

TRINITY BROADCASTING OF INDIANA, INC.

Quarterly Report
January, February, March 2011
WKOI-TV Richmond, Indiana

Ascertainment List
Leading Community Issues

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

Health

Education

Substance Abuse

Unemployment/Employment

Youth

Civic Affairs

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health 1	Joy in Our Town #122102	28:45	13:00	LCL	PA/O	01/07/11	1:00pm
						01/08/11	3:30am
						01/10/11	11:30am
						01/11/11	3:30am
						01/13/11	3:30am
						01/18/11	4:00am
						01/20/11	4:00am
01/25/11	4:30am						

Dr. Patricia McAlpine interviews Dr. Steven Bobula from Reid Hospital & Health Care Services located in Richmond, Indiana. They discuss the issue of health and focus on the topic of infectious diseases. Dr. Bobula addresses the need to take H.I.V. seriously as an infectious disease. He notes that this needs to be just as much so in less populated areas as H.I.V. is not just a big city problem. He expresses the need to be vigilant about this as this can go undiagnosed for three to ten (3 to 10) years before physical symptoms show up, during which time, this virus can be spread to others. He notes that there should be someone in every community who has a focus on this concern in terms of spreading awareness and education about the virus, noting how many times this falls to the local health department. He also notes that the federal government is recommending that everyone should be tested for the virus. He then discusses vaccination for various illnesses including the H1NI flu virus. He notes the need to be vigilant about protection against such a virus and notes that this particular virus is dealt with through this year's flu vaccine. He then notes that vaccines have helped to nearly eradicate many infectious diseases and how they help prevent the spread of such diseases. He also notes that people rarely ever get sick from the vaccination noting that often times people may get the virus very shortly after getting the shot before the body has had the opportunity to produce the needed anti-bodies to fight such infections. He notes that people should get a flu shot every year, but only need the one that they get as the vaccine is set up to deal with the strain of flu going around that year. He also recommends people age sixty-five (65) and older as well as those who may be predisposed to such a condition to get a vaccination for pneumonia as this will decrease the likelihood and the severity of the condition if they get it. He then talks about why it is important to have an infectious disease doctor within community. He explains how they can keep track of certain trends concerning infection within the community and can then recommend action to take so as to prevent or minimize the harmful impact of such infections from taking place. He also notes how this leads to better health care at the local hospital as well. He then gives some other general guidelines for good health noting the importance of seeing one's doctor to take action on matters such as vaccines.

Health 2	Joy in Our Town #122104	28:45	13:00	LCL	PA/O	01/21/11	1:00pm
						01/22/11	3:30am
						01/24/11	11:30am
						01/25/11	3:30am
						01/27/11	3:30am
						02/01/11	4:00am
						02/08/11	4:30am

Dr. Patricia McAlpine interviews Mr. Dean Sanders of Prevent Blindness Ohio and Beth Loew of the Boonshoft Museum of Discovery, both located in Dayton, Ohio. They discuss the issue of health and focus specifically on eye health for children. Mr. Sanders and Ms. Loew note how important eye health is for children as eighty percent (80%) of learning comes through one's vision. They note that common vision problems for kids include nearsightedness, lazy eye, and having crossed eyes. They note the need for children to have eye exams as without this most people including the child themselves assume that they are able to see as well as everyone else around them. It is recommended that eye exams should take place for those six (6) months of age as well as exams at three (3) and five (5) years of age. They note the importance of an eye exam as nearly eighty percent (80%) of kids ages six (6) and younger could have some sort of vision problem. They also note the need to keep eyes safe as children may suffer from eye injuries from playing various sports such as baseball, basketball, and football. They note other such eye injuries can result from contact with various household chemicals as well as various pieces of furniture around the house. If eye safety is not taken seriously children could end up with an eye injury that does irreparable harm. They note that steps are being taken to advocate for eye health and eye safety in kids such as the starpupils.org website. They also note how work is being done with local schools to make them more aware of such matters so that kids will not take these issues in a light manner. They note that one of the ways that children can have basic eye protection is to have a good pair of polarized sunglasses. They note that this is a good thing to encourage as even the vision of youth can be harmed noting how some children have developed cataracts due to lack of protection from the sunlight. They also discuss what others can do to help deal with the matter of eye health in kids, noting that doctor's donating their time is always welcome as well as people becoming and acting as certified vision screeners so that they are able to spot a child who may have vision issue and refer them to someone who can help them deal with such issues.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health 3	Joy in Our Town #011805	28:45	13:00	LCL	PA/O	02/25/11 02/26/11	1:00pm 3:30am

Dr. Beverly Martin interviews Ms. Kay Lake from NAMI of East Central Indiana located in Richmond, Indiana. They discuss the issue of health and talk specifically about mental illness. Ms. Lake explains mental illness as being a chemical disorder in the brain, which could be caused by a physical trauma or some other tragedy that might be used as a trigger. She notes the cause for mental illness can happen at any point in life including before birth. She notes that mental illness is treatable, but notes that the stigma that is usually attached to the condition, and as such, people rarely seek out treatment for mental illness. She encourages such people to go talk with their doctor or go to a mental health facility. She notes how in some cases, not doing anything to treat mental illness can result in event such as those that recently caused a Congresswoman from Arizona to be shot. She notes that if a person suspects that someone they know has a possible mental illness that they should help that person look for help noting that they cannot be helped if they are not willing to receive help. She goes on to tell how there is not only help for those who have mental illness, but also for those who have a loved one who has been diagnosed with a mental illness as they need to know what they can do to help the person with the mental illness. She goes on to note that there may be times where a person with mental illness may become a danger to themselves as well as others. She explains that our own community is fortunate in that the local police department has thirty-five CIT trained police officers. These officers have training in dealing with those who have mental illness and know how to deescalate a potentially dangerous situation. As far as seeking help for someone who has a mental illness, she recommends that this is done with someone who is close to the person who would need the help. She notes that if a person becomes a threat to themselves or others, help can also be sought by bringing that person to the local emergency room. She notes that having a good spiritual foundation is good in dealing with mental illness, and that treatment often involves medication and talk therapy. She states that a person who starts using medication to treat the mental illness will likely be on medication for the rest of their life. She notes some statistics regarding mental illness noting that one in five (1 in 5) people have some form of mental illness. She explains the background on some mental illnesses such as schizophrenia, autism, bipolar disorder, and co-occurring disorders with substance abuse. She encourages the audience to be sympathetic with those who have mental illness and not to automatically put a stigma on them as this is something that must be handled with care.

Health 4	Joy in Our Town #021001	28:45	13:00	LCL	PA/O	03/07/11 02/26/11	11:30am 3:30am
----------	----------------------------	-------	-------	-----	------	----------------------	-------------------

Mr. Darrell Gordon interviews Mr. Marshall Smith, the Veterans Service Officer from the Wayne County Veterans Office in Richmond, Indiana. They discuss the issue of Health and specifically talk about veterans health care. Mr. Smith explains how veterans are in need of proper medical care noting how soldiers are returning from Operation Enduring Freedom and Operation Iraqi Freedom which are high stress situations explaining how they are constantly looking out for dangers such as IEDs. As such, having the proper healthcare can help a soldier coming home from war to deal with stress once they return to civilian life. As such, to make sure that veterans are cared for, they receive five (5) years of medical care through the Veterans Administration upon leaving the service. He also notes how work is being done to make sure veterans are aware of such benefits as this as there are those who have been involved in such conflicts such as Operation Desert Storm who may not even be aware that they have Gulf War Syndrome. As such, he recommends that veterans to take advantage of these benefits as this so that better care may be given to veterans as a whole who are suffering from such issues. He notes that communicating to veterans about obtaining such benefits can be troublesome as many times the Veterans Administration only have the last known address of a soldier after leaving military service to correspond with veterans. As such communicating through mass media as well as social media such as Facebook and Twitter become very beneficial in communicating to veterans about knowing what their options are as far as medical care is concerned. He explains how veterans' benefits extend as far as care available in the state veterans home in Lafayette, Indiana. He notes that care is given for such matters such as Alzheimer's disease, and notes how there is plenty of space to provide such care. He also notes how free dental care is provided for the first one hundred and eighty (180) days after leaving military service to deal with whatever issues they may be dealing with from their service. He also explains how such care helps veterans returning from service to deal with civilian life, noting how many do not know how to deal with the lack of stress after being in stressful situations such as they have been in noting how many will reenlist simply because they do not know how to deal with a normal life. As such, help is provided for veterans to help them deal with such matters noting how if one applies for such benefits they can track their own health care so as to have better quality care down the road.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health 5	Joy in Our Town #021002	28:45	13:00	LCL	PA/O	03/11/11 03/14/11 03/31/11	1:00pm 11:30am 4:30am

Mr. Darrell Gordon interviews Ms. Jean Gifford, a retired registered nurse in Richmond, Indiana. They discuss the issue of health and focus on the topic of hay fever and sinus issues. She notes that hay fever can be defined as allergic rhinitis that can bring about various symptoms such as a stuffy or runny nose, sneezing, congestion, and sinus pressure. She notes that as opposed to a cold, which brings on similar symptoms due to a virus, hay fever is often brought on by allergens as many different types tend to show up around this time of year. She explains that while having such issues is more common in the spring and summer due to higher occurrence of allergens, it is not locked into that time of year as different plants have different cycles in releasing such allergens. She explains that possible allergens could include pet dander, dust, pollen, and dust mites. She notes that symptoms should come and go with the presence of the allergen causing the symptoms; however, if symptoms do not go away, a person should go to the doctor to seek treatment. She explains that while over-the-counter medications can help in some cases, it is important to find out what the trigger is for such responses so as to know how to treat it better, noting that where a person lives can have an effect on the matter. Ms. Gifford then talks about sinus issues noting how sinus which are normally filled with air can be blocked inflamed sinus tissue and mucus. She also notes that sinus troubles can be caused by allergies, colds, a deviated septum, or even nasal polyps. She also notes other symptoms relating to sinus issues include facial pain or pressure, nasal pressure and discharge, fatigue, coughing, and other such symptoms. She also explains that those who smoke can actually worsen sinus issues with such a habit. Again, she recommends seeing the doctor who can run test to see what the causative factor is so as to pursue a proper course of treatment. She notes that both hay fever and sinus issues can lead to bigger problems if not properly cared for such as bone infections, meningitis, and brain abscesses. She also notes that having hay fever and sinus issues are very common stating that roughly one in five (1 in 5) people have such a condition. As such, she recommends people who have such conditions who do not have symptoms that are manageable to see their doctor to pursue the right course of treatment.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health/ Mental Health	700 Club CBN NewsWatch #010611	1:00:00	6:00	REC	PA/O/E	01/06/11	3:00pm

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.

Health/ Mental Health	700 Club CBN NewsWatch #020811	1:00:00	5:00	REC	PA/O/E	02/08/11	3:00pm
--------------------------	--------------------------------------	---------	------	-----	--------	----------	--------

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!

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health/ Mental Health	700 Club CBN NewsWatch #032211	1:00:00	5:00	REC	PA/O/E	03/22/11	3:00pm

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

Health/ Mental Health	Doctor to Doctor #280	28:30	28:30	REC	PA/O/E	01/04/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

Health/ Mental Health	Doctor to Doctor #284	28:30	28:30	REC	PA/O/E	01/11/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health/ Mental Health	Doctor to Doctor #285	28:30	28:30	REC	PA/O/E	01/18/11	12:30pm

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.

Health/ Mental Health	Doctor to Doctor #286	28:30	28:30	REC	PA/O/E	01/25/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

Health/ Mental Health	Doctor to Doctor #287	28:30	28:30	REC	PA/O/E	02/01/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

Health/ Mental Health	Doctor to Doctor #288	28:30	28:30	REC	PA/O/E	02/08/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

Health/ Mental Health	Doctor to Doctor #289	28:30	28:30	REC	PA/O/E	02/15/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health/ Mental Health	Doctor to Doctor #290	28:30	28:30	REC	PA/O/E	02/22/11	12:30pm

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

Health/ Mental Health	Doctor to Doctor #291	28:30	28:30	REC	PA/O/E	03/08/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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

Health/ Mental Health	Doctor to Doctor #292	28:30	28:30	REC	PA/O/E	03/15/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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

Health/ Mental Health	Doctor to Doctor #293	28:30	28:30	REC	PA/O/E	03/22/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Education 1	Joy in Our Town #122102	28:45	13:00	LCL	PA/O	01/07/11	1:00pm
						01/08/11	3:30am
						01/10/11	11:30am
						01/11/11	3:30am
						01/13/11	3:30am
						01/18/11	4:00am
						01/20/11	4:00am
01/25/11	4:30am						

Dr. Patricia McAlpine interviews Mr. Lee Steinbarger, Ms. Debbie Squires, & Ms. Tracy Metcalf from Rose Hamilton Elementary School in Centerville, Indiana. They discuss the issue of education and focus on the topic of accreditation and student achievement. Mr. Steinbarger, Ms. Squires, and Ms. Metcalf explain how accreditation goes to help schools in many ways. They note how it helps schools to meet “No Child Left Behind” standards as well as having both internal and external evaluations. They note how this accreditation works in both the district and school levels, noting how a plan and vision must be set out at both levels with the school level supporting the district level. They also note how this meets the guidelines of Public Law 221 which requires schools to have such plans and goals. They note how they have people involved in many aspects of education including professional development and parent-teacher relationships. They note that since they have involvement with many groups of people, they all have a way of buying into the accreditation process. They also note how the data they collect in the process of accreditation helps to see where they are doing well as well as where they need to fill in some holes. This also helps the teachers know how to deliver the content of their lessons and how to plan for them by showing where their students need the most help from the data they collect through various tests. This also allows teachers to communicate better between each other as they are learning what direction each student is going and to let other teachers know what direction they should go in dealing with such students. They also note how students as such are now beginning to see what it means to be responsible for their own studies and completing the goals that are set out for them. They also note that with accreditation, every part of the school is involved in the process, which includes all non-instructional staff as even they play a part in the student achievement process as well. It is also noted how such programs help schools to always strive for better instruction and student achievement and not to simply accept the status quo, making the school better in the long run.

Education 2	Joy in Our Town #122104	28:45	13:00	LCL	PA/O	01/21/11	1:00pm
						01/22/11	3:30am
						01/24/11	11:30am
						01/25/11	3:30am
						01/27/11	3:30am
						02/01/11	4:00am
						02/08/11	4:30am

Dr. Patricia McAlpine interviews Ms. Tracie Craft, State Director for the Ohio Black Alliance for Educational Options located in Dayton, Ohio. They discuss the issue of education and specifically deal with the topic of educational options. Ms. Craft notes how it used to be that one’s zip code determined where one went to school, but notes that in these days there are many choices including charter, private, and home schooling options. She notes that there is a need to have such options as not every student will thrive in a one particular teaching style. She explains that parents need to be aware of the options they have to educate their children so that they do not feel like they are tied to one educational model. She also notes the need for parents to learn how to access each of these educational options noting that there are ways to obtain funding through state funds and other such methods. She notes that those students who are in “underperforming schools” typically have the option to obtain funding to send their child to a private school. She notes how private schools have only been an option for those who have been affluent in the past, but notes options are opening up for lower income families allowing them to change the future dynamic of their family. She notes that there are scholarship options that are available to some families such as the Ed Choice program in Ohio. She notes that there are nearly ninety thousand (90,000) right now who actually qualify for fourteen thousand (14,000) scholarships to obtain school choice. She also notes how nearly one hundred thousand (100,000) students are benefiting from charter school education, which would not have been an option eleven (11) years ago. She also notes how having school choices allow students to excel in their studies, opening up the possibility of getting a college education without any remedial classes which cost time and money. She also notes that this encourages students to stay in their communities, which allows everyone to benefit in the long run. She then notes the need to advocate for parents to let them know about school choice for their children, noting how the Black Alliance for Educational Options is such an organization that does this. This helps make parents aware of the options they have as well as what options are best for their kids. She also notes how parents need to know how their child learns and have a good relationship with the teacher so that they understand the child, who will then have the best benefit to their education over time.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Education 3	Joy in Our Town #011803	28:45	13:00	LCL	PA/O	02/11/11	1:00pm
						02/12/11	3:30am
						02/14/11	11:30am
						02/15/11	3:30am
						02/17/11	3:30am

Dr. Beverly Martin interviews Ms. Becky Garvin, Interim Director of Project READ located in Dayton, Ohio. They discuss the issue of education and specifically deal with the topic of literacy. Ms. Garvin states that roughly twenty percent (20%) of people can only read at a fifth (5th) grade level or lower noting that with her work in literacy in the past ten (10) years, she sees that in Montgomery County, Ohio, alone there are roughly one hundred and seventy thousand (170,000) to two hundred thousand (200,000) that can only read at a fifth (5th) grade level or lower. She explains how this can have a profound effect on the everyday lives of people noting that basic things like reading a prescription requires one to have a good degree of literacy to head any instructions written with the prescription. She also explains that the literacy of adults plays a large role in the literacy of any children that they have in their care. The literacy of a child will often reflect that of adults in their life noting that those who have good examples of literacy will often have good literacy and a step ahead in school. On the other hand, those who have bad examples in literacy will not be encouraged to read themselves. She also notes how literacy can affect the employability of a person noting that a person needs to complete their high school education or their G.E.D. if they even want a shot at a decent job, noting that most jobs want an education even beyond this level. She notes that if a person does not know how to read for their job, it can come with serious costs noting that warnings about certain matters requires one to be able to read. She also notes how it is important to be literate concerning other matters such as health and finances. From here, Ms. Garvin explains that there is no good reason why a person cannot deal with their personal literacy issues as there are many services available to people at no cost that can help them deal with such matters. She also notes that such literacy programs can always use volunteers as the demand for tutors exceeds the volunteer base. She notes such help is available for adults and children as well as non-English speaking people as they need to know English to be successful here in this country. She also notes that help is also available for those looking to complete their G.E.D. or their high school diploma noting how some get discouraged for not passing all of the Ohio Graduation Tests (O.G.T.). As such, she encourages people to seek help if they have issue in literacy.

