hospital. Never turn to a title pawn or predatory loan. Patients uninsured should receive payment options from the hospital. If your doctor says stop smoking then, stop smoking. Currently there are over 200 low cost clinics and community clinics to help the uninsured so families should seek out those facilities for medical care if needed. Never ignore your symptoms regardless of the inability to pay for medical care.

*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>EMPLOYMENT / UNEMPLOYMENT</i>						
Joy In Our Town #729	28:30	13:00	L	PA/O/E	1/21/11 1/22/11 1/24/11 1/25/11	1:00PM 4:30AM 11:30AM 4:30AM

Jim Carter, CEO of Diversity Hiring Expos joins Rachael Miller to discuss the solutions to the challenging job search in Georgia. Since July, many companies have been looking to recruit and hire qualified people. However, many people are looking for employment and haven't been able to identify companies that are hiring. Many of the government agencies are not willing to hire. At the diversity Hiring event, employers looking for qualified candidates will review resumes and will conduct onsite interviews. Many applicants want to know the best way to stand out in a crowd and how to effectively prepare for a career fair. Mr. Carter states that when attending career fairs, you must make yourself stand by looking recruiters in the eye and letting them know you are going to be a good fit for their company. It is also important get educated about the companies prior to attending a career fair.

Joy In Our Town #736	28:30	13:00	L	PA/O/E	3/11/11 3/12/11 3/15/11	1:00PM 4:30AM 4:30AM
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Rachael Miller welcomes Kathy Hallmark with the College of Business at Kennesaw State University. Ms. Hallmark is working to make sure that college students are able to enter into today's job market. Many college students may spend a few years enjoying college but are not thinking about what happens next. This is the time that they must get serious. They need to meet with a counselor and get a resume together. Seniors coming out of college are entering a different type of job market. To gain a competitive edge, they must get experience through internships. Through the Internship Co-Op Experience organization, students are able to receive support for their career search process. Developing experiences and getting job skills help college students them to become competitive. Students should also engage in leadership positions within an organization. Parents should encourage their students to perform well so they can compete in the job market and to urge them to maintain a 3.0 GPA. They should also be involved with organizations that have opportunities for leadership positions. Students should also get a resume and learn and develop their interviewing skills.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #738	28:30	13:00	L	PA/O/E	3/25/11	1:00PM
					3/26/11	4:30AM
					3/28/11	11:30AM
					3/29/11	4:30AM

Rachael Miller welcomes Robert Watkins, Founder of Kings and Priests Unlimited and the author of *Never Chase A Paycheck Again*. There is so much negative news in the national media today that many people have stopped looking for a job over last year over two million people got out of debt and became millionaires. That number is expected to increase by 6% this year. Money is a reward for solving a problem. It states with solving a problem in someone else's life. Figure out what you're passionate about and solve that problem. You need to have a personal business plan. Then look for those people who have those types of problems. Some may be apprehensive to start a business. Information is available through SBA.gov to get information to obtain and maintain a successful business in today's economy. It is important to find mentors in the industry of your choice. Entrepreneurs should never quit their job until their new income equals their salary and not a moment before. He states that it takes teamwork makes the dream work but you need partnerships. He states that the types of problems you solve in business will determine the type of income you receive.

Joy In Our Town #738	28:30	13:00	L	PA/O/E	3/25/11	1:00PM
					3/26/11	4:30AM
					3/28/11	11:30AM
					3/29/11	4:30AM

Rachael Miller welcomes Career Expert, Walter Okana. He states that the job market is tough. It is estimated that 17million people nationwide are on unemployment. The job market is competitive. People are competing against many other people. He states that personal branding for the job search is important it help you to stand out. Most people rely on three traditional areas to include their skill set, credentials and track record. A resumes should reflect those three components. Personal branding highlights who you are as a person what skills you most enjoy using. It is important to spend time networking with people in your community and with those who are recruiters. Talk to people that know where you desire to take your career. Using the social media is another important tool in networking for the job search. He recommends setting up a profile on lindken. This will provide a summary of yourself which is advantages since a lot of recruiters look for candidates on lindkendr. To find jobs on Twitter type #jobs in the search section. If you have a specific occupation that you're looking for type the # and the name of the occupation. It is important to be creative with your job search.

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**FAMILY**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #730	28:30	13:00	L	PA/O/E	1/28/11 2/01/11	1:00PM 4:30AM

Rachael Miller welcomes Judge Peggy Walker presiding judge for the juvenile court for Douglas County. Judge Walker states that one out of every three women at some point in their life will experience violence either physical or mental. She encourages them that on Feb 3, 2011 a session at the capital will promote stopping the violence against women. Georgians are encouraged to visit the capitol on that day to show to show their support. The event is being sponsored by the Georgia Commission on Family violence that has been implemented to identify roles to stop violence against Georgians. The commission is also responsible for getting information out to the state about resources available for the battered and abused. Abuse crosses all socio-economic boundaries. Many parents don't believe that their children know about abuse and violence in the home but that is not true. Children can hear it and see the after effects. It has a very adverse effect on the children. Abuse can be physiological or emotional and verbal. Victims of abuse can call 1-800-33HAVEN - 24 hrs a day to be connected to resources to help them.

Joy In Our Town #731	28:30	13:00	L	PA/O/E	2/12/11 2/14/11 2/15/11	4:30AM 11:30AM 4:30AM
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Rachael Miller welcomes, Randy Hicks Executive Director of GA Family Council to discuss the breakdown of the family. Often more people are focused on the wedding and not the marriage. Couples must be reminded of the challenges they could face. Mastering the art of communication, conflict resolutions and discussions on family size and money are essential. The role of clergy stems from making sure that couples go through premarital education, to discuss finances and child rearing. Members of the clergy should remember that they don't have to marry someone just because they walk through their door. They should be up front and firm in explaining their premarital counseling requirements. Through premarital counseling couples learn how to deal with a disagreement and conflict. They also learn about the shared financial commitment. Since there is so much stress surrounding financial matters, couple who learn how to resolve conflicts during counseling will have a better marital journey.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #734	28:30	13:00	L	PA/O/E	2/18/11	1:00PM
					2/19/11	4:30AM
					2/21/11	11:30AM
					2/22/11	4:30AM

Rachael Miller welcomes Pastor Denise Armstrong with Beauty for Ashes World Outreach Ministries to discuss the breakdown of the family. She states that the breakdown of the family stems from divorce, lack of communication, blended marriages, blended families, not communicating marriage expectations and bringing baggage into a marriage. In today's society, it is important to eat meals together and make time for each other. As a wife of a blended family, she states that a standard for the family must be set. In blended marriages, a spouse might feel in love with the individual and not the children. Other issues include: child support and the financial budget. A study done in 2005 states that out of 2,300 marriages in 2005 one year later over 300 divorced. In today's society, people are experiencing the process backward. Some get pregnant then get married or they have children from another relationship and get married. Those who want to throw in the towel on their marriage may often say that they don't love their spouse anymore. She states that being in love doesn't matter staying married is a decision. You must understand respect in a marriage. The media has negative impacts on marriage and family. Various roles and sitcoms depict a child talking back to their mother leaving subliminal messages of disrespect. Roles of dysfunctional families are portrayed often leaving out what marriage and the family was truly meant to be.

Joy In Our Town #734	28:30	13:00	L	PA/O/E	2/18/11	1:00PM
					2/19/11	4:30AM
					2/21/11	11:30AM
					2/22/11	4:30AM

Rachael Miller welcomes Margot Swann, CEO and founder of the Visions Anew Institute. Ms. Swann talks about divorce and the impact. She states that there so much pain regarding divorce. 70% of second marriages end in divorce. Statistics report that children of divorce have a higher chance of ending up in prison, suffering from depression and committing suicide. She adds that the decision to divorce is normally a decision by only one one spouse. After Ms. Swann's husband left her after 20-yrs, she began the process of recreating herself after the divorce process. They were dividing very little and had to decide how to support the child they had in marriage both emotionally and financially. She had to handle her emotions. Ms. Swann states that a woman of divorce is often considered a scorned individual. Whereas when a man divorces he becomes the new single guy in town. Women on the other hand after a divorce are often looked at as scorned goods. To help women overcome the pain and challenges associated with divorce, she created a network for divorced women. This community outreach helps women deal with the legal process that was never interned to handle domestic family issues. She quotes Dr. Nick Hughs who states that the best way to keep your man is to treat him like a dog. Some examples of this dog treating concept include: If he wants to play, play with him. If he wants to eat, feed him. If he wants to walk, go (or travel)with him. If he comes to you for affection, then pet him. Currently there are free support groups around the city. Support for your church (lay listeners) family and friends are a great way to navigate though the life changes associated with a divorce.

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**PUBLIC  
SAFETY**

<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>
Joy In Our Town #732	28:30	13:00	L	PA/O/E	1/29/11 1/31/11 2/04/11	4:30am 11:30am 1:00pm

Rachael Miller welcomes Lisa Janak Newman, Spokesperson for GA Emergency Management Agency. The big winter storm closed schools, kept people stranded in their cars and confined to their home. Even with the weather warning some people waited until the last minute to get their eggs, milk then found out that the stores were sold out. A lot of people thought they were prepared. The annual study for the Ready GA campaign reports that 80% of Georgians believe they are ready for a disaster but are not. Being prepared consists of having a NOAA weather radio, batteries, water, flashlights and enough food for your entire family for at least three days. Families should always keep non perishable food in stock such as peanut butter, applesauce, granola bars, etc. Keeping a kit, jumper cables, a blanket and kitty litter in your car can also help. Kitty litter will help provide you with traction if you get stuck in the snow or ice. Ms. Janak states that Georgia is susceptible to snow, tornadoes, hurricanes and droughts. The goal of the Ready GA Campaign is to ensure that Georgians are prepared. Families that need help preparing a disaster kit should visit [www.ReadyGa.gov](http://www.ReadyGa.gov).

Joy In Our Town #732	28:30	13:00	L	PA/O/E	1/29/11 1/31/11 2/04/11	4:30am 11:30am 1:00pm
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Rachael Miller welcomes Reuben Brown spokesperson with the Atlanta Red Cross, Karen Thornton, Created her own disaster kit. Quite often people don't think about disasters unless something has happened. Mr. Brown states that all Georgians need to get a disaster kit and make disaster plans. During the ice storm the Red Cross made sure that people had shelter to make it through the storm. He adds that he was prepared for the ice storm that shut down the city by having a propane heater, one gallon of water per family member per day and non perishable food on hand. If someone was stuck in their car, home, or at work they were able to survive any storm. Ms. Thornton created three personal disaster kits. Ms. Thornton displayed her emergency kits for the car, home and office. Some of the kit items included for the car included: aspirin, plastic bags, glare flash light, knife, drop cloth for hazardous material, weather radio, hiking boots in the car, socks & underwear, hand warmers, emergency blankets, handi wipes, female items, food supply, chewing gum. Mr. Browns states that you don't have to buy all of the things at once. The key is to have a kit that fits your family needs. By visiting [www.atlantaredcross.org](http://www.atlantaredcross.org) additional information is available for severe weather season which is right around the corner.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #731	28:30	13:00	L	PA/O/E	2/12/11 2/14/11 2/15/11	4:30AM 11:30AM 4:30AM

Rachael Miller welcomes Sue Dowling with the Georgia Bureau of Investigation to discuss how to protect your child from internet crimes. She states that we are living in the age of digital citizenship. Children must be taught how to conduct themselves while online. Parents should always keep their computers and devices in a safe common area. Ms. Dowling states that the GBI is the lead agency for internet crimes against children in the state. She adds that she has investigated computers in some cases involving child molestation, child pornography and stalking. Parents must take the proper steps to make sure their family is safe. Parents should always keep communication open, so you will know what steps to take. You cannot stop your child from using the Internet so you must train them to use the internet wisely. Children with webcams should be monitored and an adult should be around at all times. Parents should learn how to check the history files and what has been downloaded on the computer. Keeping kids protected and out of harm's way is key.

Joy In Our Town #737	28:30	13:00	L	PA/O/E	3/18/11 3/19/11 3/21/11 3/22/11	1:00PM 4:30AM 11:30AM 4:30AM
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Rachael Miller welcomes HERO, Shift Supervisor, Jason Josey and Brian Groover with the GA Department of Transportation. Mr. Josey states that daily workers of the HERO unit risk their lives to help stranded motorists on GA roadways. Increased numbers of accidents are known to create congestion on the highway. They help as many stranded motorists as possible maneuvering between major congestion and various dangers involved. The nature of their work is dangerous and consistent. Operators must know how to get out of their vehicle with surrounding cars driving over maximum speeds. Responding to over ninety six thousand accidents per year makes them a viable resource on Georgia highways. A recent death of one of the operators was tragic for the entire unit. Georgians need to be reminded of the GA Move Over Law that mandates drivers to move over when they see emergency vehicles on the side of the road. Mr. Groover states that their mission is public safety, clearing the freeway and easing the congestion on the highways. Some of the most common responses include clearing accidents, helping people who run out of gas and fixing flat tires. Motorists can dial calls 511 to have a HERO unit dispatched to help ease highway congestion.

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

Joy In Our Town #731	28:30	13:00	L	PA/O/E	02/11/11	1:00PM
					02/12/11	4:30AM
					02/14/11	11:30AM
					02/15/11	4:30AM

Rachael Miller welcomes DeKalb Co Commissioner, Lee May Representing Dist #5 to discuss budget cuts. He states that in DeKalb Co. people losing their job has resulted in many foreclosures which in turn has affected the revenue and budget of the county. When revenue is down so are property taxes, sales taxes, fines and speeding fees that help to fund the government. When people spend less or people save more it also attributes to less revenue. Country revenues have decreased by 125 million dollars but people still expect police, fire patrol, trash pick up to occur with less money for them to work with. Water and sewer rates have been raised as a creative way to pay the county bills. Furloughs forced employee to take time off without getting paid. Other costs saving cuts have resulted in the delay of the newest library being opened. Cutbacks in parks and recreations and library hours are only a few measures being taken to help meet county expenses.

NPTL – ATL #02012001	1:57:00	13:00	L	PA/O/E	02/01/11	10:00PM
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Host Zachery Timms welcomes Atlanta Mayor Kasim Reed. Mayor Reed talks about his commitment as a leader. He talks about tough times that the city and nation are facing. In looking at the challenges of the city, he believes that having adequate health care and access to education are important. He adds that children should have access to dental care and that in these times neighbors should look after each other. He states that preparation for the youth is important to prepare for their leadership moment in time. As a former Senator and as the current Mayor of Atlanta he believes that there are many scriptures that were used for times of trouble. To the youth he encourages them to not quit in troubled times. It is through those moments that will test you for where you will end up in life. He talks about the importance of council and preparation to have success. He talks about how his faith helps him to lead the city and in making decisions on behalf of the citizens of the City of Atlanta. He closes by talking about Black History Month and the historical accomplishments and working hard and preparing vigorously and keeping God close.

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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>
NPTL – ATL #02012001	1:57:00	13:00	L	PA/O/E	02/01/11	10:00PM

Host Zachery Timms welcomes Dr. Joseph E. Lawrey trailblazer in the civil rights movement. He gave the closing prayer and the inauguration of the first Black President and was a trusted friend of Dr. Mt Luther King during the Civil Rights Movement. He states that there is still an issue of violence that needs to be addressed. He believes that non violence is the way. After 89 years of life, he believes the greatest achievement is the removal of segregation and movement toward inclusiveness. Recognizing the human worth of people is a great achievement. He remembers the civil rights movement and the struggles and sees how the nation has turned from race and color to "content of character." He applauds TBN for acknowledging Black History Month. He adds that youth must know their history and understand where they have come from. Young people who want to be leaders should continue to strive to become a good leader. He addresses the social ills of today and talks about the work that still needs to done. In closing he adds that people in leadership must be willing to sacrifice.

*Drugs / MISC.*

Joy In Our Town #730	28:30	13:00	L	PA/O/E	1/28/11 2/01/11	1:00PM 4:30AM
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Rachael Miller welcomes Jim Langford, Executive Director of the Georgia Meth Project to talk about the devastating effects of Meth in Georgia. He states that Meth is dangerous and more powerful than cocaine. The drug is made when the key ingredient in Sudafed is mixed with household cleansers. People have snorted it, injecting it, smoked it and use it in soft drinks and/or putting it in chewing gum. Georgia has the 3<sup>rd</sup> worst meth problem in the nation. Statistics are being tracked when arrests are made and through emergency room visits. The drug is known for being instantly addictive with a high lasting 6 to 12 hrs. The meth campaign is focusing on educating young people so they won't even touch the drug not even once. Through very convincing ads that depict real situations and real meth users inform Georgia youth about the dangers of the drug. Over 250 volunteers are being trained within area schools to help distribute materials on how to talk about meth.

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Trinity Broadcasting Network

**WHSG-TV**

***Monroe / Atlanta***

QUARTERLY REPORT

April, May, June 2011

Trinity Broadcasting Network

Monroe / Atlanta

DESIGNATION OF TOP COMMUNITY PROBLEMS

FROM THE AVAILABLE SOURCES

IN THE WHSG TV

VIEWING AREA

April, May, June 2011

Civic Affairs

Health

Economy

Youth

Employment

Misc. / Crime

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

Joy in Our Town #746	28:30	13:30	L	PA/O/E	5/20/11	1:00 PM
					5/21/11	4:30AM
					5/23/11	11:30AM
					5/24/11	4:30AM

Rachael Miller welcomes State Representative and House Minority Leader, Stacey Abrams. Rep, Abrams is the first African American woman to lead either party in the Georgia General assembly. Representative Abrams talks about issues that were covered in 2011 legislative session. Concerning tax reform, HB 388, the third iteration of state tax overhaul, was defeated. The defeat of that bill saved 82 percent of Georgia families from a tax increase that would have shifted the responsibility from everyone to just the lower and middle class. While working on the state budget they restored the "Meals on Wheels" program. She states that budget cuts were minimized to education instead of giving additional tax credits to corporations. On the other hand, HB 326 - The Hope legislation moved quickly through the house. She states that cuts were necessary; consideration was taken to distribute the funds in an equitable and meaningful way. Legislation concerning the Runaway Youth Safety Act would allow youth to receive counseling to help them clearly understand the situation they are in before being forced to return home. Updates regarding HB 200 – states that Sex trafficking would establish that those pulled in and forced to be sex slaves would not be prosecuted as criminals.

Joy in Our Town #747	28:30	13:30	L	PA/O/E	5/27/11	1:00 PM
					5/28/11	4:30AM

Rachael Miller welcomes State Representative Pedro Marin (District 96). He states that House Bill 87 is legislation that affects the immigrant community. He adds that when you have several industries and groups of constituents arguing about passing and not passing this legislation, caution should be taken when passing this type of legislation. Agriculture is a \$68.8 billion dollar industry in the state of Georgia that is primarily worked by immigrants. He adds that the senate side changed the language on the legislation, but the representative side didn't agree on the language. He adds that after being shown 26-pages of legislation they only took 10 minutes to discuss it and there were no questions on the amendment at all. He states that people put a Latino face on the amendment but it goes father then that. Georgia has hundreds of thousands of Asians, thousands from the continent of Africa and thousands from the western European continent. As one of the most diverse districts in the state that represents 32% Latino and over 60% Asian, he also hears from the Korean Community that this legislation is not fair. He adds that the racial profile part of the bill would give law enforcement the power to stop you if you look suspicious. He states that racial profile laws and hate crimes have not been able to have their day in committee. He adds that a few will come to discuss these ideas but as a minority party he believes they are being shut down. There are some organizations that are considering a boycott against the state of Georgia.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #747	28:30	13:30	L	PA/O/E	5/27/11	1:00 PM
					5/28/11	4:30AM

Rachael Miller welcomes State Rep. Virgle Floyd (66<sup>th</sup> District). He states that there are 180 school districts in Georgia. The accreditation process is done every 3 or 4 years by the Southern Association of Colleges and Schools for the state. Their role is to assess the viability of school systems and school programs to make sure that they are meeting standards and those students that graduate will be able to compete with other school systems across the country. There were some problems with governance in the Atlanta Public School System (APS) that caused them to be put on probation. Senate Bill 79 to be paraphrased "If it be determined that the Atlanta Public School System become in danger of losing their accreditation, the governor will have the power to replace the entire school board". Southern Association of Colleges and Schools had some concern about how the Atlanta Public School System were making their decisions. They wanted families that don't know how to get actively involved with the legislative process. They need people to let their elected officials know how they feel about certain issues whether it be health care or taxes, senior citizens rights, social security, or education. They need people to send a letters, to make phone calls, send emails, or even visit their state representative and discuss the issues with them. Let your voice be heard.

Joy in Our Town #748	28:30	13:30	L	PA/O/E	6/03/11	1:00 PM
					6/04/11	4:30AM
					6/06/11	11:30AM
					6/07/11	4:30AM

Rachael Miller welcomes State Representative Brian Thomas, Chairman of the House Democratic Caucus (110<sup>th</sup> District). He states that some of the highlights of this year's legislative session is that they have been pushing, educational opportunity, economic security and shared responsibility. They have seen some success and failure. Some of the changes that Georgia should expect is the Hope Scholarship. It will no longer go to cover books and fees, it will no longer cover 100% of tuition as it currently does. There will be very low interest rate loans offered to make up the difference. These changes will affect every student currently on The Hope Scholarship. They are very concerned with cuts to public education. He states that essentially the burden has shifted down to property owners because the money has to come from somewhere. There is a bill that is currently giving people the opportunity to decide if they would like to be able to purchase alcohol on Sunday. There is also a bill that would change the foreclosure process in the state of Georgia. Currently the bank could foreclose without any notification and if you came up with the money there is no legal right for you to be able to cure that debt. On the matter of shared responsibility, every time someone purchases a tire there is one dollar that goes to the government. That money is supposed to go towards cleaning up tire dumps. He states that every year the state legislator takes that money and places it in some other category. He adds that he is introducing a bill that would ensure that those funds get spent on what the money was allocated for.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #748	28:30	13:30	L	PA/O/E	6/03/11	1:00 PM
					6/04/11	4:30AM
					6/06/11	11:30AM
					6/07/11	4:30AM

State Rep. Margret Kaiser (59<sup>th</sup> District) with the Georgia House of Representatives joins Rachael Miller. She states that Democrats are serving in a super minority this year and it makes it difficult to get many things done. She adds that they have been watchful to pay attention to what type of bills have been coming down the pipe and to protect their constituents from things that could be harmful. State Rep. Margret Kaiser explains how a fire in a Charter School that opened and burned down over a eight months period caused her to run for office. The Charter School was important to the community. After the fire, the community could not get the insurance company to settle. The insurance commissioner was unable to help solve this problem, and the failure to resolve this problem caused her to run for office. She wants to be able to help with education issues where children are not thriving. She wants to address these problems and implement solutions. There are many abandoned homes due to foreclosures brought on by the economic crisis. Crime increases when properties are abandoned. There have been cases where people have moved into abandoned properties because banks have failed to implement up keep. In one case a young girl on the way home from school was drug into one of the properties and raped. The community has offered support to the family and also cleaned up the property. They are now working on a legislation requiring lending institutions that own abandoned properties to maintain them. When constituents voice their concerns on matters that affect them they can change the opinion of their representative. Sometimes they can to give additional information that will cause their state legislature to be better informed when considering how they will vote for a piece of legislation.

Joy in Our Town #750	28:30	13:30	L	PA/O/E	6/17/11	1:00 PM
					6/18/11	4:30AM
					6/20/11	11:30AM
					6/21/11	4:30AM

Rachael Miller welcomes State Representative Billy Mitchell. He states that Georgia's laws concerning foreclosure need to be changed. He adds that you can literally lose your home if you're only one day late. In this state there isn't a judicial process. In the documents you sign there is an agreement that says if you're one day late they don't have to take you to court to prove they are justified and just take your home. In Georgia, if you own a \$200,000 home, and the bank can only sell it for \$ 150,000 you have to pay the difference. If you've been in your home a long time, you have a lot of equity in your home, your home is worth \$300,000, and you only owe \$200,000 to the bank, if you get in a bad situation and the bank sells your home for \$300,000 the bank keeps the difference. This is not the standard in other parts of the country. Currently, he is working to put Georgia's foreclosure laws in the same guidelines with the rest of the country. This will make it easier for the owner to stay in their home. DeKalb has some of the most expensive homes in the state and the highest rate of foreclosure. When your neighbor is in foreclosure your home is worth less in value. HB 419 would change the way consumers are threatened with foreclosure. Currently, Georgia can foreclose in one day and have you on the street in 30 days. This new bill would lengthen that time to 90 days and absolutely give homeowners the right to cure. The current law can deny a homeowner even if they have all the money to pay the entire mortgage off. The bank in this state can say, I don't want your money and keep your home.

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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*

Joy in Our Town #739	28:30	13:30	L	PA/O/E	4/01/11	1:00 PM
					4/02/11	4:30AM
					4/04/11	11:30AM
					4/05/11	4:30AM

Rachael Miller welcomes Thomas Arrington, Director of the DeKalb Medical – Sleep Disorder Center. He states that insomnia is currently the number one problem with people that don't get proper sleep. Difficulty getting to sleep, difficulty staying asleep and difficulty getting back to sleep are some of the issues addressed. The sleep disorder center offers diagnosis and treatment for Insomnia, snoring and sleep apnea which is an indication that air is not getting into lungs. There are solutions to help with these problems. Sleep studies can be ordered by your doctor's recommendation in order to determine if there is a problem.

Joy in Our Town #742	28:30	13:30	L	PA/O/E	4/22/11	1:00 PM
					4/25/11	11:30AM
					4/26/11	4:30AM

Rachael Miller welcomes Laura Smith, Volunteer Coordinator of Children's Healthcare services. She states that they care for half a million children annually. The Scottish Rite Children's Hospital of Atlanta specializes in, gastroenterology issues, rehabilitation issues and neurology issues. They also have cardiac and transplant services at other locations. The chaplaincy services helps to support parents who are dealing with the issues they face. The Aflac Cancer Center and Blood Disorder Unit helps children that really have extreme difficulty. Stacey Weiss states that Bert's Big Adventure annually takes twelve to fifteen families (the entire family), that have a chronically or terminally ill child, to Disney World, (for 5 magical uninterrupted days) all expense paid. These cases are stressful for the whole family and the trip brings everyone much needed relief. The children with the illness however, are so resilient that they are the ones that comfort the adult members of the family that struggle with stress through the illness. BBA creates an annual magazine detailing the trips that they take these families on. For more information visit - [www.choa.org](http://www.choa.org)

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #743	28:30	13:30	L	PA/O/E	4/29/11	1:00 PM
					4/30/11	4:30AM
					5/02/11	11:30AM
					5/03/11	4:30AM

Rachael Miller welcomes Emily Cade, Case Worker with the MS Institute at Shepherd Center and Deborah Lovell, Spokesperson with the Multiple Sclerosis Association of America. Ms. Cade states that the body attacks its own immune system attacking different nerves in the brain and the spinal cord. Women are to be 2 to 3 times more likely to be diagnosed with this disease. Currently there are 400,000 people diagnosed with MS in the United States most being between the age of 25 to 50. Some symptoms are fatigue, loss of cognitive functions as well as depression and spasticity. Deborah Lovell talks about her Multiple Sclerosis diagnosis. Initially she experienced memory loss and tingling in her hands. She would lock her keys in the car every other day. She would start to fall down. While in school at the end of class often she would require help just to stand up. She found herself in denial concerning her disease. She has now become a spokesperson for the MS Association of America, and authored of the book, "No More MS". For more information - [www.Shepherd.org](http://www.Shepherd.org)

Joy in Our Town #745	28:30	13:30	L	PA/O/E	5/13/11	1:00 PM
					5/14/11	4:30AM
					5/16/11	11:30AM
					5/17/11	4:30AM

Dr. Djenaba A. Joseph, MD, MPH with the Center of Disease Control's Division of Cancer. She discusses steps that should be taken to help prevent colon cancer. It is important to know your family history and to talk to your doctor. Colon cancer occurs in 142,000 people per year and 52,000 people die from it. The no. 1 mistake people make is failure to be screened. Early detection helps finds polyps so they can be taken out. Have a schedule of prevention for your health once you reach 50 years of age. You can find additional information about their colorectal cancer screening program on their website. For more information - [www.CDC.gov/cancer](http://www.CDC.gov/cancer).