Education 4	Joy in Our Town #011804	28:45	13:00	LCL	PA/O	02/18/11	1:00pm
						02/19/11	3:30am
						02/21/11	11:30am
						02/22/11	3:30am
						02/24/11	3:30am

Dr. Beverly Martin interviews Mr. Mark Millis, Assistant Superintendent for Richmond Community Schools located in Richmond, Indiana. They discuss the issue of education and focus on improving literacy education. Mr. Millis notes the importance of literacy education by asking the rhetorical question of what could be more important for young students than to be able to read at grade level by the end of the third grade. He notes that this receives silence when he asks teachers this very question. He notes that the importance to this starts even before kindergarten, noting how he has seen many young kids who do not have the skills as of that time to keep pace with literacy education. He notes that learning to read can be a complex science to a young person noting that there are many obstacles to overcome stating that only in the past few years have there been assessments out that really show what issues a student may have in reading. He notes that setting aside time within the prescribed curriculum to deal with such issues creates a problem for many teachers. This is even more truth this when dealing with those who have learning disabilities, noting that other methods may need to be used to deal with issues here. He then notes how he has been inspired by a book that tells of a school system that worked to see that ninety percent (90%) of third (3rd) graders read at grade level by end of the third (3rd) grade. He notes that he worked with another school system before coming to Richmond where they implemented a similar system as noted in the book and in seven (7) years time they increased they increased third (3rd) grade at-level reading percentage from sixty percent (60%) to eighty-eight percent (88%). He notes that he is working to do something similar in Richmond Community Schools. He encourages parents to get involved in their child's schooling by looking over homework and encouraging reading at home. He notes that parents who are not very literate themselves should entrust someone they know to help do this while encouraging them to complete their own education. He notes that while hope remains to help any student in literacy, it is best to get help while they are still young as issues regarding literacy when connected with other educational matters make it a hard road to climb after a period of time. He then uses the latter part of the program to discuss the fact that there is pending legislation at the state level that is pushing schools to make sure a high percentage of students are reading at grade level by the end of the third (3rd) grade noting that if a student is not at that level they may be held back so that schools are making sure that students are getting the literacy skills they need.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Education 5	Joy in Our Town #021003	28:45	13:00	LCL	PA/O	03/18/11 03/21/11 03/22/11 03/24/11 03/31/11	1:00pm 11:30am 3:30am 3:30am 4:00am

Mr. Darrell Gordon interviews Dr. Christine Seger from Ivy Tech Community College located in Richmond, Indiana. They discuss the issue of education and focus on the topic of the importance of post-secondary education. Dr. Seger defines post-secondary education as any education taken beyond the attainment of a high school diploma or GED. She notes the value of such education depends upon the person seeking to get that education. She notes that while there are those who are simply brush up on certain skills, there are many who are enrolling right now as it is a way better their employment opportunities noting how many have lost their jobs in the current economy. As such there is a large turnout of older students enrolling, though there are efforts being made to make sure that students coming out of high school enroll as well making balanced group of students. She notes how there are several options when it comes to post-secondary education between two (2) year and four (4) year undergraduate programs as well as the choice between public and private educational institutions. She notes how there are several options for post-secondary education in the Richmond area and names some of these options. She then explains the main difference between two (2) year and four (4) year educational institutions noting how two (2) year schools focus on certificate and Associate's degree programs to acquire needed education while four (4) year schools look to cover anything from a Bachelor's degree and beyond. She notes that there is typically collaborations between such schools, so if a student after completing their education at a two (2) year institution wishes to continue their education beyond this point, there is typically an easy option for them to do so. She notes that there has been an increase in post-secondary educational enrollment in the area colleges in the past two (2) years primarily due to job losses in the area. This means people are returning to school to get education needed to attain new employment as well as high school students who are more willing to go to college right after high school as they are seeing that such education is needed for good openings in the workforce. She then explains how each school has its own admissions process noting that public two (2) year schools like Ivy Tech have an open admissions policy, while most four (4) year public and private schools have a more selective admissions process. She concludes by noting that post-secondary education help to enrich people on an individual basis while providing the skills needed to help people in a particular area thrive in terms of economic development.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Substance Abuse 1	Joy in Our Town #122101	28:45	13:00	LCL	PA/O	01/03/11	11:30am
						01/04/11	3:30am
						01/06/11	3:30am
						01/18/11	4:30am
						01/20/11	4:30am

Dr. Patricia McAlpine interviews Ms. SueAnn Gilbert, Addictions Counselor for Centerstone located in Richmond, Indiana. They discuss the issue of substance abuse and deal specifically with depression and substance abuse. Ms. Gilbert explains how people are typically depressed around this time of year (November through January) possibly due to the fact that they may not be able to have the Christmas they desire due to the lack of money. She notes that this is the case for many people right now as they are out of work. She explains how people who get in such a state of depression often want an escape and they typically use drugs to find that escape. However, this does not work out for them as use of those drugs as the use of those drugs may get them into more trouble, such as getting a DUI charge filed against them. She also explains that since substances such as alcohol are depressants, they might just find themselves going deeper into their depression. She also explains how she has found out from her work that many times, the holidays themselves are the main reason for people to partake in drugs. With all of this in mind, she explains that to deal with such cases of mild depression without turning to drugs, people must learn to deal with the depression by taking action when they do not feel like doing so. This could include doing basic chores around the house or other simple tasks. She also notes that around the holidays, it may be best to make things simpler in terms of celebration and to really focus on meeting with others as this is what they will remember more often than not. She notes that going to see those less fortunate is always good as this will keep things in perspective as there is always someone who is always in a worse situation. She notes that people who see this depression in others should act to help encourage such people to take such action noting that going to a church service, visiting shut-ins, caroling, and other such activities can lift their spirits. She then discusses what people can do if this depression leads to substance abuse. She recommends that those who are in such a situation themselves visit a mental health center or their family physician to see about resources. She also notes that free resources are available through Alcoholics Anonymous and Narcotics Anonymous as well as other possible programs. She also notes that local churches may be able to help as well. She notes that for those seeking help for others to encourage the other person to seek help, but to remember not to force help as they will not quit until they want to quit. She does want people to act though as doing nothing is the worst thing one can do in such matters.

Substance Abuse 2	Joy in Our Town #122103	28:45	13:00	LCL	PA/O	01/14/11	1:00pm
						01/15/11	3:30am
						01/17/11	11:30am
						01/18/11	3:30am
						01/20/11	3:30am
						01/25/11	4:00am

Dr. Patricia McAlpine interviews Mr. Tom Pennington of Aurora Addiction Services at Reid Hospital located in Richmond, Indiana. They discuss the issue of substance abuse and focus on the topic of local heroin use. Mr. Pennington explains that heroin is a very addictive drug in that like other drugs found in the opiate family, they create a demand that they body cannot keep up with. This is why a tolerance for the drug builds up very quickly creating a demand to the point where a person is using double or triple the amount they did just a month after they start using. He notes that heroin is a problem in the local community due to the fact that I-70 between Indianapolis and Dayton is natural place to traffic drugs as well as the fact that the market for the drug is in a cartel war where the price for it is being driven down, making it cheaper in many instances than marijuana. He notes that the typical starting age for using heroin is around sixteen to seventeen (16 to 17) years of age though he has heard of people starting as young as fourteen (14) years old and notes that female as just as much if not more likely to use than males. He goes on to explain how many people start using noting how many were on a prescribed opiate, became dependent on it, went to buy it on the street after losing the prescription, they buy the drug on the street and eventually switch to heroin due to it being cheaper. He goes on to note that it can be taken in several ways such as a pill or powder that can be snorted through the nose. He also notes that it can be injected through an IV though many will inject it under the skin in inconspicuous places before using an IV noting how they will go to an IV after building up a tolerance and needing a way to get the drug in their body quicker. He notes that one can tell a user of heroin by seeing if they have irises that are very small as well as a person who tends to nod off. He also notes that like all other drugs, a heroin user will typically have money issues as they use their money to get the drug. He also notes the bad health effects noting how it can cause liver problems and more likely to get diseases like Hepatitis C due to sharing needles or straws. He notes that getting off of heroin has severe withdrawal symptoms that while one will not die from them, they will be very uncomfortable. As such, seeking medical help for withdrawal is certainly welcome.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Substance Abuse 3	Joy in Our Town #011801	28:45	13:00	LCL	PA/O	01/28/11	1:00pm
						01/29/11	3:30am
						01/31/11	11:30am
						02/01/11	3:30am
						02/08/11	4:00am

Dr. Beverly Martin interviews Mr. Greg Crabtree, Chairman for TJ's Place of Hope. They discuss the issue of substance abuse and focus on adolescents and substance abuse. Mr. Crabtree notes how TJ's Place of Hope was born out of a tragedy in his own family noting how his own son started using drugs and how this led to his suicide at nineteen (19) years of age. He explains how alcoholism and addiction are conditions where a person who has been using alcohol or drugs by choice no longer has a choice in taking them as it has taken their own will. He notes how this causes people including teenagers to lose hope and oversight in their own lives. He goes on to explain the physiological background to developing an addiction noting how drug use deals with brain chemistry to develop the addiction. He explains how such a process pushes one to do more drugs and to use them no longer to get high but to simply feel normal. He also notes how addiction can develop around co-occurring disorders such as ADHD depression, and bipolar disorder. He states how those who already have such disorders are typically at higher risk in developing an addiction. He also notes that those who develop an addiction are more likely to develop such disorders if they did not already have such disorders. He notes that no matter what order the matters of addiction or other co-occurring disorders start, if they have such conditions, they must be treated for these conditions on the physiological, psychological, and behavioral levels in order to have a chance to overcome them and cannot simply impose a penalty in hopes that this will be enough motivation to stop. He then notes how youth are starting drug use at young ages noting that ten percent (10%) of nine and ten (9 & 10) year olds have already started drinking. He notes that the average age for girls to start using drugs is around twelve and a half (12 ½) and boys around thirteen (13). He also states that by the time youth graduate high schools, eighty percent (80%) have used alcohol at some point. He notes that they typically start with drugs they can find around the house such as alcohol or marijuana. He also notes that twenty-six percent (26%) of alcohol sales in Ohio go to underage drinkers. He encourages parents to be vigilant to look for signs of drug use and notes that the number one deterrent for kids is being able to talk to their parents about drugs.

Substance Abuse 4	Joy in Our Town #011802	28:45	13:00	LCL	PA/O	02/04/11	1:00pm
						02/05/11	3:30am
						02/07/11	11:30am
						02/08/11	3:30am
						02/10/11	3:30am

Dr. Beverly Martin interviews Mr. Craig Goodson of Hope House Addiction Recovery Center located in Richmond, Indiana. They discuss the issue of Substance Abuse and go over a general overview on the matter. Mr. Goodson defines substance abuse as when a person has become physically or mentally addicted to a drug to the point where they need it to function on a daily basis. He notes that this is a condition that can affect every part of society from the roughest parts to the higher echelons with a wide range of ages dealing with the matter. He notes how prescriptions main medication, heroin, and opiates are drugs that are a particular problem at the moment. He notes how many people, particularly young people, get hooked on opiates as a prescribed means of dealing with pain from a sports injury, not knowing how addictive it is and become hooked on the drug before they are taken off of it by their doctor. He also goes on to explain how substance abuse can have an effect on one's health in the long term, noting how it can give rise to a higher incidence of cancer and heart disease. He also notes that long term drug use can affect one's mental state which can affect one's thinking as well as the way they carry themselves, noting that those who have known these people for a long time should notice this. He notes that one can bounce back from drug use though it will take the willingness of the addicted to do so as well as some help. This is where programs like Hope House can really be of help. He also notes that one thing this area can really use is a detoxification program as people will often struggle with withdrawal effects of a drug. This discourages the person who may be in an addiction program, which leads to leaving such a program which they need to overcome the addiction that they have. He then notes of his own experience with drugs and what it has taken for him to overcome that addiction. He also notes how it has affected his family as they wondered if they would ever see him again. He notes that his family is now his greatest support in making sure that he stays off drugs. He notes that not everyone is successful in getting through addiction treatment, but there is enough to still be encouraged. He encourages people to encourage those who truly want to get over their addiction as it will be needed to help them overcome their addiction.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Substance Abuse 5	Joy in Our Town #021003	28:45	13:00	LCL	PA/O	03/18/11	1:00pm
						03/21/11	11:30am
						03/22/11	3:30am
						03/24/11	3:30am
						03/31/11	4:00am

Mr. Darrell Gordon interviews Ms. Andrea Rehkamp, Senior Victim Advocate for Mothers Against Drunk Driving (MADD) of Southwestern Ohio. They discuss the issue of substance abuse and specifically deal with the topic of drunk driving. Ms. Rehkamp explains how drunk driving is the most frequently committed violent crime in the nation noting how there are eleven thousand (11,000) deaths each year in auto accidents with a driver who is beyond the legal blood-alcohol limit in addition to having half a million (500,000) who suffer from various injuries. She notes that people continue to drink in drive simply because they can. She notes that any impairment in driving starts with the first drink taken, noting that any alcohol consumption hinders one's judgment, which only increases one's likelihood of making the choice to drive drunk. She explains that it is ordinary people who are coming forward to call for change to such behavior in our society. Ms. Rehkamp goes on to explain the impact a drunk driving incident can have on the life of an individual and how groups such as MADD are working to help such victims. She notes that victims of such incidents can be hurt physically, emotionally, and financially speaking. She notes that in certain cases, injuries from such an accident can prevent a person from going to work, which then can have a large impact on finances to the point where they lose their homes, all the while the person who is responsible for the accident has no insurance to cover for the incident. She also discusses what is being done to stop the criminal aspect of drunk driving. She notes that there are advances in technology that ignition interlock devices can be placed in vehicles so that a person who is drunk cannot operate a vehicle. She states how many groups are advocating this to be a requirement in vehicles of those who are convicted of driving under the influence, as well as noting that she hopes such technology will be used to help eliminate drunk driving in the future. She also discusses underage drinking noting how programs such as D.A.R.E. are educating youth to discourage drinking and driving. She also notes how many places as well as adults, including parents, are will to provide alcoholic beverages to minors and notes how this encourages the irresponsible consumption of alcohol. She encourages people to get involved in stopping drunk driving before they are part of the large group of people affected by it, noting the story of her son's death and the story of death of the daughter of MADD's founder as examples of what drunk driving can affect others.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Unemployment/ Employment 1	Joy in Our Town #011803	28:45	13:00	LCL	PA/O	02/11/11	1:00pm
						02/12/11	3:30am
						02/14/11	11:30am
						02/15/11	3:30am
						02/17/11	3:30am

Dr. Beverly Martin interviews Mr. Jeffrey Diver, Executive Director of Supports to Encourage Low-Income Families (SELF), located in Hamilton, Ohio. They discuss the issue of employment and specifically deal with the topic of challenges facing the unemployed. Mr. Diver notes that they have seen roughly a twenty-five percent (25%) increase in the number of people they are helping which he attributes to the current state of the economy. He also notes a change in the type of people seeking help as he has seen people with undergraduate and advanced degrees that need assistance. He then notes some of the challenges people are facing in the current job market includes being denied or not pursuing a job for being overqualified. He encourages people to go after jobs they may be overqualified for as getting a job so that they can survive in the current situation. He encourages those who are not finding work to use the time to volunteer as this a way to get good experience in a field one may be interested as well as have connections to help get a job later. He also notes that other barriers to getting a job could surround factors such as mental health, transportation, clothing, and knowing how to write a resume. He notes that this is why organizations such as his exist, so that people have connections to help them overcome such obstacles. He also notes that literacy and education may be something that people who have been recently laid off should look at and deal with as having the proper level of literacy and education are essential both getting and maintaining a job. He also encourages people to consider taking a new educational path in order to get employed as well. He also states that people who may be unemployed need to look at their career plans and consider going into a different line of work as this can open more opportunities for employment. He also notes that some people may want to go into business for themselves as this also increases the options one may have to draw an income. From here, he also states that people should not look at their age as a handicap for getting hired as they get older as potential employers are also looking for candidates who are stable, have a good work ethic, know what it takes to move forward in their place of employment. He encourages people to never give up looking for employment even in spite of their current job prospects.

Unemployment/ Employment 2	Joy in Our Town #011804	28:45	13:00	LCL	PA/O	02/18/11	1:00pm
						02/19/11	3:30am
						02/21/11	11:30am
						02/22/11	3:30am
						02/24/11	3:30am

Dr. Beverly Martin interview Mr. Paul Luttmann, the Director of Career and Employment Services at Ivy Tech Community College in Richmond, Indiana. They discuss the issue of employment and focus their discussion on keys to finding a job. Mr. Luttmann starts out by noting that while it is possible to find a job with a high school diploma, he notes that currently sixty percent (60%) of jobs would go to those possessing at least a technical certificate or higher level of education according to a Time magazine article. He notes this same article projects the percentage to rise to about sixty-six percent (66%) by the year 2015. He also notes that those with simply a high school diploma or less in education tend to have higher rates of unemployment than those more educated. He explains how employers are often looking for someone who has some higher education that will help them in the job they are applying for at that point. He notes that people who want to have more employment opportunities need to make a big step to get higher education that is applicable to the fields they are looking to enter in the job market. He notes that there can be many barriers that may deter people from wanting to do this, but notes that most colleges will help as they want people to succeed. He notes that computer literacy is something everyone needs to know especially from the start as many aspects of today's world revolves around computers. He then goes on to note about aspects of applying for a job including the interview process. He notes how a good first impression is noting that a good handshake is important. He notes that in practicing on a tube of toothpaste, one's grip in a handshake should be firm enough to make an indentation without forcing out any toothpaste from an uncapped tube. He also notes how clothing is important stating that one should dress professionally noting that for men a suit without any mismatched items is a good investment. He goes on to explain that one should be confident, as opposed to shy, cocky, or even desperate so that they sell themselves well. He also notes that a cover letter and resume are important to get an interview and notes that they should be crafted well, but also show the personality of the person. He also covers how to keep the job once they get it, noting that a good work ethic with an attitude to learn can go a long way. This would include showing up on time, staying to finish up work, and being willing to take extra assignment when asked.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Unemployment/ Employment 3	Joy in Our Town #021001	28:45	13:00	LCL	PA/O	03/07/11 03/08/11	11:30am 3:30am

Mr. Darrell Gordon interviews Mr. John Abrams from Preble County Job and Family Services (part of The Job Center Network) in Eaton, Ohio. They discuss the issue of employment and specifically address the current job market. Mr. Abrams explains that the job market is better than it was last year noting that unemployment in the area this time last year was in the fourteen percent (14%) range while it is now in the nine to ten percent (9-10%). He notes though that there are still a lot of people who are looking to work and that jobs that have been lost will not be replaced as quick as most people would like. However, "massive" layoffs have seemed to have gone away, though many jobs lost have now been placed overseas or completely eliminated due to technology. He then explains what fields are good ones to consider at the moment, noting that healthcare, the IT sector, logistics and distribution, and manufacturing using advanced technology seem to be good sectors to look at for the moment. He then notes the importance of education noting that while a four (4) year degree is not always needed to get a job many employers will not hire anyone with simply a high school education or less. As such, people should at least seek getting a certificate or an associate's degree beyond their high school education. As far as a job search goes, Mr. Abrams notes that most every employer will require a resume in consideration of a job and as such, people should seek help in developing their resume. He also notes the importance of networking in finding a job as this is how many people will find out about job openings. He notes the internet is a good place to look for jobs, but also notes that resumes posted online can be weeded out quickly, and as such he recommends as much personal contact as possible in a job search. He again goes back to the importance of education noting that while many people are looking for work right now, there are many employers looking to hire candidates with the right education. He also notes that having a workforce that is educated will also encourage new employers to come to the area, stating that while the area has many positive points to it, having a ready workforce is necessary to ensure that employers consider the area. As such, he encourages unemployed people who are thinking about going back to school to do so as it will give them more employment prospects in the long run. He encourages those looking for work to go to their local employment office as they have resources that can help people in looking for work and encourages people to put as much effort into looking for a job as they would at a place of employment. He also notes that there are also ways to get financial aid for those who wish to get more education to increase employment prospects.