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #745	28:30	13:30	L	PA/O/E	5/13/11	1:00 PM
					5/14/11	4:30AM
					5/16/11	11:30AM
					5/17/11	4:30AM

Martina Desgoutres, Board Certified Nutritionist, Wellness Practitioner from The Healthy Explosion Ms. Desgouttes discusses how choosing the right combination of foods to eat, can improve nutritional health, and facilitate normal body function. Many people do not eat properly even though they eat healthy foods. They need to make healthy choices in the right combination to make a difference. For example, condensed protein, condensed carbohydrates, high water vegetables and fruits (acidic and sub acidic, sweet fruits and melons) should not be combined arbitrarily. Also, different meats should not be combined in the same meal. It is needful that different food types should be combined properly to produce beneficial results in the body. Many diseases are triggered by improper nutrition. Stress and very hectic lifestyles can breakdown our body. Educate yourself about what foods can be combined together then you will be able to make healthy choices. For more information - [www.HealthyExplosion.com](http://www.HealthyExplosion.com)

700 Club CBN News Watch	1:00:00	6:00	REC	PA/O/E	06/16/2011	3:00 PM
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#061611

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

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor #295 to Doctor	28:30	28:30	REC	PA/O/E	4/05/2011	12:30 PM

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

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

Doctor #297 to Doctor	28:30	28:30	REC	PA/O/E	4/26/2011	12:30 PM
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**Dr. Mike Ronsisvalle** talked about the traits of a happy marriage. It's important to fight fair. Instead of lashing out address the behavior. Believe the best about your spouse. Instead of thinking the worst about your spouse try focusing on the positive characteristics. **Dr. James Mittelberger** talked about advance care planning. It's making plans to address your medical care in the case you become incapacitated. Family and friends may not know how you would like to handle certain medical situations. Advance Directive is a legal document that you fill out explaining your wishes in different medical scenarios. **Dr. Glen Steele** talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.

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Doctor to Doctor #298	28:30	28:30	REC	PA/O/E	5/03/2011	12:30 PM

**Lisa Buldo** talked about acne. It can be caused by a buildup of bacteria in your intestine. A suppressed immune system can be caused by medications, processed food and chemicals. Eat clean food, avoid sugar, take a supplement daily, exercise, get plenty of sleep and clean skin daily. **Dr. Bronlynn Eberhardt** talked about teeth health. Bad teeth health can lead to stroke, heart disease, cancer and diabetes. It's important to floss, brush teeth regularly and to see the dentist on a regular basis. **Dr. Brian Nimphius** talked about neck pain. It often occurs because the muscles in the neck region become weak from not being used. These muscles are then susceptible to fatigue and injury. It's important to do certain exercises that will strengthen them as well.

Doctor to Doctor #299	28:30	28:30	REC	PA/O/E	5/10/2011	12:30 PM
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**Dr. Christopher Chen** talked about exercise. It helps to keep inflammation down, increases heart rate, decrease blood pressure and stress level. It increases circulation which helps to deliver oxygen to other parts of the body. Walking, swimming and cycling are great low impact exercises. **Dr. Bob DeMaria** talked about joint pain. Plantar Fasciitis can result in a heel spur. Tennis elbow and Carpal Tunnel syndrome can result in joint pain. It's important to drink plenty of water, limit sugar, increase flax seed oil and vitamin B6. **Dr. Carl Schmidt** talked about vitamin B. Every nutrient has a purpose to keep the body alive and functioning. B1 is good for mood, memory and attention. B2 helps with cells. B3 helps lower cholesterol. Whole grains or supplements are a great way to make sure you are getting enough B vitamin.

Doctor to Doctor #300	28:30	28:30	L/ REC	PA/O/E	5/17/2011	12:30 PM
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**Dr. Marc Unterman** talked about Ischemic Heart Disease. It's when cholesterol plaque builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. **Kay Spears** talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. **Dr. Mark Sheehan** talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #301	28:30	28:30	REC	PA/O/E	5/24/2011	12:30 PM

**Dr. Doreen Lewis** talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. **Dr. George Alonso** talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. **Dr. Abinash Achrekar** talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.

Doctor to Doctor #302	28:30	28:30	L / REC	PA/O/E	5/31/2011	12:30 PM
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**Eric Braverman** talked about how to have an abundant life. It is possible to look on the outside for problems on the inside. Balding men have a higher rate of Prostate cancer. A pigment change in the skin can mean skin cancer or skin damage. Gum disease can be linked to heart disease. It's important to get screened. **Dr. Nicole Gordon-Moton** talked about colon cancer. It is the 3<sup>rd</sup> most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. **Dr. David Cawley** talked about the fearful dental patient. This is the patient that has dental needs but doesn't go because of an extreme fear. There is an oral sedation that lowers the patient's anxiety level and makes it a pleasant dental experience. There is a general sedation that allows for difficult and longer procedures.

Doctor to Doctor #303	28:30	28:30	REC	PA/O/E	6/07/2011	12:30 PM
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**Dr. Tonya Lyons Anderson** talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. **Dr. Randy Burden** talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. **Dr. Bernice Gonzalez** talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #304	28:30	28:30	REC	PA/O/E	6/14/2011	12:30 PM

**Dr. Ace Anglin** talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. **Dr. James Krystosik** talked about the ph system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. **Jannie Wolff** talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high

Doctor to Doctor #305	28:30	28:30	L/ REC	PA/O/E	6/21/2011	12:30 PM
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**Dr. Valerie Saxon** talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. **Dr. Bill Williams** talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. **Dr. Dale Peterson** talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.

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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 #739	28:30	13:30	L	PA/O/E	4/01/11	1:00 PM
					4/02/11	4:30AM
					4/04/11	11:30AM
					4/05/11	4:30AM

Rachael Miller welcomes, Angela Speir Phelps, Executive Director of Georgia Watch. Ms. Phelps is the Georgia state leader of this non-profit consumer advocacy organization. They monitor, identity theft, credit freeze, predator lending, mortgage and foreclosure reform, healthcare policy and energy and utility matters that impact Georgians. Having served on the Georgia Public Service Commission, which is a board of elected commissioner that rendered verdicts statewide on multi-billion dollar cases that impact every Georgia citizen and every business. The types of increases they have seen on energy bills is just one of the matters that this board governs. Average citizens have no representation any longer with the elimination of the Consumer's Utility Counsel that used to speak on their behalf. Georgia Watch founded the consumer energy program to speak up for small business and individuals. In 2011 there were two increases on our Georgia Power Bill totaling statewide 2.1 billion dollars. There is a rate of about \$10 per month that will increase over the next two years to \$15 per month.

Joy in Our Town #740	28:30	13:30	L	PA/O/E	4/08/11	1:00 PM
					4/09/11	4:30AM
					4/11/11	11:30AM
					4/12/11	4:30AM

Rachael Miller welcomes, Carol Hunter, Founder of Prosperity Unlimited. Ms. Hunter is working actively in the community to help individuals and families help to survive financial in tuff financial times. With the economy's current change people are more receptive to help from the outside in effective methods for managing their finances. If salaries are not increasing but the cost of living is the strategy to maintain a healthy financial life has changed. One method is having a financial family meeting where every member comes together and is able to express themselves so that the big picture is clear to everyone and some unity can be achieved on what methods will be used to address any problems the family may face. This may be a time to add another part time income, start a home based business. Look at things you like to do that might generate additional income for you. Looking at alternatives for eating out is just one method that could offset the additional cost we currently face at the gas pump. There creative ways you can lower the expenses you incur in your current life style. Consider the cost of a big family vacation that you have planned for. Planning for the future can go a long in helping you to survive in times of recession. You may be unemployed but you should stay motivated and find the talents and skill that you have been doing as a source of income. For more information visit – [www.prosperous.org](http://www.prosperous.org)

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #740	28:30	13:30	L	PA/O/E	4/08/11	1:00 PM
					4/09/11	4:30AM
					4/11/11	11:30AM
					4/12/11	4:30AM

Rachael Miller welcomes Dr. Eric Bonaparte, Assistance State Director of the UGA Small Business Development Center. The current economy is causing the Small Business owner determine how to operate their business in a efficient manner. In a case where owners are not seeing customers coming in large numbers on specific days of the week they might consider being closed on that day or reducing the operating time down to a half-day. The UGA Small Business Development Center offers free classes online. They also offer free one on one counseling. We may have to change the structure of the way their business is currently operating and perhaps alter their business plan. Changing products or revisiting marketing procedures may be just the change to need. If you're interested in starting your own business do your homework first. They recommend a feasibility study to determine if starting a business is right for you. Some business could lend itself to home based business. Others require walk by traffic. In these situations location is important. Understand the kind of customer you have and what you need to do to get that customer.

Joy in Our Town #742	28:30	13:30	L	PA/O/E	4/22/11	1:00 PM
					4/25/11	11:30AM
					4/26/11	4:30AM

Rachael Miller welcomes Elizabeth Weatherby, Founder of the Feed My Lambs schools that provide services for homeless mothers by caring for their children and giving these children stability and love so that their mothers can focus on getting their life back together. The services help homeless mothers and their children and are given for free in order to make it easier for these mothers to transition back into the workforce. These mothers also are provided their own room, they take classes, they receive excellent food, and the created atmosphere is really like being at home. They currently work with 1700 – 1800 children. The Feed My Lambs program intakes families every 120 days. The children are fed and sent to school. For more information - <http://www.feedmylambs.net>

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Joy in Our Town #744	28:30	13:30	L	PA/O/E	5/06/11	1:00 PM
					5/07/11	4:30AM
					5/09/11	11:30AM
					5/10/11	4:30AM

Rachael Miller welcomes Life Coach, Evelyn Watkins. She teaches individuals how to assess where they are in life in order to get to where they would like to go. Utilizing assessments, honesty is important when defining where you want to go in life. For each person, what one considers to be a successful life can be dramatically different from another. If you are married you should discuss your ideas with your spouse and your children. Mrs. Watkins talks about a woman who was in danger of foreclosure, which led her to implement an original idea, selling a mortgage cake at her sons elementary school which led to a business and saved her home. Start with a realistic plan, something that is tangible, with milestones you can actually meet.

### *Youth*

Joy in Our Town #741	28:30	13:30	L	PA/O/E	4/15/11	1:00 PM
					4/16/11	4:30AM
					4/18/11	11:30AM

Rachael Miller welcomes Jim Carter, CEO of the Diversity Hiring Expos. He states that college students are having difficulty finding employment in the current economy. He states that they have to start their job search while they are in school. If they don't they may find it takes 12 – 16 months to find employment in their field and they may have to settle for a job they really don't want. Some employers have created special programs for college students so that they can offer them a career opportunity. They were asked to put together an event specifically for college students in Atlanta. Students from eight southern states were invited to come to "The Excellence of Business Leadership Forum" and "The Southeastern Diversity Collegiate Career Expo" on Wednesday, April 20, 2011. It will be chaired by Maj. Ronald L. Bailey of the U.S. Marine Corp., and some diplomats from the U.S Department of State will also be present.

*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 #746	28:30	13:30	L	PA/O/E	5/20/11	1:00 PM
					5/21/11	4:30AM
					5/23/11	11:30AM
					5/24/11	4:30AM

GA State Representative, Steve Davis (District #109), Sherri Samuels, Director of the Patient and Family Services with the Brain Tumor Foundation, 11-year old -Arianna White, Brain Tumor Survivor and her mother Lisa White join Rachael Miller. Mrs. White states that in 2006, Arianna was diagnosed with a brain tumor. After 18 months of chemotherapy the progression of the tumor did not stop. She talks about her emotions and that the treatments are very damaging to the body of the individual and to your family. Arianna talks about being a brain tumor survivor and becoming a brain tumor trooper. Sherri Samuels states that brain tumors in children are rare but can be devastating. The children have cognitive issues and body function issues as a result of the disease. The Brain Tumor Foundation is primarily a financial support organization. They offer support in eight states throughout the southeast. They will spend over \$300,000 dollars this year just paying household bills, groceries, gas cards and funeral expenses just to help families get through this. Last year they serviced 250 families and now are now processing 50 applications a month. State Rep. Steve Davis states that the purpose of House Resolution was to create brain tumor awareness for the Brain Tumor Foundation, for the month of May. They would like to see the people from communities support families that are being affected by this disease. For more information - [www.braintumorkids.org](http://www.braintumorkids.org)

Joy in Our Town #749	28:30	13:30	L	PA/O/E	6/10/11	1:00 PM
					6/11/11	4:30AM
					6/13/11	11:30AM
					6/14/11	4:30AM

Commissioner Larry Johnson with the DeKalb Co. Board of Commissioners and Vanetta Keyes, Founder and Executive Director of C.H.O.I.C.E.S join Rachael Miller. Ms. Keyes states that Georgia is one of the worst states and ranks 37% of Georgia's children that are either overweight or obese. This problem is costing our state almost \$2 billion dollars in medical cost. If this problem is not addressed our children may not live past 55 years of age because of adult onset diseases. Parents need resources readily available to them to help solve this problem, schools that provide healthy lunches, fruit and vegetables properly displayed at the store. The parents have their part but they really need the community to help. Adults have to set examples for the children. The "Let's Move Dekalb Event" on June 18, 2011 was promoted to address these issues. C.H.O.I.C.E.S (Center Helping Obesity in Children End Successfully) is just that, helping individual to make healthy choices. Food can be prepared in a way that it is very tasty and still healthy for you.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #751	28:30	13:30	L	PA/O/E	6/24/11	1:00 PM
					6/25/11	4:30AM
					6/27/11	11:30AM
					6/28/11	4:30AM

Jackie Brewton, Facilitator (Abstinence Educator) with Governor's Office of Children and Families and Jevon Gibson Program Manager with the Clayton co Board of Health join Rachael Miller. Ms. Brewton states that teens are getting their ideas about healthy relationships from the media. Girls are becoming more aggressive than they have in the past. There are teens using the internet and social media to get their information about sex. Many of today's youth have been given technology beyond their years. Some youth have resorted to texting nude photos. This is referred to as "sexting" and is considered a crime. Ms. Brewton states that 50 to 90 percent of the teens she's polled know someone that has sent a nude image. Recently, 4.5 million dollars was awarded to Clayton County to address the issue of teen age pregnancy by the Department of Adolescent Health – Department of Health and Human Services. Statistics confirm that 4,300 teen births were recorded between the years 2003-2009. In Clayton County, 1 out of every 10 girls will have a teen birth. In one year, Southern Regional Medical Center reports 270 births to teen mothers. By implementing a new curriculum in the community partners set up evidence based curriculum. Parents need to talk to their kids.

Joy in Our Town #751	28:30	13:30	L	PA/O/E	6/24/11	1:00 PM
					6/25/11	4:30AM
					6/27/11	11:30AM
					6/28/11	4:30AM

Pastor Pamela Whiteside with the Apple Project and Angela Harris, Founder of Ladies in Full Effect join Rachael Miller to discuss the risky behaviors of today's youth. Ms. Whiteside states that ladies often want to please young men and forget about the consequences. The end result as a nurturer they then end up with a life/pregnant. Kids need to know their purpose. Sexual activity yields consequences and you can't take back the act once it has been committed. Ms. Harris believes that youth have too much idle time. They need structured activities, goals and positive things to do. When the parents aren't available due to work schedules kids must have activities to fill their time. Many of the youth are just trying to fit in and overcome lack of self esteem, self worth and understanding their value.

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*Employment*

Joy in Our Town #741	28:30	13:30	L	PA/O/E	4/15/11	1:00 PM
					4/16/11	4:30AM
					4/18/11	11:30AM

Ellen Sauter, Career Consultant and Diane Crompton, Social Media Strategist join Rachael Miller to discuss using the social media to find employment. Ms. Sauter states that it is tough to change careers at this time. The methods used for job searching have changed in this decade. Job searching requires stamina, creativity and a computer. Most jobs are now found by using online networking services. Social networking is a big part of building an online presence needed for a successful job search. Essentially you are building relationships with individuals that have a similar interest as yourself as part of the process of finding a job. Ms. Crompton states that you need to have a strategic and thoughtful approach to using social media in your job search. Blogs, online media groups, twitter, Facebook, LinkedIn is know the number one resource tool used by recruiters and hiring managers, are all tools of social networking that facilitate employment. Job seekers should educate themselves how these tools work. For more information visit - [www.YourSocialMediaStrategist.com](http://www.YourSocialMediaStrategist.com)

Joy in Our Town #743	28:30	13:30	L	PA/O/E	4/29/11	1:00 PM
					4/30/11	4:30AM
					5/02/11	11:30AM
					5/03/11	4:30AM

Linda Pogue, Advocacy Director and Danny Housley, Social Media Coordinator with disABILITY LINK JOIN Rachael Miller. Ms. Pogue states that it is possible to live a full and meaningful life with a disability. People that have a disability also have something to offer the world whether they are born with it or acquire it later in life. 70 % of the people with disabilities that want to work are unemployed. They don't have the same access to education, housing and transportation as people without disabilities. It is not a level playing field, however, it is possible to take control of your life and make yourself job ready. There are services available to disabled individuals to help them do what they're interested in doing. Mr. Housley was born visually impaired. He says, "It is needful to overcome the attitudes of other people and how they perceive you. He has a master's degree in applied linguistics, but found difficulty finding employment even after 9 months of extensive search and hundreds of applications. Then he started working with the job readiness class at disABILITY LINK. They stressed that he should be active, if you're unemployed go volunteer your services. Get yourself out of the house and out into the community. For more information - <http://disabilitylink.org>

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Joy in Our Town #744	28:30	13:30	L	PA/O/E	5/06/11	1:00 PM
					5/07/11	4:30AM
					5/09/11	11:30AM
					5/10/11	4:30AM

Rachael Miller welcomes Emily Romero and Marcia Brown with Hands on Atlanta AmeriCorps. In middle schools assistance is being provided to the lowest 30% of performance students and their goal is to raise test scores. By creating job opportunities they are able to effectuate change in communities through structured community service. Nationally the program seeks to address every type of community problem imaginable. People interested in working with these youth can apply now during this recruitment period. Those selected to work with the program will provide services to elementary schools through tutoring in reading and math. Additionally, they provide programming pieces for middle school children, as well as parental outreach. They have high school readiness programs and have partnerships with parent center through Atlanta Public Schools. The AmeriCorps program is a life changer for their employees and their students. For more information - [www.handsonatlanta.org](http://www.handsonatlanta.org)

Joy in Our Town #750	28:30	13:30	L	PA/O/E	6/17/11	1:00 PM
					6/18/11	4:30AM
					6/20/11	11:30AM
					6/21/11	4:30AM

Rachael Miller welcomes, Marc Butler, Commissioner of the GA Department of Labor. Mr. Butler states that The Department of Community Affairs and The Georgia Department of Labor are working together in implementing a statewide mortgage assistance payment program called "The Georgia Home Safe Program". This program offers assistance to protect you from losing your home if for reasons outside your control become unemployed and can't make the payments. This program requires that you have to be currently eligible for unemployment. You must be current on your mortgage payment before you became unemployed. The unemployment rate had hit as high as 10.3% but now the rate is actually going down. It is now down below 10% for the first time since 2007. The construction industry is starting to show some signs of life and even manufacturing has picked up. He states that they are cautiously optimistic that we are now headed in the right direction concerning unemployment. People in our state are learning the right skills and are sharpening their resume skills. People are also learning to present themselves well and dress appropriately. He encourages people to evaluate their skills. This will help to determine if you can find educational opportunities that will enhance the skills that you already have. When interviewing, applicants should show the employee that they're motivated and that they desire to be a part of their team.

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*Misc. Crime*

Joy in Our Town #749	28:30	13:30	L	PA/O/E	6/10/11	1:00 PM
					6/11/11	4:30AM
					6/13/11	11:30AM
					6/14/11	4:30AM

Rachael Miller welcomes Lauri Reeder, Public Safety Educator or Refuse to Be a Victim. Ms Reeder states that a violent crime is committed every 19 seconds in America. Television depicts the next raping, murder or carjacking on a frequent basis and it can be very frightening. "Empowered To Be" (M2B) wants to teach safety through awareness and avoidance. They have partnered with the Monroe, GA police department to start to train their citizens what to do should they find themselves in a dangerous situation. They teach some basic defense techniques that will help citizens get away from an assailant. Some of the techniques M2B use are demonstrated for the viewer to see. They also have tasers and stun guns as well as pepper sprays to aid in public safety. If you're traveling learn the laws of the country you're going to. (i.e. it's illegal to chew gum in Singapore.) Some weapons that were demonstrated are restricted in Europe so it is important to investigate these things in advance when planning a visit to another country.

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Trinity Broadcasting Network

**WHSG-TV**

***Monroe / Atlanta***

QUARTERLY REPORT

July, August, September 2011

Trinity Broadcasting Network

Monroe / Atlanta

DESIGNATION OF TOP COMMUNITY PROBLEMS

FROM THE AVAILABLE SOURCES

IN THE WHSG TV

VIEWING AREA

July, August, September 2011

Health

Economy

Family

Public Safety

Education

Misc. / **Civic Affairs**

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

Joy in Our Town #756	28:30	13:30	L	PA/O/E	7/29/11	1:00PM
					7/30/11	4:30AM
					8/01/11	11:30AM
					8/02/11	4:30AM

Rachael Miller welcomes Dr. Byron Jackson Health Coach and Chiropractor with The Center for Health & Healing. He has discovered that many patients don't actually understand what it means to be healthy. Dr. Jackson defines healthy as, looking at the body and observing not just the absence of illness but, optimum cell function and what things interfere with that. The natural state of the body is to be healthy so if the body is not displaying good health, then there is some state of deficiency and/or toxicity in the body. Looking across a person's lifestyle domains, how they're eating, how they're moving and how they're thinking. Many people eat well and exercise, however, the way people think, having a failure to have a positive outlook on life can still create negative affects in the health of their body. Understanding how the body works aids in making the best choices for being healthy. People usually understand how their cardio vascular or their circulatory system works, how their blood flows, how their heart pumps, etc. On the other hand, hardly anyone understands how their nervous system works, they don't understand how their immune system works, and they definitely don't understand there is an intimate relationship between the two. There is a direct relationship between the brain and the nervous system in that the brain receives information from the nervous system that tells how the body is performing. When that information fails to get to the brain properly then the health of the body begins to suffer. Our desire is to educate people on proper body function and thereby facilitate optimum health.

Joy in Our Town #761	28:30	13:30	L	PA/O/E	9/02/11	1:00PM
					9/03/11	4:30AM
					9/05/11	11:30AM
					9/06/11	4:30AM

Dr. Benard Murray, Administrator for the Atlanta and Dallas Regional Office of US Dept. of Centers for Medicaid and Medicare Services joins Rachael Miller. He states that precondition insurance is available. Finding insurance for people with pre existing conditions can be challenging. PCIC.gov is a resource to check out benefits. It provides hospital, doctor, and pharmacy coverage when eligible. Millions of Georgians are uninsured. As of July 1, changes have made to make it easier to obtain coverage. Qualifications include: US citizenship and a verifiable pre-existing conditions. Since only less than a thousand people have signed up for the coverage, work is being done to communicate the information to those who need it.

Joy in Our Town #763	28:30	13:30	L	PA/O/E	9/16/11	1:00PM
					9/17/11	4:30AM
					9/19/11	11:30AM
					9/20/11	4:30AM

Rachael Miller welcomes Dr. Sandra Ford District Health Dir. of Dekalb County Board of Health. Ms. Ford talks about Putting Prevention To Work. The awarded grant funds will help with obesity and tobacco prevention within the county. Over six million dollars has been received to work on these issues. She states that indoor air ordinances are in order but work places and bars still need adjusting. Parks and service lines need adjusting as well. Current statistics confirm that only twenty percent of the county smokes. Smoking illness are the number one disease in killing humans. Georgia is number two in the nation in child obesity.

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Joy in Our Town #764	28:30	13:30	L	PA/O/E	9/23/11	1:00PM
					9/24/11	4:30AM
					9/26/11	11:30AM
					9/27/11	4:30AM

Rachael Miller welcomes Mary Newton, Coordinator of Catch Healthy Habits and Jacqueline Humphrey, Volunteer with the Atlanta Regional Commission Area Agency on Aging. Georgia ranks eighth in childhood obesity. Georgia ranks twelfth in adult obesity. Obesity is a national problem. RSVP is the Retired Senior Volunteer Program. Adults fifty and older in the organization mentor and teach healthy habits, and encourage increased physical activity. The program includes knowledge from reading labels, going to the grocery store with parents. Healthy snacks are always the start to every lesson taught. Healthy snacks like "ants on a log" contain: celery, cream cheese, and raisins to resemble the ants. The program targets grades K-1 thru the fifth grade.

Joy in Our Town #765	28:30	13:30	L	PA/O/E	9/30/11	1:00PM
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Rachael Miller welcomes Linda Conner, Master Trainer of Fulton County Office of Aging and Living Well Coordinator. Their goal is to help inform the public on the best ways to help people insured or not, qualify for services. People are also able to reduce their number of doctor visits and have shorter hospital visits. Classes are offered on rest, relaxation, and water importance to name a few. She adds that it is important to have a relationship with your pharmacist. Reducing stress is key. If you can't relax the mind then you can't relax your body. Check with your county offices for these services. The Living Well Program is to teach individuals to be better self managers. Kyser University and Stanford University has practiced the program for twelve years.

Joy in Our Town #758	28:30	13:30	L	PA/O/E	8/12/11	1:00PM
					8/13/11	4:30AM
					8/15/11	11:30AM
					8/16/11	4:30AM

Rachael Miller welcomes Brian Castrucci, Director of Maternal & Child Health with the Georgia Department of Public Health. Statistics in Georgia prove that half of pregnancies are unplanned. Women who are sexually active should prepare to carry and understand the risks. Taking folic acid before pregnancies can prevent most birth defects. Women between the age of fifteen and forty should take a multi vitamin. Eating healthy and not smoking is important. Get into pre-natal care as early as possible is key along with pre-conception health.

Doctor to Doctor #307	28:30	28:30	L/REC	PA/O/E	7/05/2011	12:30 PM
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**Dr. Scott Hannen** talked about food and suppression. Some foods can steal energy which can lead to being tired, rundown and feeling depressed. It's important to eat a balance diet and to exercise. **Dr. Ross Dorsett** talked about stroke. It is caused by areas of damage to the brain or spinal cord due to lack of blood flow. Risk factors include smoking, diabetes and high cholesterol. It's important to get medical attention with the onset of symptoms. **Dr. Mason Savage** talked about teeth whitening. It should not be performed if you have active tooth decay or periodontal disease. A dental exam should be performed prior to whitening to determine if you are an adequate candidate. Some problems cannot be corrected by whitening.