Unemployment/ Employment 4	Joy in Our Town #021002	28:45	13:00	LCL	PA/O	03/11/11 03/14/11 03/31/11	1:00pm 11:30am 4:30am
-------------------------------	-------------------------------	-------	-------	-----	------	----------------------------------	-----------------------------

Mr. Darrell Gordon interviews Ms. Belinda Wyss, Director of Career Planning and Placement at Indiana University East, located in Richmond, Indiana. They discuss the issue of employment and specifically discuss the topic of choosing a career path. Ms. Wyss starts out by noting that people typically have around five to seven (5 to 7) actual careers within their lifetime. She notes that this is partly due to certain jobs going away such as those in the manufacturing sector while jobs are growing in sectors such as information and technology. This is why many colleges are taking time with students to help determine their values, interests, personality, and skills (what she refers to as the V.I.P.'S. of career planning) so that they can match those up with what is available in certain career fields. She explains why points such as values play a role in determining a career choice as a work environment that does not have an agreeable set of values to what a person has will make them very uncomfortable in that work environment. She notes that career guidance is available in both high school and college as well as through career counselors available outside of the educational system. She states that these career counselors as well as several online resources have assessment tools available so as to match careers with people of like interest as this is where they will find the best job satisfaction. She then notes that once a career path is chosen, the proper education must be taken up, noting that there are several options in the local area to receive education in a field of one's choosing. She also notes that education is important in both getting the basic skills one needs in a job, as well as fine tuning them as one goes along. She also explains how a person will likely have to take other positions to get to the position that they want, noting that while a person will get some specific skills training for their job, they will be expected to have several transferable skills developed before getting the position. She then notes that there are good resources in helping a person find a career path such as the Occupational Outlook Handbook, which can be found online by doing a Google search for "OOH". This gives a description of the field, the minimum education required to enter it, a salary range for the position and what kind of companies are looking for such a position. The current version should also give a good outlook for the field up through the year 2018. In terms of a job search, she notes that networking is important as seventy-five to eighty percent (75-80%) of the job market is hidden. As such, she recommends talking to people they know and using social networking resources such as linkedin.com. She also notes that job shadowing and talking to people in the industry can also help a person get an outlook on a particular field.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Unemployment/ Employment 5	Joy in Our Town #122105	28:45	12:30	LCL	PA/O	03/25/11	1:00pm
						03/26/11	3:30am
						03/28/11	11:30am
						03/31/11	3:30am

Dr. Patricia McAlpine interviews Ms. Tami Johnson of Abilities Richmond located in Richmond, Indiana. They discuss the topic of employment and specifically talk about employment for the disabled. Ms. Johnson notes how there is a need for those with special needs to have more opportunities for employment as it is a struggle for those with special needs to have something to contribute to the community. She explains that those with special needs can attend school up to the age of twenty-two (22), but explains that help to develop further job skills for those with special needs is hard to find. She explains that there are those who hire, but notes that there needs to be more opportunities beyond such jobs like those in janitorial positions. She also notes that many of the jobs that would be offered to those with special needs do not often contribute to meeting the needs of that individual in the long run. With all of this in mind, Ms. Johnson then explains that this is group of people that employers need to take the time to look at those with special needs as they have much to offer in terms loyalty to an employer as well as a group who would love their jobs. She explains that all of these issues are why groups like Abilities Richmond have come into existence. She explains that when there is a place and opportunity to learn as well as exhibit good jobs skills, others can see what is possible in terms of what those with special abilities can do, even if it means having to make accommodation in certain areas. She also notes how this helps the individual with the job in many other areas noting that not only do they learn to have different job skills and being able to engage in their areas of strength, but they tend to open up more as individuals. She notes that there are opportunities for help in terms of helping those with special needs become employed, but she notes that family and friends of that individual need to be ready to take action and be involved in the process. She comments on a need for a central place within the community so that those with special needs can more easily access potential job opportunities and gain meaningful employment.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Youth 1	Joy in Our Town #122101	28:45	13:00	LCL	PA/O	01/03/11 01/04/11 01/06/11 01/18/11 01/20/11	11:30am 3:30am 3:30am 4:30am 4:30am

Dr. Patricia McAlpine interviews Mr. Carlos Bustamante, District Executive with the Boy Scouts of America located in Hagerstown, Indiana. They discuss the issue of youth and focus on the topic of character development. Mr. Bustamante notes that youth are getting a lot of bad examples of how to act from television and the internet. He notes that with parents and school not being able to provide character development in all cases, it is important that organizations like the Boy Scouts and the Boys & Girls Club are available to provide youth ways to develop their character. He explains that providing ways of developing proper character is important as youth are the future and if we want them to be ethical and civic minded people, character development becomes very important. He especially notes that since at least a percentage of youth will be leaders at some level at some point in the future, which makes character development all the more important for our youth. He notes that character development includes teaching youth matters such as collaboration, confidence building, team work, and trade skills. He also states that whatever can be done to teach youth how to express themselves in a healthy way is the real goal of anything that revolves around character development. He notes how adults play a pivotal role in the character development of youth. He notes that this is especially true in the example that adults live out in front of youth as this becomes the basis for how youth will model their own lives. As such, adults should behave in such a way that demonstrates ethical, spiritual, and respectfully minded manner. In other words, their actions should reflect how they would want to be treated themselves. He also notes that such character development should include respect for nature noting that it is important think of not just what is in front of their eyes, but from where it came from in the first place. He goes on to state that character development can be taught in other ways such as the use of technology youth not only need to learn how use the technology itself, but to use it in a way that is toward responsible ends as well. He also notes that adults can do a lot toward character development for youth in just being there for them, noting that volunteering for youth events should not be seen as a burden, but rather an opportunity to have a positive effect on the lives of youth. He also notes that this includes adults who are not parents themselves as they can still leave a significant impact on the lives of youth.

Youth 2	Joy in Our Town #122103	28:45	13:00	LCL	PA/O	01/14/11 01/15/11 01/17/11 01/18/11 01/20/11 01/25/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:00am
----------------	------------------------------------	--------------	--------------	------------	-------------	--	---

Dr. Patricia McAlpine interviews Judge Wilfrid G. Dues, Chairman for the Preble County Youth Foundation. They discuss the issue of youth and focus on the topic of challenges facing youth. Judge Dues notes how he has sat as a juvenile court justice for twenty (20) years and notes that the types of cases coming before him are of a lot more serious nature than when he first started, which include family, drug, and criminal matters. He notes how drugs have become a very big issue when dealing with youth especially as they get involved at younger ages. He notes that it is not uncommon for middle school age kids to come before him with drug problems when it was only a small problem when he started in juvenile court. He notes that while it is still only a minority of youth who deal with hard drug problems, it is certainly enough to be a strain on the criminal justice system and taxpayers. He also notes how drugs like heroin are making a comeback and are crossing socio-economic boundaries as far as those who are using. From here, he addresses how youth look to adults as a means to model their own behavior. As such, if they have a good role model, they will exhibit good behavior while those with bad role models will end up exhibiting bad behavior. He notes that while not every adult will be in a high position to role model, he notes that every adult has to potential to be a role model to some youth and as such they need to act in such a way as to have a positive impact. He also addresses how media has had a negative effect on youth. He notes that youth will reflect the behavior shown in the media, and that it should not surprise people that when they see certain behavior in the media, that it will eventually be shown in real life settings. From here, he also notes the need for an extended family support structure for most youth. He notes how many youth that he sees before his bench are from homes where the youth do not have both parents there to support them. He notes that having a support structure in place helps to encourage youth in many ways. This would include education, which is needed as most jobs now require at least a high school education to be considered. He also notes how the people of Preble County have worked to help give options for youth to have in terms activities and opportunities noting how they have worked to bring a local YMCA Branch and a health center from Kettering Memorial Hospital, and a branch campus of Sinclair Community College, which gives positive support for the youth of the community.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Youth 3	Joy in Our Town #011801	28:45	13:00	LCL	PA/O	01/28/11 01/29/11 01/31/11 02/01/11 02/08/11	1:00pm 3:30am 11:30am 3:30am 4:00am

Dr. Beverly Martin interviews Ms. Vikki Johnson, Director of Resource Development at the Boys and Girls Clubs of Wayne County, located in Richmond, Indiana. They discuss the issue of Youth and specifically deal with the topic of Afterschool Alternatives for youth. Ms. Johnson notes the reason for the need of afterschool alternatives for youth as being that the hours immediately after school as this is the time youth may tend to engage in high risk behaviors even when compared to late night hours and weekends. This is due to the fact that youth are often unsupervised between the time school lets out and parents get off work, which gives time for youth to engage in risky behavior when looking for something to do. As such, youth need good options as to how to fill their time after school. This is where afterschool alternatives play a key role to youth as they present options that will reinforce positive behaviors. When kids have positives options of which they are already a part of, they are less likely to engage in detrimental behavior as every child can potential make a choice to engage in bad behavior. She notes that parents can find out options for afterschool programs simply by asking at their child's school about such options. She notes that while such programs may serve several kids, there may be several more who may not be taking part in such options, which can lead to trouble. She also notes that there is also the need to have programs that help deal with youth who may already be in trouble, specifically those who have been suspended. This is where programs like the Boys and Girls Clubs Positive Alternatives program comes into play. Here, troubled youth attended while serving their suspension by working on school work, learning conflict resolution skills, and doing community work, as well as acquainting themselves with the afterschool programs if they so choose. She also notes how alternatives are needed for when kids are not in school. She notes how field trips are arranged to help deal with such matters as well as summer programs that help with academic enrichment, so that youth are better able to learn and retain what they already learned in school. She then encourages all adults to encourage youth they may be around by listening to them especially if they seem to be "veering off the path".

Youth 4	Joy in Our Town #011802	28:45	13:00	LCL	PA/O	02/04/11 02/05/11 02/07/11 02/08/11 02/10/11	1:00pm 3:30am 11:30am 3:30am 3:30am
----------------	------------------------------------	--------------	--------------	------------	-------------	---	--

Dr. Beverly Martin interviews Ms. Tammy Presnall, a Community Educator with JACY House located in Richmond, Indiana. They discuss the issue of youth and specifically deal with the topic of child abuse. Ms. Presnall reports that in the past twenty (20) years there has been roughly a fifty percent (50%) drop in child abuse in general. She notes though that there is still a long way to go in combating the issue as statistics show that one in four (1 in 4) girls and one in seven (1 in 7) boys are victims of sexual abuse in some degree. She notes that not all of this abuse is perpetrated by adults as juveniles can easily be the perpetrators. She notes it is possible juveniles act in such a way due to being a victim themselves. However, she also notes that they may do it simply from exposure to such matters in media, noting that children today are much more exposed to such presentations from a number of sources, where in the past this would not have been such an issue. She notes though that progress is being made in educating the public on such matters and notes that child advocacy centers are doing a lot to help educate people on matters such as child sexual abuse, child physical abuse, and child neglect. She also notes how child advocacy centers help to deal with allegations of child abuse. She explains how they present a setting where they are able to have a comfortable atmosphere in which a child is more open to talking about such matter. She also states how they are able to do forensic interviewing in such places, allowing multiple agencies to come together and have such interviewing done once while being recorded so that the child only has to talk about it there and avoid having to testify in court before the accused. She then goes on to talk about how people may have suspicions of abuse, but are afraid to report it as they do not want to get people in trouble. She reminds the audience that a child needs to be kept safe and that there are ways to report possible abuse without having to disclose one's identity. She continues to talk about child advocacy centers noting how they are working to educate the public about matters of child abuse through such things as body safety programs. She also encourages adults to keep an eye out for indications of child abuse in the youth they are in contact with and asks people to call their local child advocacy centers to find out more about what signs they should look for in terms of abuse.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Youth 5	Joy in Our Town #011805	28:45	13:00	LCL	PA/O	02/25/11 02/26/11	1:00pm 3:30am

Dr. Beverly Martin interviews Mr. Kevin Carr, Executive Director and CEO of Richmond Family YMCA located in Richmond, Indiana. They discuss the issue of youth and focus on the topic of youth in sports. Mr. Carr explains several good reasons why youth should be involved in sports. One of these reasons is to keep kids as obesity is becoming a problem in youth. He notes that over the last thirty (30) years the number of overweight and obese kids has increased by thirty percent (30%) meaning that one in four (1 in 4) kids are now overweight or obese. He notes that with many inactive distractions available for kids, it is good to involve them in something that keeps them active like sports. He also explains how sports allow youth to make connections with adults noting that stats show that youth typically need six (6) positive adult connections besides their parents to help develop them into productive members of society. He notes that this is particularly true in that these adults become role models that can teach them how to make the right decisions. He also explains how youth involvement in sports gets the whole family involved in the life of a child. This shows the child that they have family who cares about them, especially if they are young kids around the ages of three to five (3 to 5). Mr. Carr also notes how sports are able to teach youth about rules and structure, which is applicable to many facets of life such as school and other areas. He also notes that participation in sports helps to keep kids out of trouble by giving them something else to do that gives them a sense of self –confidence. He notes how this is particularly true of girls noting that teenage girls who participate in sports are less likely become pregnant as they are involved in something that causes them to be goal oriented. He reiterates the importance sports have in the overall health of youth noting that obesity leads to other health conditions such as diabetes. As such, youth should participate in sports not only for the immediate health effects that it may supply to them now, but also to help set up healthy habits that can benefit them for years to come. He notes that there are several ways for youth to be involved in youth sports noting that youth can participate in sports programs offered though the YMCA, the Boys & Girls Clubs, and other local organizations. As such, there is no lack of opportunity for youth, noting that the real need is to simply get people involved so as to help build up youth through such programs.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Civic Affairs 1	Joy in Our Town #122105	28:45	13:00	LCL	PA/O	03/25/11 03/26/11 03/28/11 03/31/11	1:00pm 3:30am 11:30am 3:30am

Mr. Darrell Gordon interviews Mr. Gary Saunders and Ms. Monica Burns, council members of the Wayne County Council located in Richmond, Indiana. They discuss the issue of civic affairs and talk about various local government topics. Mr. Saunders and Ms. Burns note that the county council will have to keep a close eye on spending especially in the next couple of years noting how they have already cuts to the county budget over the last two (2) years. They note that cuts are likely to continue over the next couple of years. They also note that the property tax caps that have recently been put into the state constitution will not help in terms of funding either noting that such caps on property taxes can hamper government services that must be paid for with tax dollars. They also go on to talk about the reorganization of local government on the county and township levels. They explain how there is a push to eliminate having three (3) county commissioners in favor of having one (1) county executive as well as adding a couple of additional council members. As such, the county would be run more like a business. They note that there are areas where they can combine services to save money noting how this would work well when doing so with the city of Richmond. As far as township government is concerned, they note of the push to eliminate township government, but note that this may not be advisable as township government provides a voice for those living in rural areas. They go on to talk about how the economy is having an effect on the local area and state how this also affects the tax revenue that the county government can effectively gather and use. As such, they would like to encourage economic growth, though they note that county government can only do so much in this area. They note the need to have an educated workforce so that companies would be more willing to come to the area, which in turn would create more jobs. From here, the discussion moves on to vote centers. Mr. Saunders notes how this is a good concept that allows people to vote for a full week before election day as well as allowing people to vote at any vote center within the county. As such people can vote without much delay and are not tied down to one particular voting prescient on Election Day. It also saves money in terms of elections as they do not have to invest in training and having several poll workers to work in every prescient. Mr. Saunders also touches on tax abatements noting how this is a good economic development tool especially for those who want to start a business from scratch. This helps to ease initial tax burdens on new buildings and large ticket items which encourages business development.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

TRINITY BROADCASTING OF INDIANA, INC.