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

Doctor #309	to Doctor	28:30	28:30	REC	PA/O/E	7/19/2011 12:30 PM
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**Dr. Doreen Lewis** talked about the thyroid. Thyroid problems can result in constipation, cold hands/feet, weight gain/loss, anxiety and nervousness. It is very sensitive to imbalances such as sugar problems, hydrochloric acid deficiencies, milk allergies and gluten sensitivity. It's important to have a doctor check you T3, T4, T7 and TSH. **Dr. George Rhoades** talked about forgiveness. It is very powerful in controlling anger or healing from a past hurt. It's important to say I am sorry and I forgive you. **Dr. Mark Sheehan** talked about heart disease. It is the number one killer of both men and women. Risk factors include family history, age, smoking, hypertension, high cholesterol, diabetes and physical activity. It's important to eat a low fat/low cholesterol diet and get plenty of exercise.

Doctor #310	to Doctor	28:30	28:30	REC	PA/O/E	7/26/2011 12:30 PM
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**Dr. Rita Hancock** talked about hidden stress. An underlying stress can result in medical conditions. Women tend to manifest stress more in terms of physical illness than men do. It's important to deal with stresses at the appropriate time and seek out counseling if necessary. **Dr. Randy Brinson** talked about Celiac Disease. It's a disease in the small intestine that does not allow for gluten to be digested. It can cause damage to the small intestine and result in diarrhea, bloating, distension, cramping and constipation. It's important to get diagnosed and eat a gluten free diet. **Dr. Jeffery Crowhurst** talked about diabetes and the foot. Diabetes can cause foot complications such as Neuropathy, nerve damage, and poor circulation. This can lead to foot sores, infections and amputation. It's important to seek treatment early for any foot problem.

Doctor #311	to Doctor	28:30	28:30	L/REC	PA/O/E	8/02/2011 12:30 PM
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**Dr. Bill Williams** talked about TMJ. Symptoms can be headaches, clicking jaw, neck ache, dizziness, over close bites and grinding teeth. Jaw EMG Study, motion study, and K7 neuromuscular analysis are used to diagnosis a problem and treatment. **Dr. Charles Simmons** talked about safe guarding your home. Crawl and search your home for hazards. Children will pull items down or run into low set items such as a coffee table. Kitchens and bathrooms have water which doesn't take much for a child to drown in. **Dr. Jill Westkaemper** talked about Metabolic Syndrome. It can lead to heart attack and stroke. A person with Metabolic Disease will have three of the following: belly circumference great than 40 inches for a man and 36 for a woman, elevated blood pressure, elevated fasting blood sugar, fasting triglyceride level over 50 and low HDL. Losing weight will reduce your risk.

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Doctor to Doctor #314	28:30	28:30	REC	PA/O/E	8/23/2011	12:30 PM
<p><b>Dr. Isabel Lopez</b> talked about insulin resistance. An over abundance of carbohydrates can produce insulin that doesn't work very well. This can cause diabetes and for hormones to be released that keep you hungry. It's important to eat protein, exercise and to see your doctor. <b>Dr. James Krystosik</b> talked about Omega 3 fats. It helps reduce inflammation, balance hormones and improve memory function. You can get them from plants or cold water fish such as salmon, trout or tuna. <b>Dr. Carl Schmidt</b> talked about Candida. It's a digestive disorder in the small and large intestine that can impact the rest of the body. Microorganisms in the digestive tract get out of balance and create problems. It's important to eliminate sugar, eat a lean diet and take herbal supplements.</p>						
Doctor to Doctor #315	28:30	28:30	REC	PA/O/E	8/30/2011	12:30 PM
<p><b>Dr. Stephanie Blenner</b> talked about Dyslexia. It is a deficient with phonological processing. There is difficulty in recognizing that words are made up of letters and they correspond to specific sounds. Early intervention is important, prior to the third grade, because the brain is still growing. <b>Dr. Dale Peterson</b> talked about food allergies. It is a sensitivity of the body's immune system to a specific substance. Symptoms can be delayed and can include headaches, chronic skin irritations, and behavior issues. Skin tests and elimination diet can be used to determine the allergy. <b>Dr. Bernice Gonzalez</b> talked about healthy living and weight loss. Extra weight can cause diabetes, high blood pressure, heart disease and stroke. It's important to rid the body of fat and maintain muscle. It's important to eat fresh veggies/fruit, drink plenty of water, pay attention to portion sizes and exercise.</p>						
Doctor to Doctor #316	28:30	28:30	REC	PA/O/E	9/06/2011	12:30 PM
<p><b>Dr. Valerie Saxon</b> talked about cleansing. Toxins build up in our system via food, drinks and chemicals. They can get in the way of cellular communication. It's important to get back to basics and give the body what it needs to heal. Gerson therapy is a method that can be used to cleanse the body. <b>Dr. Wayne Gordon</b> talked about Alzheimer's disease. It is a classification of dementia. The biggest risk factor is age. It's a decrease in prior intellectual functioning. There is no cure, but medications can slow it down. <b>Dr. Rick Winick</b> talked about sustainable dentistry. The mouth and body are connected and need to be treated as a whole. It's important to diagnosis an infection and treat it. It's important to look at nutritional deficiency, ph levels and take a proactive approach.</p>						
Doctor to Doctor #317	28:30	28:30	REC	PA/O/E	9/13/2011	12:30 PM
<p><b>Dr. Mark Brown</b> talked about sit and get fit. When sitting for long periods of time, it can cause metabolic syndrome. This is when the metabolism slows down to basically 0. It's important to incorporate movement throughout your day. <b>Kay Spears</b> talks about blood sugar metabolism. Too much sugar can cause insulin resistance. It's important to eat foods low on the glycemic index such as fruits, vegetables, nuts and whole grains. Exercise and supplements can help as well. <b>Dr. Brian Nimphius</b> talked about how back pain affects the body. Muscles move the spin back and forth. The vertebrate move individually. When joints stop moving properly, muscles simply don't contract or relax. It's important to increase spinal joint mobility and stability.</p>						
Doctor to Doctor #318	28:30	28:30	L/REC	PA/O/E	9/20/2011	12:30 PM
<p><b>Dr. Barbara Madden</b> talked about hearing loss. Conductive hearing loss is when sound is not transmitted. This can be caused by fluid or ear wax. Sensorineural hearing loss in the inner ear caused by loud noises and cannot be medically corrected. Hearing aids can improve the quality of life. <b>Dr. Sylvia Johnson</b> talked about weight. It is a vital part of your life and there is no easy way to lose it. You need to look at your BMI, BMR and Fat Mass. It's important to consume less calories and burn more. <b>Dr. Allen Moore</b> talked about stress. It is the number one link to the number one killer which is heart disease. Symptoms can be insomnia, irritability, fatigue, headaches and loss of appetite. It's important to determine if you are stressed, to spend time with God and exercise.</p>						

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*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #752	28:30	13:30	L	PA/O/E	7/01/11	1:00PM
					7/02/11	4:30AM

Rachael Miller welcomes Author and Employment & Business Coach, Elizabeth Wilson. She states that being creative and flexible is more important than ever before in entrepreneurship. People need to create new businesses in order to be able to employ other people. Ms. Wilson recommends that individuals create something on the side to create another level of financial support for themselves. Ms Wilson says that many people are stuck in the employee mode when they really should be employers. Today people are currently experiencing a high rate of unemployment. Unemployment creates a void in their lives. However, there are many resources available to help people create a business. Elizabeth Wilson suggests that people put their products in front of some of these organizations and see how it can aid the creative process and help start a successful business venture. One idea would be to look at the business you thought about when you were young. It's easy to go from an employee to a consultant in a similar business. You don't have to come up with something that has never been done. You can do something that is being done and do it a little bit better. She suggests that the best way to create revenue is to find a need and fill it.

Joy in Our Town #753	28:30	13:30	L	PA/O/E	7/08/11	1:00PM
					7/09/11	4:30AM
					7/12/11	11:30AM
					7/13/11	4:30AM

Rachael Miller welcomes Monica Hammond – 2-1-1 Outreach Marketing Manager with United Way of Metro Atlanta. United Way 2-1-1 is a confidential information referral service. People that need non-critical emergency assistance can call 2-1-1 and give demographics and information concerning their problem and they will route them to an appropriate agency in their area. People that are facing homelessness, or rental assistance, need food or mortgage payment assistance, can call and they will be routed them to an agency right near their area. Phone calls for mortgage counseling and mortgage assistance have increased in the current economic environment. Once they receive a call from a blind or elderly person that was out of food and had no one to provide assistance for them, they found an agency that was not in their area but was willing to take food to this individual who now receives regular assistance from another agency. There is now 2-1-1 program in 47 states. You can call if you want to volunteer to help or give services, if you need help with a day care or an elderly care program, if you need drug counseling or marriage counseling, we can route you to the right place.

Joy in Our Town #760	28:30	13:30	L	PA/O/E	8/26/11	1:00PM
					8/27/11	4:30AM
					8/29/11	11:30AM
					8/30/11	4:30AM

Rachael Miller welcomes Jim Maran, President and CEO of the Gwinnett Chamber of Commerce. Mr. Maran states that the chamber is proactive in creating jobs. Relocating companies back to Georgia helps create jobs. Recently, two hundred companies have relocated back to Gwinnett County. Economic development depends on these happenings. Gwinnett County has good schools, good housing, and good hospitals to be considered when thinking about moving a company or starting a new one business within the county. Even people with degrees are going back to school to keep up with the market and tech changes.

*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 #760	28:30	13:30	L	PA/O/E	8/26/11	1:00PM
					8/27/11	4:30AM
					8/29/11	11:30AM
					8/30/11	4:30AM

Clyde Strickland the Visionary of Made in America and Jim Maran, President with the Gwinnett Chamber of Commerce join Rachael Miller. Mr. Strickland states that when you buy products made in America, you create jobs for America. He states that consumers have gotten too complacent with buying from other countries. He says we should pray for America. God said to humble yourself and He would heal our land. He adds that it is important to get with your church, family, and employers to teach them how to buy American made products. Where you spend your money is where you have power. We could turn our country around in a few years if we start now. The book 'What Can I Do' is a source of all we need to start.

Joy in Our Town #762	28:30	13:30	L	PA/O/E	9/09/11	1:00PM
					9/10/11	4:30AM
					9/12/11	11:30AM
					9/13/11	4:30AM

Mike Rowicki, Deputy Director of Fulton County Housing and Human Services joins Rachael Miller to discuss avoiding foreclosure. He states that as a housing counselor it is important to seek help. There is information and resources available. Homeowners should exhaust all resources before going into foreclosure. Some of the main reason that people end up going into foreclosure result from a lost job, reduced hours, loss of a spouse, and many others reasons. There are also ways to stall foreclosures up to a year until a resolve has been made. They are available to help those unaware of possibilities.

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Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #754	28:30	13:30	L	PA/O/E	7/15/11	1:00PM
					7/16/11	4:30AM
					7/18/11	11:30AM
					7/19/11	4:30AM

Rachael Miller welcomes Shamim Neal-Backus, Division of Family & Children Services with the Department of Public Health. She states that there are currently seven thousand children in foster care in the state of Georgia. One thousand of those children are available for adoption. The Division of Family & Children Services (DFACS) is actively looking for adoptive homes for 250 of those children. There is also a need for foster parents as well. DFACS offers a training program for individuals that have an interest, meet age qualifications and have an appropriate living space. DFACS starts the process with a two hour orientation program so that qualified applicants can determine if foster care or adoption is appropriate for them. Children that come into foster care are usually abandoned, abused or neglected; DFACS provides impact training to facilitate the proper treatment and protection that have special needs. A prospective foster parent can decide the type and age of youth they would be interested in caring for. There is a small per diem offered as well as medical cost offered when you take a child into your home to help with the cost. An applicant that has never parented before is still eligible to become a foster parent if they have a willing heart.

Joy in Our Town #754	28:30	13:30	L	PA/O/E	7/15/11	1:00PM
					7/16/11	4:30AM
					7/18/11	11:30AM
					7/19/11	4:30AM

Rachael Miller welcomes Rachel Ewlad, Founder/Executive Director with the Foster Care Support Foundation. Rachel Ewlad has fostered over 50 children. She's had a passion for children that need help since she was a youth. It made her sad to see children that had a need she could not provide. Today, Mrs. Ewlad looks at the fact that there is still a great need and not enough homes available to meet that need. Some people would answer the call however after looking at the additional expense decline in order to keep themselves out of financial difficulty. Foster Care Support Foundation (FCSF) has a 20,000 square ft warehouse with items that are needed by foster care children. The warehouse items are supported and maintained by the community and other volunteer/supporters. There is also an increase of children that have entered into relative care (support by other family members) that can also receive help from the Foster Care Support Foundation. The current first lady of the state of Georgia, Mary Purdue has become the spokes person for FCSF.

Joy in Our Town #755	28:30	13:30	L	PA/O/E	7/22/11	1:00PM
					7/23/11	4:30AM
					7/25/11	11:30AM
					7/26/11	4:30AM

Rachael Miller welcomes Mary Purdue the Former First Lady of Georgia. When Mary Purdue wife of former Governor Sonny Purdue took office, she discovered that foster care and foster children were being misrepresented and misunderstood. People at that time did not seem to know much about foster care except for the negative information they saw in the media. As foster parents, the Purdue's took it upon them to address this issue and to implement corrective measures and to raise awareness across the state of Georgia. Mrs. Purdue has a message for Georgia today that, "Fostering a child is a wonderful, rewarding and unique experience. Everyone can do something to make a difference for children in the state of Georgia. In the state of Georgia there is still a need that our citizens can address." At the time the Purdue family came into office there was 20,000 children in foster care, now, that number has been lowered to between 8-10 thousand children in need of foster or adoptive families. They used community support to meet the needs of families in crisis situations rather than tearing them apart. Kinship care was also considered because putting a child with a member of their family or a familiar relative often is better. Churches could often take action and offer help.

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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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Joy in Our Town #765	28:30	13:30	L	PA/O/E	9/30/11	1:00PM
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Rachael Miller welcomes Carlene Redmond with the Georgia Court Appointed Special Advocates and Janice Strand, Volunteer of Georgia Court Appointed Special Advocates. There are thousands of children in the state foster care system. Judges must be thoroughly informed to make the best decision for each child. Since thousands of children's fate is decided by judges, CASA volunteers work very hard to make sure that judges are provided with documentation and recommendations based on their findings regarding the best interest of each child. Some children go to foster homes or with relatives. They are being constantly monitored. CASA is considered the eyes and ears of the court. The facts provided to the judge are very important in determining the welfare of the children who are wards of the state. These decisions can impact them for the rest of their life.

Joy in Our Town #758	28:30	13:30	L	PA/O/E	8/12/11	1:00PM
					8/13/11	4:30AM
					8/15/11	11:30AM
					8/16/11	4:30AM

Rachael Miller welcomes Lori Beth Blaney, Founder of Rachel's Gift. Ms. Blaney states that one in every sixty pregnancies is still born. She states that her baby was still born. Mothers who lose their children at birth are devastated and often can't think through the grieving process. To help these families, she developed an organization that serves all Metro Hospitals and the families of soldiers that lose a child. Families receive photographs of their child a care package that includes a gown for the burial. Imprints of hands and feet are taken. A grieving book and photo book is provided for the family of the deceased child. Lori Blaney was heavily sedated after tragically losing her child. She regrets not being able to take pictures or have any keepsakes of her child like a piece of hair. Her organization is trying to help families who are suddenly impacted with this devastating form of loss.

### *Public Safety*

Joy in Our Town #753	28:30	13:30	L	PA/O/E	7/08/11	1:00PM
					7/09/11	4:30AM
					7/12/11	11:30AM
					7/13/11	4:30AM

Rachael Miller welcomes Stanley Gaines, Environmental Health County Supervisor and Swimming Pool Program Manager for the DeKalb County Board of Health. The DeKalb County Board of Health found that three hundred - drownings occur each year in the US. Two thousand emergency room hospital visits for pool related accidents occurred last year. If you have a family pool it is important to take safety precautions concerning the use of the family pool. Take your children to the pool and supervise them when they are swimming. Make sure you give them your undivided attention. It is important to have a telephone at pool side. A cell phone can be placed in a plastic bag so it won't come in contact with water and can be used when needed. Leaving a little child's favorite toy floating in the family swimming pool is an enticement for them to go into the pool enclosure. They should be removed when swimming is ended. Residential pools (5 ft in depth) are not designed to be dived into head first. Jumping into a pool feet-first is okay as well as stepping in. Some safety equipment suggestions are a ring buoy with a safety rope, and a 14 ft shepherd hook that can be used to retrieve a person from the deck. DeKalb County requires a 5 ft high fence completely surrounding the pool with a self closing, self latching device 45" above the ground. Put your pool as far away from the back door as possible. Pool alarms will give you time to respond to an emergency.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #756	28:30	13:30	L	PA/O/E	7/29/11	1:00PM
					7/30/11	4:30AM
					8/01/11	11:30AM
					8/02/11	4:30AM

Rachael Miller welcomes Pamela Bryant with the Fulton Co. Animal Services to discuss the need for adoptive homes for animals. The shift in the economy has led many pet owners to abandon their pets and cause says that are hundreds of pet that need a home. There are a few dangers that are putting pet at risk with the heat. It is important not to take your pet with you in your car when traveling. The hot temperatures can rise in a car and within ten minutes temps can rise to 105 degrees. Many pets have been killed due to excessive heat temperatures while being left in vehicles. She encourages pet owners to leave their pets at home where they will be safe and cool. She shows two pets that are in need of a home. There are pets in shelters all over the state and in every county. You can find a pure bred dog in a shelter. There are at least 20 to 30 dogs that are bought to the shelters each day. They are micro chipped and spayed. The dogs that are not claimed are put to sleep

Joy in Our Town #757	28:30	13:30	L	PA/O/E	8/05/11	1:00PM
					8//06/11	4:30AM
					8//08/11	11:30AM
					8/09/11	4:30AM

Ben Minor, Project Coordinator with The Children's Restoration Network joins Rachael Miller to talk about Back To School programs for the homeless. He states that forty percent of homeless people are under the age of eighteen. The fastest growing segment of homeless population is children under the age of nine. It's vital that these children begin their school year with supplies and book bags. This organization gives to over twenty counties living in shelters and group homes and low income communities. Hundreds of volunteers and several days make it possible to give away over three thousand book bags. Services for testing hearing and sight screenings are also available.

Joy in Our Town #757	28:30	13:30	L	PA/O/E	8/05/11	1:00PM
					8//06/11	4:30AM
					8//08/11	11:30AM
					8/09/11	4:30AM

Rachael Miller welcomes Terri Miller, Program Coordinator for Safe Kids Georgia Children's Healthcare of Atlanta. Ms. Miller talks about the new law that requires booster seats beginning July 1, 2011 for all children under age eight and under the height of four foot nine inches. Booster seats cause less abdomen injuries. Violation tickets on the first offense will be fifty dollars and one point on your driver's license. The second offense will double both of these. A child over the age of four can sit in a booster seat. Accidental injuries are the leading cause of death in children. Nine out ten are preventable.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #761	28:30	13:30	L	PA/O/E	9/02/11	1:00PM
					9/03/11	4:30AM
					9/05/11	11:30AM
					9/06/11	4:30AM

Rachael Miller welcomes John Sours, Administrator of Governors Office of Consumer Protection and Shawn Conroy, Special Assistance to the Administrator to discuss scams. Scams are always changing. New car purchases, free vacations, and free products offers are the most common types. The conditions of the economy have increased the number of scams reported. Too often, seniors are falling prey to scams. The best advice is to never release personal information. Currently, over fifty scams per day are reported.

### *Education*

Joy in Our Town #759	28:30	13:30	L	PA/O/E	8/19/11	1:00PM
					8/20/11	4:30AM
					8/22/11	11:30AM
					8/23/11	4:30AM

Rachael Miller welcomes Paula Palmer Green with Prevention Plus YouthBuild and Darien Henderson a graduate of the program. Ms. Green states that is on the show as one of the examples of a high school drop who benefited from the program. Youth between the ages of eighteen and twenty four receive money to get their GED. The benefits can include employee training, education, construction skills, and leadership. Every four seconds a student is dropping out of school. Over a million dollars has been funded to the program. Efforts are being made to consistently get the word out.

Joy in Our Town #759	28:30	13:30	L	PA/O/E	8/19/11	1:00PM
					8/20/11	4:30AM
					8/22/11	11:30AM
					8/23/11	4:30AM

Rachael Miller welcomes Carla Dubose with the Georgia Office of Adult Literacy. Adults in Georgia still need assistance with their reading skills. One fifth of the population does not have a degree or GED. This skill gap also impacts personal economics. Eighty to ninety percent of jobs require at least a GED. This program helps with basic skills, sharpening skills or GED assistance. They serve one hundred fifty nine counties. It is a complimentary service.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #762	28:30	13:30	L	PA/O/E	9/09/11	1:00PM
					9/10/11	4:30AM
					9/12/11	11:30AM
					9/13/11	4:30AM

Rachael Miller welcomes William Cheeks, Regional Director of Jumpstart Coalition for Personal Financial Literacy. He states that graduating seniors get credit cards they don't even know how to use properly. Georgia programs focus on pre-K thru seniors to help Georgia become financially literate. Learning money management is key to beginning a financially sound future. It is important that today's youth learn proper money management skills to ensure a sound financial future.

Joy in Our Town #764	28:30	13:30	L	PA/O/E	9/23/11	1:00PM
					9/24/11	4:30AM
					9/26/11	11:30AM
					9/27/11	4:30AM

Rachael Miller welcomes Roxanne Wilhelm, RN with St. Joseph's Mercy Care Services and Stan Sullivan, St. Joseph's Care Services Mental Health Specialist. Mr. Joseph states that they go out to the homeless places like under the bridges and soup kitchens. They connect homeless people to our resources. The needs are so great. Some have been on the street for a long time. Through interviews evaluations are done to evaluate all the needs of the people and to determine the most urgent. Some have injuries that have not been taken care of for a long time. The most urgent needs are targeted first. Poor diets, wound injuries, and teeth needs are the most common problems issues found. Scarves, hats, gloves and blankets are issued during the colder months and toiletries year round.

### *Civic Affairs*

Joy in Our Town #752	28:30	13:30	L	PA/O/E	7/01/11	1:00PM
					7/02/11	4:30AM

Rachael Miller welcomes Chairman Eldrin Bell with the Clayton County Board of Commissioners. In a six month period of time, Clayton County had 13,000 foreclosures of the 90,000 properties in their area. Clayton County is number one in foreclosures in a ten county region. This has caused a \$23,000,000 deficit in the coming budget. As a corrective measure Clayton County began looking at efficiency measures in their business operation, making adjustments in methods and procedures, finding creative ways to cut cost. They believe the county, the public and business owners need to work together to solve problems. They have had the loss of jobs, reduction in income, and increase in the price of goods, gasoline, food and services. Their solution was to assemble all the stake holders in the same room together to formulate a plan. Realtors, contractors, financiers and county administrators were called in to work together. They've started an evaluation/registration process to determine what properties and areas would need the least amount of work at a reasonable price in order to bring them up in value and market ability.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy in Our Town #755	28:30	13:30	L	PA/O/E	7/22/11	1:00PM
					7/23/11	4:30AM
					7/25/11	11:30AM
					7/26/11	4:30AM

Rachael Miller welcomes Sandra Deal, First Lady of Georgia. First Lady Sandra Deal has taken on a theme for the state of Georgia, "A Servants Heart." Campaigning with her husband for leadership of their state felt that the State of Georgia needed their service. There is a need for good early childhood education, there is a need to answer the problem of homelessness, there is a need for volunteers that are willing to go into the military and services for the elderly. These are just a few of the places where Georgians can volunteer their service to the state. The First Lady loves to visit agencies and organizations in her state in order to facilitate ways to help improve their performance. The Governor's mansion is also open for tours and the first lady likes to get involved with that whenever she is at home in the mansion. She likes working with people and facilitating community. She believes that when people work together it helps them as well as the person they are working with. Each of us should have a compassionate heart and make a point to share and to give. Let's make a difference in the life of Georgia.

Joy in Our Town #763	28:30	13:30	L	PA/O/E	9/16/11	1:00PM
					9/17/11	4:30AM
					9/19/11	11:30AM
					9/20/11	4:30AM

Commissioner Lee May with the Dekalb Co. Board of Commissioners Dist. #5 joins Rachael Miller to discuss faith and politics. He states that democracy should represent the core values of its people. Our faith should drive us to what we want in public policy. Use your faith to develop your policy positions. Develop your own stance for yourself. Educate yourself to be empowered to make decisions. People should register to vote and become active in sharing their voice and concern with state legislatures.

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



# **Trinity Broadcasting Network**

**WHSG-TV**

*Monroe / Atlanta*

**QUARTERLY REPORT**

**October, November, December 2011**

**Trinity Broadcasting Network**

**Monroe / Atlanta**

DESIGNATION OF TOP COMMUNITY PROBLEMS

FROM THE AVAILABLE SOURCES

**IN THE WHSG TV**

VIEWING AREA

**October, November, December 2011**

**Family**

**Economy**

**Health / Mental Health**

**Public Safety**

**Transportation**

Misc. / Civic Affairs

<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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*Family*

Joy in Our Town #767	13:10	28:30	L	PA/O/E	10/14/11	1:00PM
					10/15/11	4:30AM
					10/17/11	11:30AM
					10/18/11	4:30AM

Sheena Johnson, Community Resource Coordinator with the GA Coalition against Domestic Violence and Raleigh Minning, Founder of The Done Project join Rachael Miller to discuss domestic violence. Ms. Johnson states that the coalition is the number one resource for people in GA. Statistics report that 74% of the time that family members are aware that abuse exists and 100% of the time they are aware of injury. Sometimes family members are afraid so they don't get involved. There are a variety of reasons why family and friends don't intervene. When a person is ready to leave that is often the most dangerous time. Directing them to advocates and providing them with knowledge is one of the biggest resources. She states that every domestic violence awareness story involves threats prior to entrapments. Ms. Minning states that her abuser was her husband. He began to have violent tendencies and even pushed her down the stairs. She felt stuck in the relationship due to the financial and emotional control within the relationship. Statistics report that a woman will be hit seven times before she will walk away from an abusive relationship. She states that in her abusive situation that she felt trapped financially due to the fact they had children. She adds that "The Stockholm Syndrome" happens when a woman does not want to leave because she has been isolated so much that she doesn't want to leave her abuser. She encourages women to always have a bag packed and a safe place to go.

Joy in Our Town #768	13:10	28:30	L	PA/O/E	10/21/11	1:00PM
					10/22/11	4:30AM
					10/24/11	11:30AM
					10/25/11	4:30AM

Rachael Miller welcomes Katherine Castro Gary with the International House of Women and Janice Pettigrew, Executive Director of Fresh Start for Women. Ms. Castro states that immigrant women have more challenges trying to escape from their abuser. Not knowing the language, customs, and traditions when they come to the USA they have to encounter federal laws and many don't have the appropriate education level. Many women must overcome financial dependencies with no social skills, no benefits and no social services it makes it difficult to leave an abuser when you have those obstacles. Ms. Castro Gary shares her mom's story of being abused and coming to America from Columbia. She had to resort to using her body language to communicate with law enforcement and she was often perceived as the aggressor. Many immigrant women are not aware of the resources but many are afraid to speak out due to their fear of getting deported. Ms. Pettigrew states that Janice Pettigrew states that her organization is faith based. It evolved out of her abusive relationship. Women must be able to forgive themselves and not be afraid to dial 911 for help.