Quarterly Report
April, May, June 2011
WKOI-TV Richmond, Indiana

Ascertainment List
Leading Community Issues

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

Crime

Education

Economy

Youth

Health

Civic Affairs

Electoral Affairs

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Crime 1	Joy in Our Town #032201	28:40	13:00	LCL	PA/O	04/01/11	1:00pm
						04/02/11	3:30am
						04/04/11	11:30am
						04/07/11	3:30am
						04/12/11	4:00am
						04/14/11	4:00am

Dr. Patricia McAlpine interviews Sgt. Rod Russell of the Indiana State Police representing Pendleton District #51. They discuss the issue of crime and focus on the topic of fuel theft. Sgt. Russell explains that fuel theft is just like any other form of theft making it a class D felony in the state of Indiana punishable with a ten thousand dollar (\$10,000) fine or a year and a half in prison. He also notes that this is something that can happen at the point of purchase as well as those within residential areas. He explains that any convenience stations are susceptible to fuel theft including those along the highway. He notes that stations need to be vigilant to help prevent fuel thefts, noting how station employees should take actions like greeting everyone who comes in to fill up so as to discourage people from stealing fuel. He also notes that stations need to clear away unnecessary obstructions blocking the view of the fueling area so that employees are able to watch this area. He notes that having pre-pay pumps has been adopted as this is a way of preventing fuel theft as well noting that if an employee suspects someone of being a fuel thief, they should shut down the pump and require them to come in before filling up their tank. He notes that even with their many duties, station employees need to be vigilant about fuel theft as a simply twenty (20) gallon fill up can cost a station eighty dollars (\$80) of lost product. He also states that if they spot someone stealing fuel, they should not confront the person, but should get a license plate number and vehicle description and report it to the police immediately so that they can dispatch police to catch the criminals. Sgt. Russell also approves the use of good surveillance equipment, but also adds that it needs to be in good working order and up to date if it is to be effective for instances where police need to use it to cover a fuel theft. He also explains fuel theft among residential areas as well as farm land equipment. He notes that any vehicle or piece of farm equipment that is left in the open is liable to have fuel stolen from it if precautions are not taken. He notes that keeping vehicles and farm equipment in a garage or other place of storage is a good idea. He also recommends that having a locking fuel cap is also a good deterrent against fuel theft. Sgt. Russell also notes that like any other types of theft, having good lighting around helps to deter fuel theft. He also explains that fuel thieves are also habitual offenders, so it helps to keep an eye out for those who may be suspected of fuel theft in the past as this is a good way of helping to catch offenders. He concludes by noting that if fuel theft case can be properly document, it will be prosecuted.

Crime 2	Joy in Our Town #032203	28:45	13:00	LCL	PA/O	04/15/11	1:00pm
						05/03/11	4:30am
						05/05/11	4:30am

Dr. Patricia McAlpine interviews Ms. Sheri Sword, Vice President of Communications for the Better Business Bureau of Dayton and the Miami Valley located in Dayton, Ohio. They discuss the issue of crime and specifically deal with the topic of identity theft. Ms. Sword defines identity theft as someone taking personal information, such as a social security number or a credit card number, and “going into business” as the person from which they take that information. She explains that anyone can be a victim of identity theft, including people who do not extensively use the internet or credit cards. If a person knows another person well enough to know where they put receipts, mail, or other personal information, that person is open to be a victim of identity theft. As such, identity theft is often done by people whom one knows, giving an example how the leader of a Girl Scout troop was able to steal the identity of all the girls in her troop simply by having them fill out a particular form. She notes how people readily give away certain information, noting how in a demonstration conducted by the Better Business Bureau to a class on identity theft, most people gave away a lot of information away in a supposed raffle and pointed out how easy it was for someone with such information to obtain their social security number. As such, personal information needs to be carefully dealt with, noting that people should ask about what is being done with certain information when asked for it and noting if there was another way of completing a task without that particular information. She also notes that it is wise for each person to look at their credit report at least once a year, noting that a person can get a free credit report from each of the three (3) credit reporting bureaus (Experian, Equifax, and TransUnion) at least once a year. She also notes the need to pay attention to information collection points, noting how sales receipts need to be collected and properly disposed. She states how people should check on people they do business with so trust is established as well as noting how any information given over the internet should be done on secured connections (noted by the “s” in https as well as the padlock logo). She also notes that mail should be immediately collected and dealt with from the delivery point and that outgoing mail should be left at a drop box or at the post office itself. She notes that even with the advice being followed, that none of it is foolproof and that people must always be vigilant to protect themselves. For those who do become victims of identity theft, they should file a police report and contact at least one of the credit reporting bureaus. She also notes that all affected accounts need to be closed to stop any more abuse of those accounts as well as check their credit reports to see that abuse does not continue.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Crime 3	Joy in Our Town #032203	28:45	13:00	LCL	PA/O	04/15/11 04/16/11 05/03/11 05/05/11	1:00pm 3:30am 4:30am 4:30am

Dr. Patricia McAlpine interviews Sheriff Jeff Cappa of the Wayne County Sheriff's Department located in Richmond, Indiana. They discuss the issue of crime and specifically focus on the issue of crimes against the elderly. Sheriff Cappa notes that though many seniors fear being a victim of a violent crime due to their health, the real threat against seniors is being victims of scams or identity theft. This includes scams such as those involving home improvement. He notes that especially in the late spring and summer time, there are those scammers who are going door to door soliciting to do home improvement work. He notes though that these people often ask money for materials and labor upfront, and once they are paid, they disappear. He explains that seniors are often reluctant to report being victims of such crimes as they feel embarrassed about being victims and think others will think less of them for being victims of a scam. However, he notes that waiting long to report such a crime will prevent law enforcement from finding such scammers. As such, he recommends that seniors be careful about people who come to their house to solicit to do house repairs. If such people are not willing to leave, they should call law enforcement to deal with such people as this is how they often catch scammers. He also recommends that people only work with reputable companies noting that they can get such information from places such as the Better Business Bureau, explaining that seniors should always do their homework when hiring out for home improvement services. He goes on to explain how seniors can be victims of other scams and identity fraud. He notes of scams such as mail scams which tell people they need to send out money to claim a prize, when such a prize will never come. He also notes of other scams, such as the "boiler room" scam where people set up phone banks to solicit people to buy stuff over the phone and getting information such as social security numbers or bank account information which can lead to identity theft. He states how local groups such as Triad are working to educate seniors on such matters, teaching how to recognize and avoid such scams. He also notes what seniors can do to keep their homes safe, noting how having good deadbolt locks and motion activated lighting is good to have. He also notes that properly clearing window space of shrubs and trees. He also notes that alarm systems can be a good thing to have as well for added security. From here, he explains that if people are going to be gone for a while from their house, they should stop mail and paper delivery and let their neighbors know about their absence. When this happens, it will significantly reduce the chances of being a victim of burglary.

Crime 4	Joy in Our Town #042002	28:45	13:00	LCL	PA/O	05/06/11 05/07/11 05/09/11 05/10/11 05/12/11 05/17/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:00am
----------------	------------------------------------	--------------	--------------	------------	-------------	--	---

Mr. Darrell Gordon interviews Mr. Adam McQueen of the Wayne County Probation Department located in Richmond, Indiana. They discuss the issue of crime and focus on the topic of probation and crime. Mr. McQueen explains how the Wayne County Probation Department has seen an increase in drug activity over the last two to three (2 to 3) years. He notes that with this increase in drug activity comes an increase in what he calls "crimes of deception", which would include crimes such as burglary, theft, and receiving stolen property. He also talks about keeping track of sex offenders within Wayne County. He notes that there are about one hundred (100) people designated as sex offenders and are on the sex offender registry living in Wayne County. He notes those on the registry are those who have been convicted of a sex related offense such as rape or child molestation. He explains how the Wayne County Probation Department and the Wayne County Sheriff's Department started a partnership to keep track of such people back in 2004 noting how it started out between four (4) people from those two (2) departments and has since expanded. He notes that those involved in the partnership meet often to keep up on laws dealing with sex offenders as well as checking in on such offenders, noting that someone will check with them at least once a month. He goes on to talk about what the Probation Department does as its function noting how they keep probationers under supervision under terms set forth by a court. He notes that right now, Wayne County has roughly one thousand (1,000) probation cases at any given time. He notes that this is up from what it was a decade ago. He notes how probation is often given in place of prison time noting that probation is often given as part of a suspended sentence by the judge, which could still include some time in prison. He notes what probation entails, which usual includes reporting to a probation officer, participating in various meeting as directed according to the needs they have, working so many hours at a job or volunteer position, and submitting to random drug tests. As such, probationers are kept busy so as to help keep them out of trouble. He notes that the use of alcohol and other drugs tend to be a problem for probationers as well as keeping a job as their criminal record may hurt them in finding a job. He also notes that each probation officer in Wayne County currently has about one hundred (100) cases they are dealing with and tells people what it takes to become a probation officer.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Crime 5	Joy in Our Town #051703	28:45	13:00	LCL	PA/O	06/17/11 06/18/11 06/20/11 06/21/11 06/23/11 06/30/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:00am

Dr. Patricia McAlpine interviews Officer Tim Davis of the Richmond Police Department located in Richmond, Indiana. They discuss the issue of crime and focus on the topic of juvenile crime. Officer Davis explains that juveniles can commit many different types of crime. This could include juvenile specific crimes such as running away, curfew violations, and truancy. He also notes that they can also commit adult crimes as well such as vandalism, drunkenness, and burglary and even participate in violent crimes such as assault. He notes that according to the law, a juvenile is anyone under the age of eighteen (18) years of age, and goes on to say that the more serious crimes committed by juveniles are often committed by those in their teenage years. However, he does note that even juveniles ages eight to twelve (8 to 12) can mischievous crimes, such as shoplifting, larceny, and truancy from school. He notes how many times the crimes that youth commit lack a specific thought process and are often crimes of opportunity such as stealing from a car that has been left unlocked or other quick crimes. He then goes on to note the process of dealing with juvenile criminals. He states how it begins by noting the type of crime which the juvenile is participating in and going from there, noting that about sixty percent (60%) of juveniles are put on probation. He does note that juveniles can be put into custody noting that locally they can be put into a juvenile facility in Henry County for a little as a few days up to the time they become an adult. He also notes that for especially violent crimes, they can be put in a special division of the Wayne County Jail. As far as the amount of juvenile criminal activity, the Wayne County Sheriff's Department made over one hundred (>100) arrests at Richmond High School last year with the Richmond Police Department making a total of one hundred ninety-six (196) juvenile arrests in 2010. The latter figure is in comparison to roughly thirteen hundred (1,300) adult arrests made during the same period, but also notes that one arrest can yield multiple charges against the juvenile. He also notes that to deal with juvenile crime, the community needs to play its part, specifically in setting up good influences in the lives of our youth, as they will typically follow whomever they associate with in their lives. As such, mentoring programs and other youth programs can be very helpful in terms of helping to deter juveniles from committing crimes, noting that youth need to have good influences from both adults as well as people their own age.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Education 1	Joy in Our Town #042001	28:45	13:00	LCL	PA/O	04/29/11 04/30/11 05/02/11 05/03/11 05/05/11 05/17/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:30am

Mr. Darrell Gordon interviews Mr. Rob Tidrow, Technology Coordinator for Richmond Community Schools in Richmond, Indiana. They discuss the issue of education and focus on the topic of technology in education. Mr. Tidrow notes how those born since 1995 are considered “digital natives” as the internet has been in wide usage since they were born. He notes that the role of technology in education is continuing the online experience that students are used to having. With this, students have continuous access to educational resources such as teachers, peers, and other resources. He notes how instructional technology has changed noting how such items like the Apple iPad and other mobile devices are being utilized, noting how this is picking up again after a lull that started after the nineties (90s). He notes the resurgence is due to better wireless technology and a better overall technology infrastructure being available. This allows students to use technology for project based learning, where students can learn in groups while using technology to complete assignments. He notes that social media is also being utilized by schools noting its use for marketing as well as teachers using it to expand their classrooms. This leads into the idea of “Anytime...Anywhere” learning. When this is utilized, students can access classroom information anywhere and anytime they have access to the internet. As such, students can keep up on what is happening in the classroom, even if they are not able to be there. He explains that certain piece of technology are better for some tasks than others, noting how Apple iPads are good for “ad hoc” research, whereas laptop computer are better for content creation of a project. He notes technology is becoming more ubiquitous in schools noting how students have moved from having access to a computer every couple of weeks to now having access to a computer almost every day. He notes that there is a need for schools to teach students how to be responsible digital citizen in how they use such technology, as students will be held responsible to their use of technology by potential employers. He notes that in they want to build out a wireless network in eighteen (18) building of the school system to allow for further advances in technology. He also goes over data driven decision noting how technology can spot trends in student data that can help make decisions to improve student achievement.

Education 2	Joy in Our Town #032205	28:45	13:00	LCL	PA/O	05/27/11 05/28/11 06/02/11 06/07/11 06/09/11	1:00pm 3:30am 3:30am 4:00am 4:00am
--------------------	------------------------------------	--------------	--------------	------------	-------------	---	---

Dr. Patricia McAlpine interviews Ms. Marcy Crull, Executive Director for Junior Achievement of Eastern Indiana located in Richmond, Indiana. They discuss the issue of education and focus on the topic of economic education. Ms. Crull explains that youth need to be educated in economics and finances for more than just the mere knowledge, but to also to make wise financial decisions. She goes on to note that financial education is something that is not routinely taught in schools and parents do not always have the confidence to teach their own children about, which is why community involvement is needed in terms of educating people on economics and finances. She explains that the need for such education is growing as simply knowing how to deal with a checking a savings account is no longer enough. She explains this means learning how to budget effectively, saving for retirement or a child’s college education, as well as knowing how to exercise judgment when one has access to credit. She goes on to state how the current economic situation has been brought on partly due to the lack of economic education as people took what was offered to them credit wise without an eye to the future and people have often borrowed what they could not afford. She then notes that as people have access to credit at a younger age, that if youth are not properly educated, they can make bad financial decisions that could haunt them for a long time to come. She then moves on to explain how financial education needs to start as soon as possible stating that even young kids can learn basic concepts as they start. This way, young people can have a financial education that can be built upon using various building blocks toward greater financial literacy. This can include simple concepts such as learning how to save for something they want as well as learning to identify between wants and needs. After basics are covered, then more advanced matters such as workforce readiness and entrepreneurship can be taught. She then discusses what is needed to help spread economic education to our area. She notes that all people should be encouraged to teach economic education and financial literacy, no matter what walk of life they belong to so that youth can see what it takes to be financially successful. She then talks about how programs such as Junior Achievement are working to improve financial education in local schools and notes how it is more difficult to get into high school classrooms as opposed to elementary and middle school classrooms. As such, economic education at the high school level tends to work better with afterschool and summer programs. Again, she encourages all people to get involved in teaching economic education and financial literacy to our youth.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Education 3	Joy in Our Town #032205	28:45	13:00	LCL	PA/O	05/27/11 05/28/11 06/02/11 06/07/11 06/09/11	1:00pm 3:30am 3:30am 4:00am 4:00am

Dr. Patricia McAlpine interviews Ms. Bridget Hazelbaker, Community Partnership and Engagement Coordinator for Richmond Community Schools located in Richmond, Indiana. They discuss the issue of education and focus on the topic of student mentoring. Ms. Hazelbaker notes that having a consistent caring adult presence in the life of students is a key to making sure that a student is successful in their educational endeavors. Of course, student mentors can do many things to help a child in their education such reading with them, working on issues in math problems, spelling, and other subjects. However, the mentor can help in other ways in terms of a student's education such as discussing future educational endeavors such as high school or college with them. Ms. Hazelbaker notes how having a consistent and caring adult presence in the life of the student noting that there are those students and mentors who keep some sort of connection all the way through high school. She notes that this is something they would like to encourage more of if it is possible. She also explains how there are many in the community who are willing to help students in their education in this capacity noting how many churches are willing to partner with local schools on this matter as well as other organizations like Reid Hospital. She also notes that there is the need for more mentors at many area schools including those in Richmond and other school systems in Wayne County, Indiana. She notes that those who want to be part of an educational mentoring program can go to mentoring.org to find a program in their area. She explains that mentoring in schools is done responsibly as each adult has a background check done on them and students are typically mentored during their lunch time while others are around. She notes that mentoring can be done on a one-on-one basis or can be done with a single adult working with a group of students as well. She also notes that for those who want to do formal mentoring that they need to make a certain commitment to do so as a mentor who is inconsistent in showing up is a detriment to the students as there is then need to show up on a consistent basis. She encourages those who cannot formally mentor students to encourage students in whatever way they can as this can be a benefit the student's on-going education.

Education 4	Joy in Our Town #051701	28:32	13:00	LCL	PA/O	06/03/11 06/04/11 06/06/11 06/07/11 06/09/11 06/21/11 06/23/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:30am 4:30am
--------------------	------------------------------------	--------------	--------------	------------	-------------	---	--

Dr. Patricia McAlpine interviews Mr. Brad Neavin, Superintendent of Eaton Community Schools in Eaton, Ohio. They discuss the issue of education and focus on the topic of current challenges in education. Mr. Neavin starts out by explaining how the current economy is impacting the world of education. He notes that the cost of doing business has increased, noting how an increase in the price of oil can increase transportation costs for schools, as well as other increases in costs of business. This forces schools to prioritize costs. With the priority of schools being to educate children, schools look to find way to cut costs in areas not related to educating students such as shortening a bus route so as to save enough money to cover the salary of a teacher. He also explains that since schools are funded by governments at the federal, state, and local levels, As such, any changes to funding in government is often going to be felt in schools. He does remain positive though about the economy noting that there are signs that it is turning around, which will help schools in terms of their funding. He also notes how they are working with teachers and students to help lower costs by basic means such as learning not to waste energy in classrooms such as turning lights out when no one is in the room, as well as implementing other energy saving measures. He also talks about how values play a part of the educational process. He notes that values have always been taught in the classroom noting that schools such as those in Eaton Community Schools work to teach these values and encourage good behavior rather than merely reprimanding bad behavior. He also notes how social networking is affecting education. He states how students now have a social network that can reach around the world thanks to electronic social networking programs. He notes how this has positives such as allowing incoming college students to get to know their roommate ahead of time. However, it also has its downside in that students are doing a lot more hurtful things with electronic media, noting that students not getting along now often has something to deal with electronic social media. He then moves back to talking about the positives of electronic media noting how it is changing the way students learn. He notes that when schools have the money to implement new technology, which can be difficult given the cost of such technology, it raises questions such as how much space should be invested in library space for books as there is less need to purchase such things as new encyclopedia sets as technology is making them obsolete.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Education 5	Joy in Our Town #051702	28:45	13:00	LCL	PA/O	06/10/11 06/11/11 06/13/11 06/14/11 06/16/11 06/21/11 06/23/11 06/30/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:00am 4:00am 4:30am

Dr. Patricia McAlpine interviews Mr. Victor Jose, Co-Founder of Every Child can Read, located in Richmond, Indiana. They discuss the issue of education and focus on the topic of literacy in our local schools. Mr. Jose notes that literacy is a concern not only locally, but throughout the country, noting that it has always been an issue, but it is even more so now since literacy is needed to be employed. He states how literacy is the base of all other learning and that if they do not have basic literacy skills, they will fall behind on other areas as well. He then focuses on being able to have grade level reading skill when completing the third (3rd) grade, noting that if a child cannot read this well at the end of the third (3rd) grade, they will be behind the rest of their educational careers. He notes that literacy means not only recognizing words but also comprehending words that are read as well as fluency in terms of what is read. He notes how when looking at the research of the importance of having proper literacy by the end of the third (3rd) grade, many of our local students are getting left behind noting that for the schools in Richmond nearly one hundred (100) students are left behind in their reading skills every year. As such, if literacy is going to be addressed in our local schools, it will mean that it must be the primary focus of education for all grades up to the third (3rd) grade. He goes on to note how the state is mandating schools to set a goal of having ninety percent (90%) of third (3rd) graders reading at grade level by the time they finish their third (3rd) grade year. He notes that for local schools to attain this goal, the school board must give full backing to the idea that literacy is the primary focus for those starting out in school. He goes on to point out statistics in terms of local and state ISTEP third (3rd) grade reading exam scores. He notes how six (6) years ago the average state passing rate was seventy-six point four percent (76.4%) with local schools having a passing rate of seventy two percent (72%). He notes that the most recent scores show that the average state passing rate is seventy-nine percent (79%) with the local schools having a passing rate of sixty-nine percent (69%). Due to this, many people have come together to start the Third Grade Academy, a four (4) week summer program that focuses on reading to those not passing the third (3rd) grade ISTEP reading exam. This program has help students increase their literacy skills by fifty percent (50%). He notes how the community has been supportive of the program and reemphasizes that firm action must be taken to better increase literacy to young students.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Economy 1	Joy in Our Town #032202	28:42	13:00	LCL	PA/O	04/08/11 04/09/11 04/11/11 04/12/11 04/14/11	1:00pm 3:30am 11:30am 3:30am 3:30am

Dr. Patricia McAlpine interviews Ms. Terrie Krumal from Consumer Credit Counseling Service of Graceworks in Dayton, Ohio. They discuss the issue of the economy and specifically deal with the topic of credit reports. Ms. Krumal explains how important it is to have a good credit report as it can affect anything from being hired for a job, to finding a place, or even how much one may have to pay to have car insurance. She notes that even with the economy the way it is, it is important to maintain good credit. This usually means having a FICO score that is somewhere in the seven hundreds (700s) or higher, noting that FICO scores can fall anywhere from three hundred eighty (380) to eight hundred fifty (850). She notes that thanks to the FACT Act of 2005, people can have access to a free annual credit report from each of the major credit agencies, including TransUnion, Experian, and Equifax. These can be obtained by going to annualcreditreport.com. She notes that some recommend getting one credit report from one agency during one month and then waiting a while before getting another report from another agency. She notes that people should look over their credit reports to make sure they can start acting to get or maintain good credit. She notes that matters such as identity theft can be caught by looking at a credit report as well as other inaccuracies. Once inaccuracies are dealt with, people can then take action to see what can be done to improve their credit. She notes that dealing with the smaller issues first is recommended as this motivates a person to continue working on their credit while getting quick returns for their effort. She also notes how credit is determined by factors such as late payments and balances that one has toward their credit. She notes that having even one late payment can hurt one's credit rating by sixty to one hundred twenty (60 to 120) points since payment schedule is thirty-five percent (35%) of one's credit score. She also notes that balances make up roughly thirty percent (30%) of one's credit score, so it is important that balances do not get too high. She also notes that if people need to prioritize their payments, they should first be making payments on their house as well as their car (though an interest only payment on the latter will not affect a credit score too bad of a manner). She notes that in situations such as identity theft, it may be necessary to freeze one's credit so as to preserve their credit as much as possible. She also notes that people should be careful of debt settlement and credit rebuilding schemes as these can cost people money and not help one's credit.

Economy 2	Joy in Our Town #032204	28:40	13:00	LCL	PA/O	04/22/11 04/25/11 04/26/11 04/28/11 05/03/11 05/05/11	1:00pm 11:30am 3:30am 3:30am 4:00am 4:00am
------------------	------------------------------------	--------------	--------------	------------	-------------	--	---

Dr. Patricia McAlpine interviews Mr. Bob Bennett, Community Development Specialist for the Eastern Indiana Development District located in New Castle, Indiana. They discuss the issue of the economy and focus specifically on development for the future economy. Mr. Bennett explains that the current economy along with investment in the region poses the biggest obstacles to sustained economic development in the area. He mentions how the lack of job creation is affecting economic development as jobs bring in funds to the community that can be used to further develop the economy. He notes that there are people asking about the area to test the waters, but have not seen anything that would really impact job growth. He also explains how education would be a big help to the area's economic development efforts. He notes that high school and college graduation rates are low in the area and notes how computer skills are needed for the jobs of the future. He states how employers also want people who are able to communicate well in written language as well as oral communication, as well as people who are dependable as well. He points out how even the high school graduation rate for the area is low as the area only averages a seventy-nine percent (79%) graduation rate for those in high school. He states that improving this single factor would be a big help to the ability to impact economic development for the area. Mr. Bennett goes on to tell how many of the areas smaller communities are working to develop their infrastructure so that they can be ready for economic development as any potential businesses coming to the area needs access to certain pieces of infrastructure like roads and water lines. He explains how regional development groups such as the Eastern Indiana Development District help such small communities get the resources they need to have this infrastructure in place. He notes though that getting such resources is competitive as other communities are vying for the same resources, and as such goals for infrastructure development need to be prioritized and taken on by the community as a whole to get these resources. As such, when they get infrastructure in place, they are then able to encourage further economic development.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Economy 3	Joy in Our Town #042003	28:17	12:48	LCL	PA/O	05/13/11 05/14/11 05/16/11 05/17/11	1:00pm 3:30am 11:30am 3:30am

Mr. Darrell Gordon interviews Mr. Jim Hill, the Business Incubation Manager for The Entrepreneur's Center in Dayton, Ohio. They discuss the issue of the economy and focus on the topic of commercializing new innovative technology. Mr. Hill notes the importance of commercializing new ideas for the marketplace as an idea put into the marketplace will generate a high return to start with, but in terms of the normal product cycle will eventually slow down in terms of return. As such, companies always need to be innovative and bring new ideas for the marketplace so that they have a better return on a particular item. He notes how research for such innovations usually take place at universities and Small Business Innovative Research (SBIR) facilities. He also notes how small business ends up many times being the "innovation arm" of larger business and states how such innovation actually grows small business. In fact, growth in small business is what has gotten this country through the last couple of recession noting that nearly one third (1/3) of Gross Domestic Product (GDP) is generated by small businesses that did not even exist twenty (20) years ago. He notes that this is due to the fact that jobs are typically created when a company is growing or scaling a market for a particular product or service. This is opposed to older companies who tend to defend market position rather than create new opportunities. He notes that to commercialize an idea, one needs to do market research to see what is happening in similar industries what buying habits currently are. When they know this, they can see if there idea is something that is really different or just another additional idea to an industry that is already saturated with similar ideas. He also talks about what one needs to do to commercialize an idea they may have. He notes that while every idea will have some differences in terms of bringing an idea to the market depending on the idea and the industry it is being brought to, the process is generally the same. As such, people need to access tools such as utilizing a Small Business Development Center or a local small business incubator to help make sure that all points are covered when going through the commercialization process. He also recommends having a mentor who has been through the process so that they have someone they can talk to about the process and have their questions answered about it.

Economy 4	Joy in Our Town #042004	28:11	13:00	LCL	PA/O	05/20/11 05/21/11 05/23/11 05/24/11 05/26/11	1:00pm 3:30am 11:30am 3:30am 3:30am
------------------	------------------------------------	--------------	--------------	------------	-------------	---	--

Mr. Darrell Gordon interviews Professor Tim Scales, Director of the Center for Entrepreneurship at Indiana University East in Richmond, Indiana. They discuss the issue of the economy and talk specifically about the current and future economy. Professor Scales explains that the economy is all about choices, specifically choices about decides to do with the money they have in the time they have to spend it. One must determine if they want to put their money toward needs or wants, which is the primary choice one must make in terms of economic decisions. He notes that people first need to look at their own personal economies before they take a look at the national and global economies. He notes that consumer goods are more affordable now than they have been in the past when adjusted for inflation. He also notes that consumer options are at a historic high, which makes it difficult for the average person to make choices in how to spend their money. From here, Professor Scales goes on to explain the importance on knowing what they are spending their money on and why they are spending it. He states how people are quick to use credit noting how people think they can afford the monthly cash flow, when in reality they end up spending money on the interest of certain products rather than the products themselves. He notes that people need to discipline the way they spend money and not be so dependent on credit. He also states that when people make good decisions with their own money, they can have a better economy for themselves tomorrow, as well as then being able to focus on the larger national and international economies. This is due to the fact that how individuals spend money will have an effect on how larger economies act later down the road. He then goes on to talk about indicators of economic progress, noting that national and global economies look at matters such as GDP as indicators. However, for the individual, factors such as spending and employment are more crucial. He goes on to states how he likes talking to people like UPS drivers as well as manufacturers as what they tell him gives him a good indication about what is happening in certain areas of the economy. He states how playing in the global economy has changed matter noting that even though some operations have moved overseas, that allows what is available to stay around and help the economy. He then talks about the importance of financial literacy noting that this is needed to help make wise economic decisions for the future. He notes that now is a good time to be involved as people can make better informed decisions now than ever.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Youth 1	Joy in Our Town #032201	28:40	13:00	LCL	PA/O	04/01/11 04/02/11 04/04/11 04/07/11 04/12/11 04/14/11	1:00pm 3:30am 11:30am 3:30am 4:00am 4:00am

Dr. Patricia McAlpine interviews Ms. Sue Routson, Executive Director for the Peer Information Center for Teens located in Richmond, Indiana. They discuss the issue of youth and focus on the topic of mentoring youth in the community. Ms. Routson explains that mentoring is any person who is roughly the same age or older who helps to give general support to another person of the same age or younger. This means setting a positive example for those being mentored so that they can make good choices. She notes that there is a need for mentoring as she sees many parents that are working long hours, and notes that with a smaller nuclear family available, there is very little in terms of a network of people that youth have who can be a positive influence on them. Without such a network, when youth feel pressure to make bad decisions, they do not have the means to deal with such pressures. However, those youth who have someone to look to are much better and dealing with such pressures. She goes on to explain that mentoring can be done in many different ways and in many different settings. She notes that people can simply take an interest in the youth in their own neighborhood as well as being involved with youth at church or school, or even up to a more formal mentoring situation such as those put together by Big Brothers Big Sisters. While the latter tends to have the best long term results, any form of mentoring for youth has its benefits. Ms. Routson then notes that a good mentor is an informed and states that information for mentoring can be found at websites such as search-institute.org and mentoring.org. She explains some of the information that is found on such sites noting specifically forty (40) developmental assets that youth need for good development. She suggests that the faith community have good support for mentoring youth noting how they could conduct workshops on how to talk with youth. She also notes how strong older youth are very good at mentoring those their own age or younger noting that when a young person presents material about such matters such as drugs to younger kids, it will typically have a better effect than having an adult who would present the same material to the same crowd. She notes that people can become involved in mentoring by contacting their local schools, church pastors, or youth organizations to see what options are available in mentoring youth in their own area.

Youth 2	Joy in Our Town #032204	28:40	13:00	LCL	PA/O	04/22/11 04/25/11 04/26/11 04/27/11 05/03/11 05/05/11	1:00pm 11:30am 3:30am 3:30am 4:00am 4:00am
----------------	------------------------------------	--------------	--------------	------------	-------------	--	---

Dr. Patricia McAlpine interviews Dr. James Jordan of the Butler County OSU Extension Office located in Hamilton, Ohio. They discuss the issue of youth and focus on the topic of teen driver safety. Dr. Jordan explains that ten (10) teenagers die in a vehicle accident every day in this country and that sixteen percent (16%) of those accidents are due to distracted or inattentive driving by a teenage driver. This is due to behaviors such as texting, phoning, playing with the radio, and goofing off with other people in the car. He notes that even with graduated driver's licenses for teens, many of these behaviors are being violated as these laws are still hard to enforce as many parts of the law deal with what are considered secondary offenses that can only be enforced when a primary offense has first been committed. He goes on to note that many risky behaviors happen due to inexperience in driving, and notes that inexperience is often due to parents not keeping watch over their teenage drivers after they get their license. He notes that parents need to be the gate keepers of driving habits and should be willing to put their foot down about getting a license if they do not believe their teen is developed well enough to handle driving on their own. He notes that since parents sign off on their teen's application for a driver's license, they need to consider signing carefully as bad driving behavior by the teen can result in consequences for the parents. He explains how having other peers of the same age in the car with a teenage driver promotes risky behaviors. He also notes the group of teenagers more apt to have bad driving behaviors are actually teenage girls. He notes that teenage boys do have bad behaviors such as the failure to yield or reckless operation, but notes that teenage girls are more apt to speed up to twenty-two to twenty-five (22 to 25) miles per hour over the speed limit. He also notes that teenage girls tend to crash more often and due to their speed have more violent crashes. He goes on to note that programs such as 4-H CARTEENS have been created to address such behaviors by teenage drivers in many counties in Ohio, noting that dealing with the behaviors is better than dealing with notifying parents that their child has died. He goes on to note how teens need to be monitored in their driving habits by their parents so that they can be dealt with in a proper manner. He also notes the need for law enforcement to team with youth program leaders about this issue as well as citizens with legislators to make sure that teen fatalities do not increase.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Youth 3	Joy in Our Town #042004	28:11	12:41	LCL	PA/O	05/20/11 05/21/11 05/23/11 05/24/11 05/26/11	1:00pm 3:30am 11:30am 3:30am 3:30am

Mr. Darrell Gordon interviews Ms. Sharon Conyers, Vice President of Project IMPACT Dayton, located in Dayton, Ohio. They discuss the issue of youth and look specifically at the topic of youth violence. Ms. Conyers explains how youth violence is up in the Dayton area noting of a particular incident that just happened a week prior to the taping of this segment where a ten (10) year old was shot. She notes that with youth violence being up in Dayton it is certainly a concern elsewhere as well. She notes that while the current state of the economy may have something to do with the increase in youth violence she notes the main cause of it has to do with the breakdown of the family, noting how many kids are now being raised by relatives other than their parents or are in foster care. She notes that youth often end up being out of control when the family breaks down as they end up in a setting that often has no structure or rules to live by. As such, youth do not have the proper social skills, morals, or values by which to act. Without these, they end up treating others with no respect, and they will end up acting with violence. Ms. Conyers goes on to explain how one must start with the family if people are going to have any impact on the issue. She states how the parents must learn to be the primary educators of children so that issues that come up can be resolved in the home setting. She then notes that programs such as Project IMPACT Dayton work to help families deal with such issues. She notes that when parents are given the proper tools and they use those tools, the results for their children end up being much better. This sometimes requires action on the part of courts for parents to participate in such programs, but notes that when they see that such programs want them to succeed they will work with such programs to do so. Ms. Conyers also goes on to note the need for youth to have role models which they can look to and see how they should properly behave, noting that local churches can team up with local schools to provide such opportunities. She notes that when a child sees an adult who sets a good example, their behavior will reflect what they see in that example. She goes on to encourage more people to get involved in local organizations noting that the need to influence youth is greater now than in the past, and that resources to influence youth are shrinking. If people will not take action now, their inaction will affect the future of youth in the community.

Youth 4	Joy in Our Town #051704	28:32	13:00	LCL	PA/O	06/24/11 06/25/11 06/27/11 06/28/11 06/30/11	1:00pm 3:30am 11:30am 3:30am 3:30am
----------------	------------------------------------	--------------	--------------	------------	-------------	---	--

Dr. Patricia McAlpine interviews Mr. Tim Cummings of New Creations Chapel, Inc., located in Richmond, Indiana. They discuss the issue of youth and focus on the topic of helping youth in the community. Mr. Cummings explains that many youth today are dealing with the issue of rejection, noting that this is especially true of those who are coming from broken homes. He notes that those who do come from broken homes have a hard time finding their own identity noting they will not find that identity until they are ready to get it. He then goes on to note that issues such as rejection can be seen from exterior problems such as substance abuse and being argumentative. He states how many times people simply try to label all of these problems, when what really needs to happen is to look through these exterior problems to find the root problem behind them. As such, when he has dealt with youth who have been previously diagnosed with ADD, but has found the reason behind it, it has helped that youth come off of medication that they were on for their diagnosis. He then notes what it will take to help youth heal from the hurt that they face, noting first of all that unconditional love is important. He notes how many times parents may feel embarrassment from the actions of their children and may lose that love for a time. This is where a child may feel rejection, which can tear away at their self-esteem and create more issues. He also notes that living in a world where there are no consistent standards also creates issues for youth. He notes that this is especially critical in the way adults model behavior before youth, as behavior that is inconsistent with rules and guidelines given for the benefit of everyone will not be respected by youth if adults themselves do not follow those rules and guidelines. This also includes showing the proper respect for authority, noting that when adults are not respectful of authority, it should not be surprising that youth will not respect those in authority in their lives. He notes that even small examples of bad behavior can accumulate over time and build up to the point where their self-esteem is eroded because of it as well as a loss of a set standard of integrity for their lives. He goes on to notes that those who work with youth in the community should not do so merely as a job to be done, but as a passion to be undertaken. He also notes that adults need to show youth how to respect others. When adults are able to treat others with respect, the youth around adults will pick up on that behavior and learn to treat others with respect as well. As such, he encourages adults to set a good example for youth as the example adults set is the one they will likely follow during their lives.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health 1	Joy in Our Town #042001	28:45	13:00	LCL	PA/O	04/29/11	1:00pm
						04/30/11	3:30am
						05/02/11	11:30am
						05/03/11	3:30am
						05/05/11	3:30am
						05/17/11	4:30am

Mr. Darrell Gordon interviews Mr. Joshua Stiens of the Wayne County Tobacco Prevention and Cessation Coalition located in Richmond, Indiana. They discuss the issue of health and focus on the topic of tobacco use. Mr. Stiens points out how the usage of tobacco in Wayne County, Indiana is about thirty percent (30%), while the national rate of usage is at twenty percent (20%). He notes that Wayne County, Indiana has had this rate of usage for quite some time, noting how this is not good in terms of seeing the reduction of tobacco usage amongst the local population. He explains how the community has received a grant to help deal with this issue, noting that they want to use the money to help people quit who want to quit as well as to prevent future use among youth. He notes that he is working with a group of nurses at Indiana University East to help educate youth on the harmful effects of tobacco use. He notes that dealing with the use of tobacco products is constantly changing noting how the F.D.A. has recently been given the power to regulate the usage of certain tobacco products, such as the sale of menthol cigarettes. He then notes the dangers of certain tobacco usage on the market. He notes that there are smokeless tobacco substitutes that are available that could be confused as candy by some young children. As such, this could be a potential hazard to children. He also notes that there is potential danger in third hand smoke, which he define as the residue that settles on an object after being around someone who is smoking. He notes that this can be a potential danger to young children as well as they tend to put things in their mouths, by which they could pick up toxic chemicals. He goes on to note how many people in the community are looking at specific strategies to deal with the matter of tobacco use noting that simply having money to deal with the problem is not good enough. When they have specific goals, the money given to deal with the problem is better used. He states how he has helped to create a website (www.breatheinwaynecounty.com) to help people with such matters as ways to quit using tobacco as well as a listing of smoke-free restaurants in the area. He recommends for those who want to quit using tobacco to see their physician about what options are available as they can inform patients about options such as prescriptions drugs to deal with such matters.