<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>
Joy in Our Town #768	13:10	28:30	L	PA/O/E	10/21/11	1:00PM
					10/22/11	4:30AM
					10/24/11	11:30AM
					10/25/11	4:30AM

Rachael Miller welcomes Cassandra Green to discuss domestic violence awareness month. Ms. Green states that statistics indicate that four women each day are being murdered in the Atlanta area. She states that using the arts to get out the message about domestic violence is her mission. This motivation stemmed from her friend's daughter who was shot twenty seven times by her husband then he shot himself. After helping the victim's mom and stepping over their blood, she came up with the idea to write a play about domestic violence. Domestic Violence has been rampant over the past few months. In tight economic situations people often get crazy and become combative. Women will stay in a relationship because will claim they "love" him. When trying to escape an abusive relationship, do not tell your abuser that you are leaving. Most of the women that have been kipped have told their abuser that they are leaving. When leaving a violent relationship, create an action plan of how you're going to get away, find a safe house or resource and connect with social organizations that will give you help and resources.

Joy in Our Town #773	13:10	28:30	L	PA/O/E	12/09/11	1:00PM
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Founder of Voice Today, Angela Williams joins Rachael Miller to share her story of child abuse and provide resources to victims of abuse. She states that 90% of people who are sexually abused are abused by someone that they know and trust it could be a close family member, neighbor or friend etc. When physical abuse occurs there are outward wounds. However, sexual abuse leaves inward wounds. When a victim of child abuse returns to a home during the holiday where the abuse took place the victim often has to face their perpetrator which makes the holidays difficult. She states that the CDC reports that 1 in 4 girls and 1 in 6 boys are abused but only 1 in 10 will tell. Children who try to tell their parents of the abuse will often go into denial and inadvertently protect a perpetrator. She talks about her step father abusing her from the age of 3 to 13. When she told her mom she was told to leave and her mother stood by her husband. She hid her emotions and feelings and would keep her distance from her step father. Many survivors have to suppress their pain but are agonizing inside because they are not able to have a support group to help them with their pain. She confirms that she had to forgive her mom and her step father and adds that forgiveness is the key to healing. In addition, she adds that she had to understand that she is not damaged, dirty or perverted to be healed from the wrong done to her. Now her efforts are being turned to the community to break the silence and the cycle of child abuse.

<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 #773	13:10	28:30	L	PA/O/E	12/09/11	1:00PM

Rachael Miller welcomes Kasey McClure, Founder of 4Sarah. Ms. McClure states that the holidays can be a difficult for women in the sex industry. Many of these women are crying out for help and feel empty and depressed. Through her organization women who are dancers, escorts, porn star and prostitutes are her target audience. As a survivor of child sexual abuse and a life of working in the sex industry, Ms. McClure knows firsthand the struggles and the needs the ladies encounter trying to break free from the sex industry. To begin the process of transitioning out of the industry, Ms. McClure offers a hotline where the women can call for help. In addition, work is being done to ensure that the ladies have resources to help them find employment and develop job skills. One of the primary resources that these ladies need are a safe home and somewhere to go.

Joy in Our Town #774	13:10	28:30	L	PA/O/E	12/16/11	1:00PM
					12/17/11	4:30AM

Rachael Miller welcomes Margot Swann, Founder of Visions Anew. She states that 50% of first marriages end in divorce and 70% of second marriages also end in divorce. Over 60% of the children from these marriages are living in single parent households. After a divorce takes place many people end up with the Brady Bunch type home. These blended families can bring with them a great deal of tension. Issues may evolve concerning who will discipline the children. In addition, celebrating the holidays can be challenging with the merging of families and traditions and the never ending saga of who will get the children for the holidays. Additional tension stems from new children in the home and struggles over how to make it the holiday that it should be. The holidays should not be time of tension and bitterness. Using her own story of being a divorced mom after twenty years of marriage, Ms. Swann states that Visions Anew is now helping women statewide who are also dealing with the wounds and grief that comes from overcoming a divorce.

<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>
Joy in Our Town #774	13:10	28:30	L	PA/O/E	12/16/11	1:00PM
					12/17/11	4:30AM

Rachael Miller welcomes Takia Sumpten, Development Associate with Forever Family. Ms. Sumpten states that it can be devastating to a child when the mother is taken out of the home and becomes incarcerated. Through ForeverFamily, prison trips make it possible for the children to stay connected to their mothers while they are serving their sentence within the Georgia prison system. Children need their mom and dad as it is part of their identity. During the Christmas holidays, it can be difficult for these children. Efforts are made for bus trips and seven hour visitations at the prison. After the kids go through security, they are often elated to see their mother and many times are sad to leave them. Often the children will go through an array of emotional issues with their mom being taken out of the family unit. With the help of volunteers, prison trips are possible in addition to afterschool tutorial assistance. This along with a variety of services helps to nurture the children during the extended period of their mother incarceration.

Joy in Our Town #765	28:30	13:30	L	PA/O/E	10/01/11	4:30PM
					10/03/11	11:30AM

Rachael Miller welcomes Carlene Redmond with the Georgia Court Appointed Special Advocates and Janice Strand, Volunteer of Georgia Court Appointed Special Advocates. There are thousands of children in the state foster care system. Judges must be thoroughly informed to make the best decision for each child. Since thousands of children's fate is decided by judges, CASA volunteers work very hard to make sure that judges are provided with documentation and recommendations based on their findings regarding the best interest of each child. Some children go to foster homes or with relatives. They are being constantly monitored. CASA is considered the eyes and ears of the court. The facts provided to the judge are very important in determining the welfare of the children who are wards of the state. These decisions can impact them for the rest of their life.

<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 #766	13:10	28:30	L	PA/O/E	10/07/11	1:00PM
					10/08/11	4:30AM
					10/10/11	11:30AM
					10/11/11	4:30AM

Rachael Miller welcomes Sheryl Chapman, Executive Director of DeKalb Co. Workforce Development. Ms. Chapman states that unemployment in DeKalb County is above the national level. To help the unemployed find jobs, a new mobile career center with thirteen work stations and state of the art video will help provide interactive training. Many job seekers have been unemployed for two years. As a result, people are using up their unemployment benefits and even the extended benefits. The career mobile will offer jobs leads, conduct job fairs and provide career assessments. Onsite interviews will also be conducted for employers. Job seekers can also participate in workshops on interviewing and resume writing to help applicants with FREE occupational skills training. This career office on wheels can be moved from the north, south, east and west helping anyone that is looking for a job.

Joy in Our Town #770	13:10	28:30	L	PA/O/E	11/12/11	4:30AM
					11/14/11	11:30AM
					11/15/11	4:30AM

Rachael Miller welcomes Mohammad Saleem with the Partnership for community action to discuss utility bill assistance through their winterization program to help families defray the cost of heating their home. There are ten to twelve million dollars allotted each year to help families in need. When people need assistance with their utility bill, they have to be income eligible. Eligible families can apply for assistance using their social security number. Seniors and the disabled can call in their application. Weatherization is only one of the services that families seek. Assistance paying rent, help with paying the mortgage are also services that are offered. Programs to help families save money include winterization education. This level of education helps families understand the importance of caulking, reducing leaks, refrigerator maintenance etc.

<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>
Joy in Our Town #672	13:10	28:30	L	PA/O/E	11/25/11	1:00PM
					11/26/11	4:30AM

Rachael Miller welcomes Nancy Lewis, Founder of Progressive Techniques to discuss affordable gift giving ideas. This Christmas there record numbers of Georgians claiming unemployment or who are unemployed or are underemployed. The unemployment rate has reached its highest in decades. Not having a job during the holiday season can send a person into depression. Ms. Lewis says don't feel obligated to give gifts. Be creative to reduce spending such as: baking cooking and buying at the dollar store. You don't have to feel obligated to buy gifts but it's the thought that counts. Since this is the busiest Christmas shopping weekend those who can't afford to shop should keep their peace and understand the true meaning for the season.

Joy in Our Town #721	13:10	28:30	L	PA/O/E	11/21/11	11:30AM
					11/22/11	4:30AM

Rachael Miller welcomes Bill Bowling, Executive Director of the Atlanta Community Food Bank. He states that hundreds of food drives are conducted during November and December. In Georgia there are seven community food banks across the country that are all part of an organization called Feeding America. Their job is collecting food that would no longer be marketable for organizations and distributing them to community based organizations that are feeding people. Out of 38 counties in the state there are 700 organizations who have answered the call to help people in recession. He states that 20% of people who are visiting food pantries have never had to ask for help or assistance which is very humbling to experience. Currently distribution is up over 30% over the past year and the need seems to continue.

Joy in Our Town #672	13:10	28:30	L	PA/O/E	11/25/11	1:00PM
					11/26/11	4:30AM

Rachael Miller welcomes Ed Butchart, Founder of Friends of Disabled Adults and Children Too! He states that people need medical equipment who have a disability but can't afford it. With a heart to give year round, Mr. Butchart began the "Ramps for Champs" program that helps people with disabilities by installing ramps, widening bathrooms and doorways are just a few ways FODA makes homes more accessible for the disabled. Over 22 thousand wheel chairs have been given away at no cost to the recipient. FODA has also provided assistance to various age groups from 18months old to 108 years old.

<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>
Joy in Our Town #674	28:30	13:13	L	PA/O	12/29/11	4:30AM

Brian Schussel with the Consumer Credit Counseling Services and Shawn Conroy Spokesperson with the Governor's office of Consumer Affairs join Rachael Miller. Mr. Schussel talks about the 24-hour consumer hotline that is used to help consumers who are facing financial hardship. He states that often people are too embarrassed to seek help regarding their finances and are looking for ways to get relief. Excessive credit card debt, loss of employment coupled with financial strains on families is the result of a peak in calls for help. People with credit card debt, increased interest rates, increased monthly payments, foreclosure challenges and bankruptcy are receiving counsel to break free from their financial problems. Mr. Conroy states that some businesses are crossing the line into fraudulent activity. Some credit card companies are charging high fees. Before trusting the wrong company for help, consumers are urged to contact the BBB to check the reputability of a business. If it's too good to be true it probably is and it might not be legitimate. Especially if they offer to give you a new credit identity, improve your score overnight or remove something accurate or negative.

Joy in Our Town #674	28:30	13:13	L	PA/O	12/29/11	4:30AM
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Rachael Miller welcomes Financial Advisor, Lee Jenkins. Mr. Jenkins talks about the financial crunch, unemployment and the holidays. He states that buying Christmas presents should never be a burden. He recommends that you don't shop on credit if you can't afford to pay the bill in full within thirty days. The holiday season should not be a time for stress. Have a budget and put it on paper and stick to it. The average person pays for their Christmas bills three to six months after the holidays are over. You should change your mind set and not feel guilty or obligated that you have to buy gifts for people. You can save money during the holiday by waiting for after Christmas sales and the day after Christmas. Be disciplined in your own spending and figure out how much you can set aside prior to going shopping.

Joy in Our Town #721	13:10	28:30	L	PA/O/E	11/21/11	11:30AM
					11/22/11	4:30AM

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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*

Joy in Our Town #765	28:30	13:30	L	PA/O/E	10/01/11	4:30PM
					10/03/11	11:30AM

Rachael Miller welcomes Linda Conner, Master Trainer of Fulton County Office of Aging and Living Well Coordinator. Their goal is to help inform the public on the best ways to help people insured or not, qualify for services. People are also able to reduce their number of doctor visits and have shorter hospital visits. Classes are offered on rest, relaxation, and water importance to name a few. She adds that it is important to have a relationship with your pharmacist. Reducing stress is key. If you can't relax the mind then you can't relax your body. Check with your county offices for these services. The Living Well Program is to teach individuals to be better self managers. Kyser University and Stanford University has practiced the program for twelve years.

Joy in Our Town #721	13:10	28:30	L	PA/O/E	11/21/11	11:30AM
					11/22/11	4:30AM

Rachael Miller welcomes Robert Goldstien with the American Diabetes Association. He states that November is Diabetes Awareness Month. Currently there are fifty seven million diabetics in the US and 37 million reside in Georgia. Statistics indicate that one out of every three Americans develop diabetes before dying. One out of every two diagnoses are of the minority race. To reduce the chances of developing diabetes it is recommended to watch your diet and food intake. Some of the symptoms include: frequent urination, excessive thirst, sweating, irritability and increased levels of blood sugar. He states that he lost his son due to diabetes and during this month after being on insulin for the past fifty years he hopes that people will heed to this message and take the proper precautions to take care of their body.

<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>
Joy in Our Town #769	13:10	28:30	L	PA/O/E	10/28/11	1:00PM
					10/29/11	4:30AM
					11/07/11	11:30AM
					11/08/11	4:30AM

Rachael Miller welcomes Dr. Lavert Robertson to discuss prescription drugs. As a doctor of Naturopathy, Dr. Lavert talks about healthy medicine Gods way. There are two choices either prescription drugs or God's medicine. Natural medicine can be called God's medicine. It consists of fruit and vegetables. God has all the good things for you to eat. You have a choice. You can choose to be healthy or unhealthy. It costs the world productivity and loss wages when people are sick. Money wasted, time away from work plus the payments for a co-pay. Ezekiel tells us that God has given us everything we need on the planet. 99% of the rest of the world imports and uses God's medicine. A bad diet or the standard American diet, consists of cookies, cakes pies, hotdogs etc. Most people yield themselves to a medical discipline that they don't know about. Replace chips and cookies with healthy snacks like fruit and vegetables. When eating an apple, be sure not to peel it. The apple skin contains the fiber. It is equally important to wash your fruit. The pesticides and other chemicals sprayed on fruit when ingested can place large amounts of chemicals in your body that have a thousand year half life.

Joy in Our Town #771	13:10	28:30	L	PA/O/E	11/18/11	1:00PM
					11/19/11	4:30AM

Rachael Miller welcomes Sybil Freeman with the American Diabetes Association. To honor Diabetes Awareness month, Ms. Freeman shares important facts about the disease. She state states that there are more than twenty six million people at risk of diabetes. Type-two diabetes will generally affect people when they get older. The body becomes unable to produce and manage insulin. Type one generally affects people who do not produce insulin at all. Type two is attributed to lifestyle choices and sometimes people can manage their diabetes with pills and insulin. There is also gestational diabetes. Early diabetes is also being diagnosed. Finding out early can be a gift to help the person make appropriate lifestyle changes. Some of the most common risk factors include weight, family history, gestational diabetes and being a person of color. It is recommended that the diabetes risk test be taken. The test will ask a series of questions about you. Unfortunately, there are many people who don't want to go the doctor. Many are afraid of being told that a sickness or disease has developed in their body.