Health 2	Joy in Our Town #042002	28:45	13:00	LCL	PA/O	05/06/11	1:00pm
						05/07/11	3:30am
						05/09/11	11:30am
						05/10/11	3:30am
						05/12/11	3:30am
						05/17/11	4:00am

Mr. Darrell Gordon interviews Ms. Kathy Haught of Premier Community Health. They discuss the issue of health and focus on the topic of breast cancer. Ms. Haught explains that breast cancer is when malignant cells that originate in the breast grow out of control, spreading to other parts of the body, pushing away healthy cells. She explains several risk factors for breast cancer noting that age is the primary risk factor as eighty percent (80%) of those diagnosed with breast cancer are age fifty (50) and older. She also notes that this is primarily a condition found in women though one percent (1%) of those diagnosed with breast cancer happen to be men. She notes that those who have a family history of breast cancer have an increased risk for breast cancer. She also notes that the presence of estrogen as well as alcohol can play a large part in increasing one's risk for having breast cancer. She goes on to explain how race also plays a factor in breast cancer as more Caucasian women tend to be diagnosed with breast cancer, but notes that women of other ethnicities typically have a higher mortality rate from having breast cancer for reasons unknown at this time. She notes that signs to look for in terms of having breast cancer would be having a lump in the breast. She also notes that breast inflammation would also be a sign noting that one breast may be larger than another. Having swelling or stiffness under the armpit can be another sign as well. She then notes about what can be done to spot breast cancer, noting that first comes the self exam. She recommends that girls as early as their teens do this on a regular basis noting that allows them to be familiar with their breast tissue and will make them more aware of any changes that happen over time. She also notes of the clinical breast exam where a doctor or nurse examines breast tissue should start around twenty (20) years of age. She then also recommends that women forty (40) years of age or older should get a mammogram on a regular basis. She also notes how ultrasounds and MRI can be utilized to find breast cancer. She also gives information about finding ways to get tests as well as treatment for those who do not have medical insurance to cover. She notes getting tested and treated for breast cancer early on is important as there is a ninety-two percent (92%) five (5) year survival rate for those who catch it early while there is only a twenty-two percent (22%) five (5) year survival rate for those who catch it at stage four (4). Fortunately, the mortality rate is dropping due to better screening and treatment in recent years.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health 3	Joy in Our Town #051701	28:32	13:00	LCL	PA/O	06/03/11	1:00pm
						06/04/11	3:30am
						06/06/11	11:30am
						06/07/11	3:30am
						06/09/11	3:30am
						06/21/11	4:30am
						06/23/11	4:30am

Dr. Patricia McAlpine interviews Ms. Pamela Nisevich Bede, a clinical dietician from The Children's Medical Center of Dayton in Dayton, Ohio. They discuss the issue of health and specifically deal with the topic of physical fitness. Ms. Bede explains the need to have more physical activity in everyday life, noting that starting out with a walk fifteen (15) minutes a day is a good starting point. She encourages people to become more active especially those who currently have a sedentary lifestyle. She states that this should include any activity that a person enjoys and can be kept up over time. She notes that as far as diet and physical activity is concerned, carbohydrates are the best means of fueling up for activity. This can come from fruits, vegetables, whole grains, and low fat dairy products. She also notes that the use of lean protein can also be good especially if one is trying to build up muscle strength. She notes that some of the benefits of physical activity include helping to keep blood pressure down, keeping cholesterol levels low, helping keep a healthy weight, and helping keep one from becoming diabetic regulating glucose levels. She goes on to note though that it is better to be physically active and a little overweight while in a pursuit of a healthy weight than to be skinny and sedentary so as to be working toward better fitness. As such, if one has a hard time climbing stairs on a consistent basis, they need to do something to become more fit. As far as what type of activity a person can or should do, she notes that cardio can be done by just about anyone of any age. She notes that those in adolescence and older can also take up weight training as well. She recommends that those who want to do heavy weight training should find a certified personal trainer to show them how to do so correctly to avoid injury. She notes that one should eat some carbohydrates and perhaps some lean protein before working out, noting that any fats and other heavy foods should be eaten after one is done with any heavy physical activity. She recommends that families should set out to increase their activity by setting attainable goals and increasing their activity as they go both in terms of the amount of time as well as the pace. She also notes that people who may not be able to handle high impact exercises try exercises like swimming, stretching, or yoga.

Health 4	Joy in Our Town #051702	28:45	13:00	LCL	PA/O	06/10/11	1:00pm
						06/11/11	3:30am
						06/13/11	11:30am
						06/14/11	3:30am
						06/16/11	3:30am
						06/21/11	4:00am
						06/23/11	4:00am
06/30/11	4:30am						

Dr. Patricia McAlpine interviews Ms. Pamela Nisevich Bede, a clinical dietician from The Children's Medical Center of Dayton in Dayton, Ohio. They discuss the issue of health and specifically deal with the topic of nutrition and childhood obesity. Ms. Bede states that childhood obesity exists due to a lot of reasons including diet and the lack of physical activity. She also notes that when a child is dealing with obesity, it is an issue that affects the whole family noting how many times the parents of an obese child are often obese themselves. She explains that children need to have at least an hour of physical activity most every day of the week, noting that this can be divided into segments. She also encourages parents to be involved in such activity as this also creates a chance for parents to bond with their children and also notes that such activity should be fun for the children. She then moves on to talk about what parents need to do to encourage a healthy diet for their children. She notes that parents should encourage their children to eat whole grains, vegetables, fruit, and low-fat dairy products. She also encourages families to plan out meals so that they can eat more healthy meals stating how it is very easy to eat fast food when no plan is set. She notes that the whole family needs to be supportive of a healthy diet so as to encourage healthy eating for a child who may already be obese. She states that there is room in a diet for most foods to be enjoyed. However, everyone should make eat these with most of their diet consisting of foods that support a healthy weight and a good nutritional value. She also notes that there are other issues that happen outside the home that parents need to be able to deal with such as their child being teased for being overweight at school so that those issues are in control for the child. She also notes that parents need to be aware of why they child eats the way they do, noting that children often eat out of boredom, loneliness, or some other emotional aspect. As such, parents need to teach children how to deal with those emotions through some other means. She encourages parents to supply children with healthy foods as many kids often get calories through foods such as grain based deserts, pizza, or other foods that do not promote good nutrition. She also encourages parents to take their kids grocery shopping so they know what are good foods for them.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health 5	Joy in Our Town #051703	28:45	13:00	LCL	PA/O	06/17/11 06/18/11 06/20/11 06/21/11 06/23/11 06/30/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:00am

Dr. Patricia McAlpine interviews Ms. Susanna Nave of Meridian Services located in Richmond, Indiana. They discuss the issue of health and focus on the topic of mental illness and its relation to substance abuse. She notes that people who have mental illness often use drugs to self-medicate their mental illness. As such, people with depression will turn to alcohol to deal with that condition. She notes though that the use of drugs often leads back to mental illness as the use of drugs alters body chemistry, thus creating a cycle between drug use and mental illness. She notes that biggest problem in dealing with mental illness having people come to seek help for their condition as there is often a stigma attached to mental illness. As such, people will not look for help due to the stigma and embarrassment of admitting one has a mental illness. She notes how roughly sixty percent (60%) of those with a mental illness who come in for help also have an addiction problem as well. As such, this raises concerns for giving proper medication for dealing with the mental illness as such a person could potentially become addicted to such medication. She also notes that using drugs to self-medicate for mental illness can affect the mind and body in many different ways. Since this is the case, drug use for self-medication often makes the matter of mental illness bigger as opposed to controlling the issue. She notes that a person could have a co-occurring mental health issue and substance abuse problem if that person has a drive for a drug that is higher than any other issue. With this in mind, those who have a co-occurring mental health issue and substance abuse problem will often be the last person to know that they have a problem as they will blame their problems on others. She goes on to note how drug use of such people often cause other physical health problems in the long run noting how thousands of people die from alcohol related illnesses. She also notes the health effects of smoking and those who are exposed to second hand smoke. She goes on to note that when a person realizes that they have a mental health issue that starts the process of combating the issue. Once people get properly treated for their mental health issue, dealing with issues such as their substance abuse issue will become easier. She notes that there is a need to provide better treatment for such people as providing such treatment is currently a struggle. She also states how families play a key role in spotting such matter and taking action to correct them, noting that this is not always easy as families where a parent has such issues make such issues hard to resolve and may end up passing such issues to their children.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health/ Mental Health	700 Club CBN NewsWatch #061611	1:00:00	6:00	REC	PA/O/E	06/16/11	3:00pm

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.

Health/ Mental Health	Doctor to Doctor #295	28:30	28:30	REC	PA/O/E	04/05/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

Health/ Mental Health	Doctor to Doctor #296	28:30	28:30	REC	PA/O/E	04/12/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health/ Mental Health	Doctor to Doctor #297	28:30	28:30	REC	PA/O/E	04/26/11	12:30pm

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.

Health/ Mental Health	Doctor to Doctor #298	28:30	28:30	REC	PA/O/E	05/03/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

Health/ Mental Health	Doctor to Doctor #299	28:30	28:30	REC	PA/O/E	05/10/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

Health/ Mental Health	Doctor to Doctor #300	28:30	28:30	REC	PA/O/E	05/17/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health/ Mental Health	Doctor to Doctor #301	28:30	28:30	REC	PA/O/E	05/24/11	12:30pm

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.

Health/ Mental Health	Doctor to Doctor #302	28:30	28:30	REC	PA/O/E	05/31/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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

Health/ Mental Health	Doctor to Doctor #303	28:30	28:30	REC	PA/O/E	06/07/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

Health/ Mental Health	Doctor to Doctor #304	28:30	28:30	REC	PA/O/E	06/14/11	12:30pm
--------------------------	--------------------------	-------	-------	-----	--------	----------	---------

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.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health/ Mental Health	Doctor to Doctor #305	28:30	28:30	REC	PA/O/E	06/21/11	12:30pm

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.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Civic Affairs 1	Joy in Our Town #042003	28:17	13:00	LCL	PA/O	05/13/11	1:00pm
						05/14/11	3:30am
						05/16/11	11:30am
						05/17/11	3:30am

Mr. Darrell Gordon interviews Ms. Susan Isaacs, Township Trustee for the Wayne Township Trustee's Office located in Richmond, Indiana. They discuss the issue of Civic Affairs and focus on the topic of township government and poor relief. Ms. Isaacs states that the assistance given by township government can only be given after each case applied for is investigated. She explains that they often refer out for assistance if they can do so as the assistance given by the Township Trustee's Office is only to cover basic needs for those who have exhausted all other means of providing for their basic needs. She notes that with the economy the way it is right now that they are definitely seeing a different group of people come through the Township Trustee's Office and that though it is difficult to number those seeking assistance, she does believe that foot traffic into the Township Trustee's Office has increased. She notes how they have recently put up a website that allows people know what information to gather before coming into the Township Trustee's Office when seeking assistance. This would include their income from the previous thirty (30) days along with all of their basic expenses such as food, shelter, basic utilities, and other such basic needs. Once they see this material and determine that they have done everything they can do to cover those needs and yet still end up short, they can then provide assistance on their end. She goes on to note how the Township Trustee's Office is working with other various charitable organizations in the community to make sure that poor relief is given an efficient manner. This includes the upcoming implementation of Charity Tracker, which will help various agencies know what each other is doing as far as assistance for each individual case. This should make work much for efficient, saving nearly a half hour to an hour per case they deal with at the Township Trustee's Office. She goes on to explain how they are also working to help deal with the homeless population among men through a partnership with Hope House, noting that they recently had to house as many as fifty-three (53) men causing them to put mats down for the first time as the demand for this is rising. She then cites the need for a way to provide for basic hygienic items for those in need as this is not as well covered as food aid. As such, she states how she has a goal in mind to have some sort of soap pantry that is open at least once a week somewhere in the community to provide such items as soap, shampoo, diapers, and other such items to meet basic hygienic needs.

Civic Affairs 2	Joy in Our Town #051704	28:32	13:00	LCL	PA/O	06/24/11	1:00pm
						06/25/11	3:30am
						06/27/11	11:30am
						06/28/11	3:30am
						06/30/11	3:30am

Dr. Patricia McAlpine interviews Senator Allen Paul, State Senator for Indiana State Senate District #27 from Richmond, Indiana. They discuss the issue of civic affairs and specifically talk about this past session of the Indiana General Assembly. Senator Paul first talks about passing legislation for Vote Centers. He notes how Wayne County has been using vote centers in a pilot program and notes how they have been well received. This piece of legislation, which was the first piece passed in this past session allows Vote Centers to be used anywhere in Indiana allowing for their continued use in Wayne County. He also talks about the "Buy Local" bill, which was a piece of legislation was brought forth by the urging of our local chamber of commerce. He notes how this particular piece of legislation acts as a "may" bill, meaning that it merely allows though does not require a particular act, by allowing local governments to accept the bid of a local company even if they are slightly higher in cost so as to help support local businesses. Of course, if a local government wishes to accept a lower bid from a company outside of the community, they can continue to do that as well. He notes that this was well supported by rural communities. He goes on to talk about the budget that was passed during this past session of the General Assembly. He notes how it was passed within the time set for this passed session, which was an accomplishment given many distractions during the session. He states how they were able to craft a budget to cover necessary expenses while still having some money left over and not having to raise taxes, which is good as he surmises people are not able to support a tax increase at this time. He mentions how they had to make cuts to certain social services as well as some educational expenses. However, as far as higher education goes they were able to keep most major college programs going despite cuts and tuition hikes. He also notes that for the short term, he does not see the state needing to increase taxes though they need to keep an eye on certain fees. However, there has not been an immediate need to increase fees either. He then goes over maps legislation that dealt with dividing the state into state house, state senate, and national congressional districts. He notes that they were generally well received by most people in the General Assembly. He notes that there has been a few changes in maps noting how his own district is now extending southward due to a loss of population in the area, which means more work for him to adequately represent his district. He also quickly notes how work must be done to encourage market growth as such growth will not happen without action.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Electoral Affairs 1	Joy in Our Town #032202	28:42	13:00	LCL	PA/O	04/08/11 04/09/11 04/11/11 04/12/11 04/14/11	1:00pm 3:30am 11:30am 3:30am 3:30am

Dr. Patricia McAlpine interviews Ms. Jo Ann Stewart, County Clerk from the Wayne County Clerk's Office located in Richmond, Indiana. They discuss the issue of electoral affairs and speak specifically about upcoming primary elections. Ms. Stewart discusses about the Vote Center concept and compares it to Precinct Voting, noting how Vote Center do not tie the voter down to one voting location by allowing everyone to vote at any Vote Center open in the county. She also notes how it allows for people vote at their convenience as certain vote centers are open certain days before the actual Election Day. She also explains how there is usually a cost savings that goes along with having Vote Centers as opposed to Precinct Voting. She notes how Wayne County was allowed to use Vote Centers under a recent pilot program that expired at the end of this past calendar year. Fortunately, legislation has passed that allows Indiana counties to adopt the Vote Center concept. She also discusses absentee voting noting how this is used for those who might not be able to be physically able to vote at a Precinct or a Vote Center. She notes that this can be done as soon as thirty (30) days before an election, either by mail, in the Clerk's office, or by a traveling board for those who are not able to get out at all. She goes on from here to note that this year's elections deal with municipal offices and notes that Richmond should be the only community in Wayne County who will hold a primary election as the officials of smaller towns who are up for election, such as town clerk-treasurers and town board members, will simply be elected in the general election in the fall. She notes that for Richmond, the Mayor, the City Clerk, six (6) district council members, and three (3) at-large council members are up for election. She notes that people wishing to participate in the primary elections must be properly registered by no later than April 4, 2011, for the May 2, 2011, primary elections. From here, Ms. Stewart explains the photo ID requirement for voting. She notes that everyone who wants to vote must have a government issued photo ID of some nature. This could include driver's licenses, passports, military ID, public university IDs, or any state or federal issued photo ID that has an expiration date. She also points out a good resource for elections on the web at www.indianavoters.org, which allows one to register to vote, see who will be on their ballot, and other information on electoral matters.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

TRINITY BROADCASTING OF INDIANA, INC.

Quarterly Report
July, August, September 2011
WKOI-TV Richmond, Indiana

Ascertainment List
Leading Community Issues

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

Unemployment/Employment

Youth

Public Safety

Substance Abuse

Health

Civic Affairs

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Unemployment/ Employment 1	Joy in Our Town #061503	28:45	13:00	LCL	PA/O	07/15/11	1:00pm
						07/16/11	3:30am
						07/18/11	11:30am
						07/19/11	3:30am
						07/21/11	3:30am
						07/26/11	4:00am
07/28/11	4:00am						

Mr. Darrell Gordon interviews Mr. John McConnell, Executive Director of Miami Valley Youth Career Services located in Dayton, Ohio. They discuss the issue of employment and focus on the topic of youth employment. Mr. McConnell states how employment among youth ages sixteen to nineteen (16 to 19) is roughly twenty-four percent (24%), roughly two and a half (2 ½) times more than current adult unemployment. He also notes that youth unemployment increases to forty-nine percent (49%) when one is discussing minority youth. Overall, youth unemployment is at its highest level since World War II. He notes that one reason for this is that youth are now competing with adults for jobs that they usually had in the past, with adults having distinct advantages including a proven job history, less needed training, and less needed supervision. Mr. McConnell goes on to note how employers typically have more doubts about hiring youth, usually wondering whether they will have a good work ethic, have the flexibility to schedule around other obligations such as education, as well as having the ability to communicate well and have the ability to work in the culture of the work place. He then goes on to explain that for youth to bridge the employment gap, they need to make themselves ready for the workplace. This includes knowing what a potential employer is looking for as well as knowing how to put together a resume, fill out a job application, and go through the job interview process. He notes that young people need to know what a company does when to go to apply for a job as companies want someone who more than merely interested in getting a job. He also notes that employers are looking for people who want that particular type of job as their enthusiasm will make them appealing to employers. Another thing young people can do is learn to adapt to the working culture as this is usually different from the world that most young people are used to having. Mr. McConnell then notes that as far as work experience goes, young people should draw upon the experiences they have had up to this point such as service projects and extracurricular activities, as they will be able to show from such activities that they were able to accomplish a goal, work well with a team, and other traits needed for the work world. He also recommends young people having a mentor to go through a mock interview process. He notes that resources for a job search can be found for young people at local job centers just like adults. He encourages young people to be prepared as this will help them deal with surprises during the interview process.

Unemployment/ Employment 2	Joy in Our Town #061504	28:45	13:00	LCL	PA/O	07/22/11	1:00pm
						07/23/11	3:30am
						07/25/11	11:30am
						07/26/11	3:30am
						07/28/11	3:30am

Darrell Gordon interview Mr. Jerry Copeland from the Community Action Partnership of the Greater Dayton Area located in Dayton, Ohio. They discuss the issue of employment and specifically deal with challenges in seeking employment. Mr. Copeland notes of several barriers for many people in seeking a job including the lack of skills in technology as well as transportation as many people may not have a means to go about to conduct a job search. He also notes that for those previously incarcerated, getting necessary document that most employers require such as a birth certificate or a state ID can also be hard to obtain. He notes how the economy is going to continue to be a hurdle for many people in the long term and notes how many people will need more to transition in the workforce once they become unemployed. He notes that the idea of working for one company for the duration of their lives is not likely to hold any more as the economy is always in transition. He explains that people in their job searches need to keep a good attitude noting that they can find a job. He also states how people need to be ready to get a job by updating their resumes and preparing for a job interview when they get one. He notes that in getting employment people will need to accept that they might have to start in what seems like a menial position at first to get the skills to move up in the workforce. He also reminds people to know what a company does before applying for a job with a particular employer. He goes on to tell what agencies such as the one he works for must do to help people, noting that many times, they must help a person find the motivation to get a job. He explains how the inner person must be healed many times before that person who lost their job can put forth the effort to look for a job for themselves. Often times though, people get into a depression when they are unemployed. He also notes that it can be hard for an individual to deal with the fact that an employer may have hired someone else once their hiring process is complete. He notes how this is particularly disheartening when an individual put a lot of effort to get an interview and ends up falling short of the goal line. He notes that this is when a person needs to learn to regroup and go through the process again noting that in doing so they will end up with a job at some point. He goes on to notes that employment in technology and food service is on the rise and that need to take advantage of such opportunities.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Unemployment/ Employment 3	Joy in Our Town #061505	28:20	12:50	LCL	PA/O	07/29/11	1:00pm
						07/30/11	3:30am
						08/01/11	11:30am
						08/02/11	3:30am
						08/04/11	3:30am
						08/16/11	4:30am
						08/18/11	4:30am

Mr. Darrell Gordon interviews Ms. Vicki Brim, Executive Director of Senior Opportunity Services located in Richmond, Indiana. They discuss the issue of employment and specifically address the topic of employment for seniors. Ms. Brim states how hiring is slow even among seniors noting that with their own employment program they have had only half the jobs listed in this year's job listing as they would have by this point in years past. She notes that part of this is due to people trying to get by on what resources they have, providing seniors with fewer opportunities to work. She goes on to explain why many seniors would like to have some means of employment. This could include having something to keep busy with for older adults. She also notes how many are also looking for employment additional income as many items senior citizens spend their money on have gone up in price, including fuel and prescription medications. As such, employment is sought so that they do not have to make hard choices on many of their expenses such as having to choose between groceries and medications. Ms. Brim notes though that there are some seniors who are hesitant to take jobs though even if they want to work. This is due to the mindset among seniors that if they take a job for themselves that they may not leave any means of employment for their kids and grandkids as they may also need to have some sort of job to meet their obligations. She notes that it is sad that seniors are not able to get the opportunities they have had in the past as she attests to the fact that seniors are very dependable workers. She explains how services such as those offered by Senior Opportunity Services help seniors who want to work find work, noting how they match up willing workers with those who seek to find employment. She states that in their own program, they act as a bridge between the party looking for someone to hire, and the senior who wants to be hired so that they can arrange terms of employment. As such, seniors are then able to obtain employment to meet their own needs as well as give of the abilities they have to offer.

Unemployment/ Employment 4	Joy in Our Town #081601	28:45	13:00	LCL	PA/O	09/02/11	1:00pm
						09/03/11	3:30am
						09/05/11	11:30am
						09/06/11	3:30am
						09/08/11	3:30am
						09/13/11	4:00am
						09/15/11	4:00am
						09/20/11	4:30am
09/22/11	4:30am						

Dr. Patricia McAlpine interviews Mr. David Harlow, Executive Director of Day-VEST located in Dayton, Ohio. They discuss the issue of employment and focus on the topic of professional employment. Mr. Harlow explains that in the past white collar positions were able to hold on to their jobs even in the midst of bad economic times. This is no longer the case, and as such there is the need to provide help for those in these fields to find employment. He notes how organizations like Day-VEST help those who have at least a two (2) year degree, yet find themselves unemployed. He notes though that the employment situation in Dayton is not very good and states his belief that white collar positions are faring just as badly as blue collar positions right now when it comes to employment. He does note though that the IT sector is doing very well and notes that the area between Dayton and Cincinnati is doing better in terms of employment. He notes how certain matters have created the current job situation noting how NAFTA has not helped. He also notes how not keeping up in terms of education has also hurt, especially in terms of education in the area of science. He notes that there is a need to encourage innovation especially in terms of technical areas. As such, when science education is encouraged, this encourages innovation, which in turn spurs more job growth. He then notes the need for the development of computer science skills, especially among older people. He notes that many older people do not have the basic computer skills needed to become employed noting that not only do employers expect these skills for the job, but also to apply for the job in many cases as many job postings are now found on the internet. He highly recommends people who do not have computer skills to take a computer class to get them noting places such as Sinclair Community College allows adults fifty-five (55) years and older to audit classes at no charge. He also notes the importance of networking when it comes to finding a job, noting that joining a networking group will allow people to find out what is happening in terms of employment in a certain field. He also states how this gives a morale boost for those looking for work as they see that others are in the same situation that they are in themselves.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Unemployment/ Employment 5	Joy in Our Town #081603	28:40	13:00	LCL	PA/O	09/16/11	1:00pm
						09/17/11	3:30am
						09/19/11	11:30am
						09/20/11	3:30am
						09/22/11	3:30am
						09/27/11	4:00am
						09/29/11	4:00am

Dr. Patricia McAlpine interviews Ms. Stephanie Casper of Noble of Indiana located in Richmond, Indiana. They discuss the issue of employment and specifically deal with employment for the disabled. Ms. Casper tells how it can be hard for people who have disabilities to get jobs since some cannot even proceed through the application process. She notes how many companies require that applicants use a computer in the process, when many disabled people do not have the skills to use a computer and perhaps might not even have access to a computer. She also states that even if they get a job, there is often the need for special training or accommodations that is often unavailable to them to complete their job function. There may also be the question of written material or testing that must be completed as well. She notes that all of this is where an employment consultant may be helpful to those with those with a disability. She then states that employers can be helpful to potential employees with disabilities by being open with such individuals about needed training or equipment. When connected to resources like Vocational Rehabilitation, there is access to all kinds of help for the disabled such as software for the visually impaired, equipment that can read back what is being inputted for data entry, or even something as simple as a step stool. Of course, consideration must be taken with the employer as to what would be allowed and still be a safe work environment as well as a means to obtain needed accommodations. Ms. Casper then explains that those who are well documented as having a disability can find help through Vocational Rehabilitation as well as area service providers. She notes how local service providers can help disabled individuals in various areas such as the application process as well as obtaining the needed help and training for each disabled individual as each has their own set of needs. She also notes that there are ways of determining if one can work and not lose needed benefits through a benefits counseling session authorized by Vocational Rehabilitation. She also explains how the Americans with Disabilities Act gives protections against discrimination in the work place in such areas like promotions or leaves of absences. She notes how many employers work hard to keep compliant to these protections so that there is rarely a need to enforce these protections.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Youth 1	Joy in Our Town #061502	28:45	13:00	LCL	PA/O	07/08/11	1:00pm
						07/09/11	3:30am
						07/11/11	11:30am
						07/12/11	3:30am
						07/14/11	3:30am
						07/26/11	4:30am
						07/28/11	4:30am

Mr. Darrell Gordon interviews Mr. Jim Noffsinger, State Coordinator for Indiana Students Against Destructive Decisions (SADD) located in Union City, Indiana. They discuss the issue of youth and focus on the topic of teen driver safety. Mr. Noffsinger notes that automobile crashes are the leading cause of death for teens age fifteen to twenty (15-20) noting how many times these crashes are preventable. He notes that this age group though only totaling about six percent (6%) of drivers account for seventeen percent (17%) of all crashes. He notes that this includes forty-three thousand (43,000) crashes amongst teen drivers in Indiana last year with a total of one hundred twenty-eight (128) teens being killed as a result. He notes that main reason for the number of crashes in this age group involves distracted driving. This includes texting being the main distraction followed closely by talking to the person next to them in the car as well as taking some non-driving action while trying to drive at the same time. He notes that texting accounts for twenty-one percent (21%) of crashes among teenagers, noting that while there has been a ban on teens against texting for some time, as of July 1 of this year, texting while driving is prohibited across the board. He notes that twenty percent (20%) of crashes among teens involve talking with others in the vehicle while driving. This is the reason why the graduated driver's license prohibits another occupant in the vehicle with a teen driver for the first one hundred and eighty (180) days of having their license. He then moves on to note that it takes many groups such as law enforcement, insurance companies, media, and other such groups to help deal with this problem. He notes how Indiana SADD is working with local schools to help show teenagers what kind of consequences could happen. He also notes the importance of families being involved in the enforcement of graduated drivers licenses. He specifically notes his experience as a driver's education teacher noting to his students that parents must sign off to give their child permission to drive, making the parents liable for the actions of their child behind the wheel. He notes in cases where insurance was not able to cover all damages, families have had to put up most of what they owned to cover those damages. As such, groups such as Indiana SADD are working to get the word out about teen driver safety to all teens and not just simply those involved in SADD.

Youth 2	Joy in Our Town #061503	28:45	13:00	LCL	PA/O	07/15/11	1:00pm
						07/16/11	3:30am
						07/18/11	11:30am
						07/19/11	3:30am
						07/21/11	3:30am
						07/26/11	4:00am
						07/28/11	4:00am

Mr. Darrell Gordon interviews Mr. Samuel Carter of Big Brothers Big Sisters of the Greater Miami Valley located in Moraine, Ohio. They discuss the issue of youth and focus on the topic of at-risk youth. Mr. Carter notes how our culture has changes and that there are several factors that can make any youth considered to be at-risk. These can include the layout of neighborhoods, the composition of schools, family structure, exposure to media, and other factors. He notes the world is complex for youth noting how adolescence is now extending into the twenties (20s) for many as they do not have a clear path to adulthood. Not having such a path creates a "balloon" effect for at risk behavior in young people. He goes on to note a website called at-risk.org which lists several behaviors that can be attributable to at risk youth. He notes that a youth have a certain number of these traits means that one can consider them being possibly "at-risk". These could include actions such as using drugs, struggling in school, lying about activities, and other such behaviors. He notes that many people could consider many of the listed behaviors as a teenager acting like a typical teenager or they might have an undiagnosed condition such as ADHD. As far as how to address at-risk behaviors in youth, he notes that youth mentoring is the best way. He also states how mentoring is a challenging but needed task for those at-risk youth who have parents in prison. He notes how mentoring helps to reduce dropout rates, decrease the use of drugs, and increase a youth's confidence in doing school work well. He then goes over various aspects of mentoring noting how the main thing about mentoring is or the adult to spend time and bond with the youth they are mentoring. This way they can talk about matters that are important for the development of youth. This way the adult can teach the youth to think critically and make good decisions. He then goes on to note that finding the right mix of people to mentor youth is the biggest challenge right now. He states how there is a particular need for mentors from the African-American community as well as the Hispanic community. He also notes there is a need for men to be mentors as seven out of ten (7 out of 10) mentors are women, and they need men to mentor young boys. He notes how organizations such as Big Brothers Big Sisters are working hard to address such an issue so as to find the right people to mentor youth.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Youth 3	Joy in Our Town #072101	28:45	13:00	LCL	PA/O	08/05/11	1:00pm
						08/08/11	11:30am
						08/09/11	3:30am
						08/11/11	3:30am
						08/16/11	4:00am
						08/18/11	4:00am

Mr. Darrell Gordon interviews Ms. Jenny O'Brien, Central Unit Director and Site Coordinator for the Boys & Girls Clubs of Wayne County, located in Richmond, Indiana. They discuss the issue of youth and focus on the topic of youth development. Ms. O'Brien notes how youth are struggling with matters of health and obesity in that they are not getting out as much as they used to in the past. She continues by noting what is being done to combat this noting how nationwide initiatives such as the "Play 60" initiative is helping to encourage youth to get out more and be active. She also notes what is being done locally to encourage kids to have an active lifestyle noting how many area youth organizations are working to have some sort of physical activities they promote. She also states how local fitness centers are encouraging youth activity with programs particularly on Saturday morning so that kids will not spend that entire time in front of the television. She also talks about education for youth as the area is working to deal with the fact that Richmond was called a "dropout factory" a couple of years ago. She notes that many efforts have been made to correct this classification, and tells how they are changing the view of education for youth in that they are taking more pride in their education and are accepting the responsibility for their outcomes in school. As such, youth are being more proactive when it comes to their education. She notes how many area youth organizations are working to make sure that youth have resources to accomplish their educational goals and needs for the future. She also goes over the matter of substance abuse among youth noting that the county received a grant four (4) years ago as it was ranked second (2nd) in the state for cocaine usage. As such, she notes how this grant has been used to help prevent drug use particularly among youth. She notes how the Partnership for a Drug Free Wayne County has provided resources through a website to help parents and youth deal with this particular matter. She also notes that there are many other programs in the community that are set up to help youth say no to using drugs when they are given the opportunity. She also covers matters concerning youth character development noting how youth need to have good character as well as being encouraged to be civic minded as they grow up into adulthood.

Youth 4	Joy in Our Town #072103	28:45	13:00	LCL	PA/O	08/19/11	1:00pm
						08/20/11	3:30am
						08/22/11	11:30am
						08/23/11	3:30am
						08/25/11	3:30am
						08/30/11	4:00am
						09/01/11	4:00am
						09/06/11	4:30am
09/08/11	4:30am						

Mr. Darrell Gordon interviews Ms. Beth Harrick, Executive Director of Girls Inc. of Wayne County located in Richmond, Indiana along with Olivia from Richmond, Indiana. They discuss the issue of youth and focus on the topic of what every girl needs. Ms. Harrick starts out by stating why girls only programming is necessary for our youth as many of the problems that our youth face have gender specific issues. She notes how this can be seen in how girls bully their peers differently from boys as well as noting various forms of peer pressure coming out in gender specific forms. She notes that this is why organizations like Girls Inc. work to have gender specific programming to deal with such matters. She notes of a program that they had recently and had Olivia discuss what they did. Ms. Harrick then tells how this program has helped to deal with issues girls are facing such as the matters of communication and bonding between a mother and a daughter. She then goes on to discuss how and why girls bully differently than boys. She notes how girls in our culture can express every emotion but anger while guys can generally only express anger. As such, when it comes to bullying, girls are typically use relational aggression such as staring rumors about another person, shunning another in certain social circles, and other such behaviors, while boys use a different set of actions to bully. She notes that when people see the difference between various gender issues, problems that face youth can be better solved. Ms. Harrick also notes how girls face issues such as media pressures. This causes problems in terms of body image and unrealistic relationships. She also notes that the "princess" of the present is usually the pop diva who rises in popularity only to end up falling. She would like to see more positive role models for girls such as Oprah and other such women. She notes that there are many other concerns that young girls face as well, which is again why she emphasizes the need for gender specific programming. This includes helping girls with such matters as economic literacy, math and science education, health and wellness, and other such matters. Ms. Harrick concludes by noting the need to have positive female examples for the girls in our community and encourages them to volunteer to be examples to the young girls of our community.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Youth 5	Joy in Our Town #072103	28:45	13:00	LCL	PA/O	08/19/11 08/20/11 08/22/11 08/23/11 08/25/11 08/30/11 09/01/11 09/06/11 09/08/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:00am 4:00am 4:30am 4:30am

Mr. Darrell Gordon interviews Mr. Tom Pennington of Wernle Youth and Family Treatment Center located in Richmond, Indiana. They discuss the issue of youth and focus on the topic of struggles for area youth. Mr. Pennington notes that there is a hopeful view of our area youth, but also notes that there are some setbacks that our area youth are facing. This includes a substance abuse problem as well as parents not feeling empowered to help youth make good decisions. He also notes that as youth grow up into adulthood, they tend to move away from the area as they are not seeing many economic opportunities for themselves in the future. He notes how the current demographic trends tend to support this idea as the community gets older in age and is losing population. He also notes how there has been a problem in terms of the dropout rate in the local area. He partly attributes this to the idea that many students do not see any opportunities in the area, and as such, they lack the motivation to continue to do well in education. He goes on to say how youth need to be involved in the turnaround of the local economy as an example to others. Mr. Pennington then goes back to reflect on the substance abuse problem among area youth. He notes how it has become a generational problem being passed down to second, third, and fourth generations in some instances. He notes how the substance abuse and economic problems youth face are closely related as those who do not see a future for themselves often gravitate toward substance abuse. He states that while total prevention of substance abuse among youth is not possible, action can be taken to make the problem less severe. He states how there needs to be a dialogue between parents and youth concerning the matter to see where each one is at on the issue. He also notes that parents need to pay attention who their children spend their time with on a regular basis to stop peer pressure. He also notes that parents do have the right to know where their children are, what they are doing, and that they are at home at a decent hour. He notes the need for this as the more time a child spends away from home, the more opportunities they have to be pressured into using drugs. He goes on to explain that there are many area agencies that are working to deal with this issue. He notes that the community can help area youth by being good mentors to youth, noting that many area youth agencies are more than willing to help set up such situations for those willing to volunteer.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Public Safety 1	Joy in Our Town #061502	28:45	13:00	LCL	PA/O	07/08/11	1:00pm
						07/09/11	3:30am
						07/11/11	11:30am
						07/12/11	3:30am
						07/14/11	3:30am
						07/26/11	4:30am
						07/28/11	4:30am

Mr. Darrell Gordon interviews Mr. Ron Sharp, Deputy Director of the Wayne County Emergency Management Agency (EMA) located in Richmond, Indiana. They discuss the issue of public safety and specifically go over the topic of severe weather safety. Mr. Sharp explains how the National Weather Service usually calls the time between March and June severe weather season as this is when the jet stream pattern changes bringing up warm moist air from the south, which typically causes thunderstorms. He notes how spring was late in starting this year, bringing storms around the late part of May and into early June. He then notes the difference between a watch and a warning from the National Weather Service in terms of severe thunderstorms. He notes a watch is issued when the potential for severe weather becomes favorable, which usually lasts for about six (6) hours. He notes a warning is issued when that potential becomes real and people need to take action to protect life and property. He notes that watches and warnings are typically issued through emergency management agencies, local media, and NOAA Weather Radio. When the local EMA receives such alerts, they typically call many places such as nursing homes, daycare centers, and other large events. He also notes that Richmond has a system of sirens to alert people about severe weather as well. He notes the current policy for sounding such sirens is being reviewed as recent severe weather and activation of such sirens has some people confused. He also talks about other forms of severe weather such as lightning. He notes lightning is a significant cause of death during severe weather. He advises people to go inside if lightning is nearby and stay away from anything that could conduct electricity. He also talks about flooding noting how people should never try to drive through flooded areas as doing so is dangerous. He also talks about tornados noting how they turn up during severe thunderstorms. He notes that they are common enough in the area that people do need to be prepared for them when they appear. He notes that people do not need to open windows if one is coming, but rather stay away from windows so as to avoid being struck by broken glass. He notes that storms spotters look out for potential tornados, noting many times these spotters are from local fire departments patrolling in their trucks. He notes more information about severe weather can be found by going to the local EMA office.