<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>
Joy in Our Town #771	13:10	28:30	L	PA/O/E	11/18/11	1:00PM
					11/19/11	4:30AM

Rachael Miller welcomes Kaysha Cranon, Spokesperson with LifeLink of GA and Joe Stott, a heart transplant recipient. She states that family member should know if you want to become an organ donor. At the time of death, examiners must determine if someone is medical suitable to donate. There is no age limit to organ donation and all major religions are supportive of organ donations. She adds that the gypsies are the only religion that does not does not condone organ donation. Ms. Cranon states that it is an easy process. Putting organ donor on your driver's license is the easiest way or registrations can take place online. Mr. Stott states that he is celebrating 15-years with new heart. He received the heart of a teenager named Bryan who was struck by a car when running across the street. After contacting the biological mother permission was given to have his heart donated to save the life of Mr. Stott. This month marks the 15<sup>th</sup> year of celebration that his life was spared due to the generosity of organ donation.

Joy in Our Town #721	13:10	28:30	L	PA/O/E	11/21/11	11:30AM
					11/22/11	4:30AM

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

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

Doctor to Doctor #321	28:30	28:30	REC	PA/O/E	10/11/2011	12:30 PM
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**Dr. George Rhodes** talked about biblical parenting. Many times parents don't follow through or lack consistency in their parenting. Parents need to be a role model for their children and train their child starting at birth. It's important to know the personality of the child and to guide them accordingly. **Dr. Mark Sheehan** talked about congestive heart failure. This is when the heart function has been weakened to the point where it's no longer doing the job the body requires. It can be caused by coronary artery disease, hypertension, valve disease and cardiomyopathy. Symptoms can be shortness of breath and fatigue. Medications, pacemakers and heart transplants are ways to help fight it. **Dr. Chip Null** talked about chiropractic care. The spin, that protects the nerves, can get knocked out of position and put pressure on the nerves. Pinch nerves can cause pain in the back, neck and cause headaches. An adjustment can put the spin back into position. It's important to maintain proper posture when sitting, standing and sleeping.

Doctor to Doctor #322	28:30	28:30	REC	PA/O/E	10/18/2011	12:30 PM
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**Dr. Jill Westkaemper** talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. **Dr. Leonard Scott** talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. **Dr. Janet Poole** talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.

<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 #323	28:30	28:30	L/REC	PA/O/E	10/25/2011	12:30 PM

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

Doctor to Doctor #324	28:30	28:30	REC	PA/O/E	11/15/2011	12:30 PM
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**Dr. Bryan Wasson** talked about cholesterol and artery disease. Cholesterol is primarily produced from the liver. If it is over produced it can lead to artery disease and heart attack. It's important to have your cholesterol, triglycerides, HDL and LDL checked regularly. **Dr. Mason Savage** talked about brushing and flossing. It's important to brush twice a day with a soft bristle brush for about 2 minutes. You should apply light pressure and replace toothbrush every 3 months. It's also important to floss at least once day. You should visit your dentist regularly. **Dr. Stephanie Blenner** talked about Autism Spectrum Disorder. It's an umbrella term for all the possible symptoms associated with Autism. There is impairment in reciprocal social interaction, communication, repetitive behavior and restrictive interests. Early identification and intervention are critical to the behavioral diagnosis.

Doctor to Doctor #326	28:30	28:30	L/REC	PA/O/E	11/22/2011	12:30 PM
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**Dr. Bob DeMaria** talked about healthy thanksgiving eating. It's important to try to eat organic fruits, vegetable and meat. #9 on labels for fruits/veggies means it's organic and #8 means it has been genetically engineered. It's important to drink plenty of water, steam veggies, use sweet potatoes or yams and combine food properly. **Dr. Martin Finkelstein** talked about distressing for the holidays. There is a lot of tension that can make the immune system weak and lead to sickness. It's important to let go of emotional stresses. It's also important to envision the type of relationships we want and to practice forgiveness and appreciation. **Dr. Hale Akamine** talked about overcoming holiday blues. It can be a season of mixed emotions like sadness or bitterness. It's important to allow other people to come into your life and to also share with those less fortunate than you.

<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 #327	28:30	28:30	L/REC	PA/O/E	11/29/2011	12:30 PM

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

### *Public Safety*

Joy in Our Town #769	13:10	28:30	L	PA/O/E	10/28/11	1:00PM
					10/29/11	4:30AM
					11/07/11	11:30AM
					11/08/11	4:30AM

Stanley Holditch, Online Safety Expert with McAfee joins Rachael Miller to discuss internet safety. He states that Facebook just deleted over 20 million underage users from its site. Over one million users have reported being harassed or threatened while on Facebook. Parents must let their children know about the dangers and the rules to abide by while online. Children and teens must be reminded not to talk to strangers. He states that this is the age of sharing. There are many dangers associated with posting your location and vacations online. This time specific information gives thieves direct knowledge as to when is a good time to rob a home. When adding family vacation photos online, it should only be done once you're returned from a trip. Children must also be told to never meet someone that they've only met online. Bullying online is also an issues information shared can be viral and permernate and viral. It increases the feelings of isolation and helplessness of a child. Parents should request the child's password and dictate that the child be friends with their parent.

<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 #770	13:10	28:30	L	PA/O/E	11/12/11	4:30AM
					11/14/11	11:30AM
					11/15/11	4:30AM

Rachael miller welcomes Captain Shedrick Gardner with the Atlanta Fire Dept. He states that the holidays can be a festive time of the year but safety precautions must be taken. When using holiday decorations it is important to make sure you are using the right extension cord. An over surge to an outlet can cause a fire. Some fires occur due to people frying turkeys. When frying a turkey, the fryer must be placed on a solid foundation. To confirm the right temperature it is important to read the instructions. All fryers should be placed twenty feet away from the home and should not be used in a garage or on a wood deck. In the colder weather months, families who use space heaters must make sure they are not using the ones intended for commercial use. Using heaters designed with the tip over safety feature help to reduce fires. Keep combustible and plastic items at least 3ft away from the heaters. Fireplace usage requires a biannual inspection of a certified chimney inspector or burning a chimney sweep for every 40 hours of use. Captain Gardner also advises that seniors using medication should avoid taking medications that cause drowsiness if they are cooking. Fire prevention is an important aspect. Many think about suppression but prevention is key! Homes should be equipped with fire extinguishers and smoke detectors.

Joy in Our Town #772	13:10	28:30	L	PA/O/E	12/02/11	1:00PM
					12/05/11	11:30AM
					12/06/11	4:30AM

Rachael Miller welcomes Bart Mitcham, Chief Instructor with the Action Training Academy. He states that holiday shoppers need to be alert and cautious to avoid being robbed. Some of the red flags stem from ladies that aren't paying attention to what is going on around them. Distractions such as shopping with small children and spending time buckling kids in car seats can signal an easy target. Holiday shoppers are encouraged to back in or pull through so you can get in your car and drive away immediately. If you have an SUV don't leave your packages sticking up in the back of your car. Always park near the light and if you feel threatened, get mall security to escort you. Shopping early is better; the middle of the day is great because it is well lit. Try not to carry a lot of cash when you are shopping. Don't have anything in your purse worth fighting for. Don't wear your purse around your neck, someone could cut it off of you. In addition, don't put your gifts under the tree early it will draw crooks to your home

<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>
Joy in Our Town #772	13:10	28:30	L	PA/O/E	12/02/11	1:00PM
					12/05/11	11:30AM
					12/06/11	4:30AM

Rachael Miller welcomes Mike Boynton with the Better Business Bureau. He states that shoppers should be concerned about the policies for refunds. It is up to each store as to whether or not they want to have a refund and exchange policy. Be aware of what the store policy is and make sure you keep your receipt. Consumers should be cautious and careful before you go online and enter your credit card number. A good indication that a website is secure is the https wording in the browser means. This confirms that that your credit card information will be encrypted. Also be cautious about giving out private banking information and your social security information. Consumers can use the BBB website to research millions of companies within their database. Unfortunately there are people that pose to be reputable charities and they are scams. Online verification can be done to determine if a charity is reputable and should be done prior to giving donations to unfamiliar organizations.

Joy in Our Town #621-1	13:10	28:30	L	PA/O/E	12/23/11	1:00PM
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Rachael Miller welcomes Allison Wall, Founder of Georgia Watch. Ms. Wall explains that Identity Theft is the nation's fastest growing crime. Consumers must take precautions to protect their identity from being stolen it is recommended that consumers check their credit report to ensure that it is free from errors. You should always protect your personal information such as your credit cards, social security number and even your mail. She states some thieves were caught stealing mail and that it is never a good idea to leave the flag up in a mailbox as it communicates to thieves that your personal information is inside. Never let someone walk away with your credit card. New devices have been known to take a consumers banking information to one credit card swipe. Remain cautious; protect your passwords and other self identifying information to prevent fraud from invading your financial affairs.

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

Joy in Our Town #621-1	28:30	13:00	L	PA/O/E	12/23/11	1:00 PM
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Cynthia Hagin and Denise Thames with Mother's Against Drunk Driving join Rachael Miller Ms. Hagin talks about safety on Georgia's roadways. Drunk driving is a safety hazard. It claimed the life of Ms. Hagin's mother, sister and her sister's boyfriend. She states one person's decision to drink and drive can alter the life of an entire family. Losing her family in one day was the unthinkable and now she is turning her pain into an opportunity to help others in Georgia who are grieving as a result of this senseless act of violence. She states that the holiday is a difficult time for a person who has lost their loved one. As the Director of MADD GA, Denise states that getting the message out about not drinking and driving is vital. Ms. Hagin encourages those who do plan to drink during the holiday to rely on a designated driver to not only save their life but to ensure that no innocent lives are lost due to intoxication

Joy in Our Town #766	13:10	28:30	L	PA/O/E	10/07/11	1:00PM
					10/08/11	4:30AM
					10/10/11	11:30AM
					10/11/11	4:30AM

Rachael Miller welcomes Malika Wilkins, Director of Marketing & Communications with the Georgia State Road and Tollway Authority to discuss the new GA Peach Pass. Ms. Wilkins states that the HOV lanes have been converted into a high occupancy toll lane and express lanes. The signs alert drivers of their option to drive in the HOV lane that would allow them to go faster. To register, drivers are asked to visit [www.peachpass.com](http://www.peachpass.com) to prepay for their pass sticker. The sticker resembles the size of a band-aid for placement on the rearview mirror for a \$20 prepaid amount. The funding goes into operations and maintenance for that roadway. The money remains in a drivers account until they use the designated peach pass roadways. Work is currently being done to create interchangeable passes for neighboring states whether single or multiple occupants are in riding in the vehicle.

<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 #775	28:30	13:00	L	PA/O/E	12/30/11	1:00PM

Rachael Miller welcomes Bill Richardson Founder of the Teen Victim Program and Lisa Medlock Teen Victim Impact Panel. Mr. Richardson states that car crashes are the #1 cause of teen deaths in the US. The role of the Teen Impact program is to make sure that teens are safe on roadways. New Year her son died at 17 years old due to a tragic crash. Enforcing the importance of wearing seat belts, restricting cell phone use while driving and refraining from drinking and driving are key components. Ms. Medlock states she lost her 17 year old son to a fatal car accident. He wasn't wearing his seat belt and was one of two fatalities from the accident. She states that parents must set the right example and wear their seatbelt at all times no matter how many miles away the destination. The memory of her son along with the memory other teens who've died in car accidents are honored at their memory walk. Messages are continually spread the message at schools and other religious organizations of the importance of exercising safety while driving and that traffic violators can be sentenced.

Joy in Our Town #775	28:30	13:00	L	PA/O/E	12/30/11	1:00PM
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Rachael Miller welcomes Harris Blackwood, Administrator of the Governor's office of Highway safety Stephen Shumate with the AAA tow and go program. Statics in GA indicate that New Year's falls on a Sunday. As a result, there will be observation of the holiday beginning Friday through Monday. On New Year's Eve the number of impaired drivers increases. Statics report that 1 out of every three cars someone has had alcohol. Drivers are encouraged to call 911 and report anyone not maintaining their lane. The usage of a cell phone should also be restricted. Last year over twelve hundred people were killed on the roadways. The goal is not to exceed that number and to preserve life. Families who experience traffic fatalities lives are changed forever. Seat belt safety is a must for all passengers in automobiles. Children eight years old and younger are required to remain in a booster seat. Drivers who've been drinking if caught will have to reap the consequences. Free rides home are being offered through the AAA Tow and Go program. This eliminates excuses to drive while intoxicated. Additional information can be found on GA highway safety.org

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

Joy in Our Town #767	13:10	28:30	L	PA/O/E	10/14/11	1:00PM
					10/15/11	4:30AM
					10/17/11	11:30AM
					10/18/11	4:30AM

Judge Nancy Bills, State Court Judge and Valerie Kelly a domestic violence survivor and Founder of Kelly ministries joins Rachael Miller. Judge Bills states that GA ranks sixth in the nation for women who are killed by their intimate partners. It's not just a legal issue but it affects every part of every community. Everyone works with someone who is in or knows someone in a domestic violence situation. There are potential signs that someone is in an abusive relationship. Often they don't want to tell people but friends and family must ask questions and be observant. Judge. Bills states that there are many cases that never make it to the court and very few cases are ever even reported. Making sure everyone is safe is the main goal. Family violence laws are created to seek out the primary aggressor. The person doing the abusing is the master manipulator. Ms. Kelly states that she was married and divorced five times to five different abusers. She states that it was a cycle that she couldn't break. Her father beat her and she grew up in a violent household. She would then only attract men that would abuse her.