Public Safety 2	Joy in Our Town #072101	28:45	13:00	LCL	PA/O	08/05/11	1:00pm
						08/08/11	11:30am
						08/09/11	3:30am
						08/11/11	3:30am
						08/16/11	4:00am
						08/18/11	4:00am

Mr. Darrell Gordon interviews Mr. Nathan Riggs from the Indiana Department of Transportation (Greenfield District), located in Greenfield, Indiana. They discuss the issue of public safety and specifically focus on the topic of construction zone safety. Mr. Riggs explains how this is an especially relevant topic as there are a number of construction projects going on across the state. He also notes that as far as construction zone fatalities four out of five (4 out of 5) involve those traveling through work zones. He notes that out of the twelve (12) fatalities that occurred last year, each one was due to either following too closely, improper lane changes, driver fatigue, or failing to yield to the right of way. He then gives several points so as how drive more safely through construction zones and prevent collisions. He notes that people need to be particularly alert when approaching a work zone as many matters could quickly pop up. He also notes that people need to merge into open lanes quickly when one or more lanes are closed as merging at the point of closure can create bottlenecks and collisions. He goes on to say that people should slow down when going through a work zone noting that work zone speed limits are at least ten (10) miles per hour less than the normal speed limit. He notes that even with this speed limit in mind, people should only go as fast as to remain safe in traffic. From here, Mr. Riggs states how people need to keep a safe distance between themselves and the vehicle ahead of them, noting that bumper to bumper driving is common in work zones as people slow down. He notes that people need to at least keep enough distance to stop if the vehicle ahead of them stops as bumper to bumper driving can cause chain reaction collisions. He also states that distractions need to be minimized especially when driving through a work zone, noting how music, cell phones, and food can be a distraction to drivers. He also notes that people should plan ahead for work zones and plan alternate routes, using resources such as www.trafficwise.in.gov to see what issues may lie ahead. People who do not plan ahead could feel rushed to get through a work zone and end up making bad driving decision. He notes that every person involved in a work zone is responsible for safety within that work zone, noting how projects are scheduled with safety in mind. He notes that workers in a construction zone wear protective gear to help keep them safe as well from various hazards.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Public Safety 3	Joy in Our Town #072102	28:45	13:00	LCL	PA/O	08/12/11	1:00pm
						08/13/11	3:30am
						08/15/11	11:30am
						08/16/11	3:30am
						08/18/11	3:30am
						08/30/11	4:30am
						09/01/11	4:30am

Mr. Darrell Gordon interviews Mr. John Kennedy from the Transportation Security Administration (TSA) located at the James M. Cox Dayton International Airport in Vandalia, Ohio. They discuss the issue of public safety and the specifically deal with the topic of travel safety. Mr. Kennedy explains why the TSA was formed after the events of 9/11 noting that with the passage of the Transportation Security Act action has been taking place to ensure the security of everyone involved in transportation whether by airplane or some other form of transportation. He notes that airports are where TSA agents are at their most visible, and most people have their interaction with them as such, noting that there are about forty-five thousand (45,000) people employed by the TSA. He notes that to protect people, particularly at airports there are multiple layers of security. This starts with checking passengers against lists of people they are on the lookout for. He then notes layers go deeper with behavioral analysis of people at the airport as well as passenger and luggage screenings. It even goes on to the planes with reinforced cockpit doors as well as armed agents aboard planes. He notes how technology is playing a role in the way security is working for the TSA. He notes how this includes two (2) new security lanes at the James M. Cox Dayton International Airport as well as through means such as Advanced Image Technology. He notes the latter has been controversial due to the images they produce. However, changes in technology will allow for different images to be displayed while pointing out suspicious objects on a person at the same time. He notes that the security at smaller airports such as Dayton is the same as those such as Indianapolis and Chicago as the entire system must hold in order to ensure proper security. However, airports also vary in how busy they are. As such, for those who are using the airport in Dayton, he recommends people arrive sixty to ninety (60 to 90) minutes ahead of their scheduled flight time to get through security in a smooth manner. He also notes how the TSA looking to become an intelligence and anti-terrorism agency with many changes being tested right now for future implementation.

Public Safety 4	Joy in Our Town #081601	28:45	13:00	LCL	PA/O	09/02/11	1:00pm
						09/03/11	3:30am
						09/05/11	11:30am
						09/06/11	3:30am
						09/08/11	3:30am
						09/13/11	4:00am
						09/15/11	4:00am
						09/20/11	4:30am
09/22/11	4:30am						

Dr. Patricia McAlpine interviews Deputy Chief Bobby Farris of the Richmond Fire Department located in Richmond, Indiana. They discuss the issue of public safety and specifically address the topic of fire safety. Deputy Chief Farris talks about where people should have smoke detectors in their homes noting they city ordinance requiring that they should be just outside any sleeping areas and the state requirement to have one on every inhabitable floor of a residence. He also states how smoke detectors should be checked to make sure that they are working noting that he tests his every six (6) months. This test should not only check to make sure that the battery is working, stating that chirping smoke detectors definitely need to have their batteries replaced, but also that the smoke detector can detect smoke. Adults can use a canned smoke for such a test or use a blown out candle to test the smoke detector. He also states how every home should have a fire extinguisher available recommending that an ABC type extinguisher is best. This particular extinguisher should be near but not right by a stove as this is where many house fires start. He also notes that a person should take the extinguisher every year, turn it upside down, and pat the bottom so that the dry chemical in the extinguisher remains broken up. He goes on to state how unattended cooking tends to be the number one cause of house fires, noting how people start something, leave the kitchen to talk on the phone and then have a fire start while they are not around. He also notes how children tend to start fires as well. He explains that fires started by children have been greatly reduced due to education efforts in the area, such as the local safety village. He also notes that dry weather is also creates a fire hazard, and that outdoor fires are prohibited in Richmond except by special permission. He goes on to talk about having an emergency plan to use in case of a fire. This includes making sure everyone is alert and gets out of the house so that they can be safe and contact the fire department. He reminds people that if they should have a house fire, once they are out of the house, they should never go back in, noting that the fire department should deal with such matters. He encourages families to practice a fire plan often in addition to having working smoke detectors and fire extinguishers in the home.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Public Safety 5	Joy in Our Town #081602	28:45	13:00	LCL	PA/O	09/09/11 09/10/11 09/12/11 09/13/11 09/15/11 09/20/11 09/22/11 09/27/11 09/29/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:00am 4:00am 4:30am 4:30am

Dr. Patricia McAlpine interviews Lt. Donnie Benedict of the Richmond Police Department located in Richmond, Indiana. They discuss the issue of public safety and specifically focus on the topic of traffic safety. Lt. Benedict notes that during this time of year, local police departments are stepping up enforcements of school zones. He notes that when people see police near a school zone it helps traffic be aware that there are kids around as well as letting kids know there are other vehicles in the area. He notes how local police have already talked with crossing guards for the start of the school year letting them know how to spot suspicious vehicles while on duty as a crossing guard so as to keep kids safe. He also talks about having proper traffic enforcement in residential areas. He makes particular note about keeping the speed limit in residential areas stating that being over the speed limit in these areas is more dangerous than being over the speed limit on major highways. As such, he encourages people to stay in the posted speed limit of residential areas as enforcement is the last thing they want to do to make sure people are compliant with posted speed limits. He then makes some quick notes about parking, noting that this can become a safety issue when dealing with blind spots, stating that there is a particular problem with this around the local high school. He also goes over the new law that bans texting while driving. He notes how Richmond was likely the first city in the state to write a ticket for this law as a driver went off the road and crashed through a building due to texting. He states that while the law can be hard to enforce, it does allow them to educate the public about matter. He notes how they are working to encourage safe driving among teens by sponsoring a distracted driving program that is to take place on October 8. He notes that this will be a hands on program with very little lecture to show teens what is needed to be a safe driver. He then goes on to discuss how the city has managed to make it this far into the year without a traffic fatality, and wants to keep it that way. He also reminds the audience to be careful on newly repaired roadways as people have had to endure a lot of construction up until recent times. He then talks about stepped up enforcement for seat belt and OWI violation noting that grants they have received will allow them to step up patrols starting in October so as to help keep others safe on the roads.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Substance Abuse 1	Joy in Our Town #061501	28:45	13:00	LCL	PA/O	07/01/11	1:00pm
						07/02/11	3:30am
						07/07/11	3:30am
						07/12/11	4:00am
						07/14/11	4:00am

Mr. Darrell Gordon interviews Ms. Jean Cates, Program Coordinator with the Partnership for a Drug Free Wayne County located in Richmond, Indiana. They discuss the issue of substance abuse and focus on the topic of local drug use. She notes that when she started working with a grant back in 2007, Wayne County was one of the highest users per capita of cocaine in the state. She notes that with efforts since that time, cocaine use is down by twenty-four percent (24%) within the county with a thirty percent (30%) in the areas they have been specifically targeting. She notes that heroin, marijuana, and alcohol use is up within the county, but such use is still below the state average. She notes people will probably be hearing more about heroin use as it is being targeted by police since the effects are so dangerous. As far as reducing cocaine use, she attributes this to the use of social media as well as marketing and branding so as to make people aware of such drug use. This includes the use of a website, which people have been made aware of through the use of locker magnets and other materials. She then notes how the main cocaine problem dealt with those in Richmond as this is where around ninety percent (90%) of arrests took place and that those who purchased the cocaine were also from Richmond. She explains how the research they did showed three (3) neighborhoods that stood out in such activity, which include the areas around the Starr Academy, Vaile, and C.R. Richardson. She notes how they targeted the Elizabeth Starr neighborhood for intervention, noting how taking action in matters such as cleaning up the neighborhood has helped the problem, noting how they picked up fifty-eight (58) tons of trash last year and seventy and a half (70.5) tons this year. She goes on to state how they are doing their best to attack the problem on the positive side of matters stating what can be done rather than what cannot be done. She goes on to say how having the right information allows people to make the right decisions and notes how the peer group and environment of an individual are factors in whether a person decides to use drugs. She notes that people can find more information about local drug use in a report found on the Partnership for a Drug Free Wayne County website. She then points out the need for youth to have positive relationships with adults as without them, even groups like Partnership for a Drug Free Wayne County would have less of an impact. This can be done through volunteering or being available to youth noting specifically that long term relationships are need with youth.

Substance Abuse 2	Joy in Our Town #061501	28:45	13:00	LCL	PA/O	07/01/11	1:00pm
						07/02/11	3:30am
						07/07/11	3:30am
						07/12/11	4:00am
						07/14/11	4:00am

Mr. Darrell Gordon interviews Mr. Tom Pennington of Wernle Youth & Family Treatment Center located in Richmond, Indiana. They discuss the issue of substance abuse and focus specifically on youth and drug abuse. Mr. Pennington states how drug abuse is as much a problem for teens as it is for adults, noting how youth not only use typical drugs such as marijuana, cocaine, or heroin, but also experiment with other drugs as well. He notes how youth who use drugs for any significant amount of time have often dealt with very adult situations that they are often ill equipped to face. As such, adults must deal with all the problems that these particular youth are facing as a whole and not as simply as kids doing something wrong. He goes on to tell how people are trying to sell substances such as “K2” and “Bath Salts” to youth as “legal” drugs that are supposedly harmless. However, there is no evidence that says that they are harmless, and in fact could possibly do things such as worsen an undiagnosed mental illness or have other side effects. He also reminds the audience that the reason for others selling such drugs is to simply get money out of youth. He then discusses signs people should look for in youth who might be using drugs, which could include spending time away from home as well as shirking responsibilities. He notes that if people see such signs, they need to pay attention to it and not simply brush it aside as a normal teenage response. He then explains that to help youth in the community, people must be willing to stay aware of the youth around them as well as take an interest in them. He also notes that there are places in the community to seek help such Wernle Youth & Family Treatment Center, Centerstone, and other facilities. He makes particular note of the recovery community which is often underutilized. This would include groups such as Alcoholics Anonymous, Narcotics Anonymous, and Al-Anon. He also notes that for youth who may have a mental health concern in addition to drug issues, they should seek a qualified licensed social worker or a psychologist for a thorough evaluation. He notes how therapy may be all that they need in many cases noting how many times overmedication may hurt more than not medicating at all. He then states how having family involvement is important in helping youth recover from drug use, noting how they will stand a much better chance at recovery if family is involved. He then notes that recovery rates are often a bit lower than those of adults as they do not have the life experience to push them toward total abstinence of drug use. He then states how, while youth may relapse in drug use, treatment at a young age helps more while they are young than having to deal with it as an adult. As such, it is cheaper and easier to treat while they are young, rather than to do so as an adult.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Substance Abuse 3	Joy in Our Town #061504	28:45	13:00	LCL	PA/O	07/22/11	1:00pm
						07/23/11	3:30am
						07/25/11	11:30am
						07/26/11	3:30am
						07/28/11	3:30am

Mr. Darrell Gordon interviews Mr. Ray O'Donnell of Centerstone located in Richmond, Indiana. They discuss the issue of substance abuse and specifically deal with new matters on drug abuse. Mr. O'Donnell explains how the public is certainly more aware of certain opiates and analgesics that are being abused. He especially notes heroin as a specific drug that is being abused as it is now a relatively cheap drug on the streets right now. He also notes how many people are using it in place of prescription drugs due to the cost issue and that it is the "go to" drug for anyone who has developed a dependency on any opiate as it is a synthesized drug made from morphine, a derivative of the opium plant. Mr. O'Donnell notes of several other drugs that are often abused including alcohol and marijuana and notes that drugs like cocaine and methamphetamines cycle in and out of use in terms of drugs being used by those who have a drug problem along with oral pain medications. He then moves on to talk about drug known as bath salts. He notes that this is a combination of a couple of drugs that are attainable by legal means for various uses in the state of Indiana, though the state is making bath salts illegal as of July 1 of the current year. He notes that the drug delivers a high similar to that of cocaine or methamphetamines. He notes how those who use it have the inability to sleep for days at a time as well as having a hallucinogenic effect upon the person. This has led to an acute paranoia in some users leading them to commit suicide or die from the behaviors caused by this effect. He notes that while bath salts have been around for a while, their use has exploded as of 2010. This is due to the availability of electronic media to inform people about such as drug. He also notes that with the crackdown on the spread of ingredients for methamphetamines may also be a factor as well. There is also the factor that many are trying to get people to try drugs under the idea that people can use a legal drug and that it would be harmless. Mr. O'Donnell notes though that he knows of serious drug users who would not even try bath salts after seeing the effects it can have on a particular person. He then moves on to note that while the economy does not effect people trying drugs, it does affect the means by which people can seek help. He notes that this is why local treatment centers like Centerstone are setting up programs such as for those coming out of jail that have a drug problem. This way, when the drug problem is dealt with, prison recidivism will decrease as drugs will be less of a factor in dealing with how they ended up there at the start.

Substance Abuse 4	Joy in Our Town #072104	28:45	13:00	LCL	PA/O	08/26/11	1:00pm
						08/27/11	3:30am
						08/29/11	11:30am
						08/30/11	3:30am
						09/01/11	3:30am
						09/06/11	4:00am
						09/08/11	4:00am
						09/13/11	4:30am
	09/15/11	4:30am					

Mr. Darrell Gordon interviews Mr. Walter Gilbert and Ms. Willa Fletcher from the Holt Street Miracle Center located in Dayton, Ohio. They discuss the issue of substance abuse and focus on the topic of relapse. Mr. Gilbert explains how relapse involves a person who is recovering from substance abuse but has found their way back to where they were before recovery. He notes that twelve (12) step programs are there to help a person stay focused on recovery and notes that it is possible for a person to have a full recovery if they stick with the process. However, very few are able to stick with a recovery program over a five (5) year term. Ms. Fletcher explains that while people can have a successful recovery, many tend to become careless after experiencing initial success and fall back into substance abuse. Mr. Gilbert goes on to note how people may never come back from a relapse as substance abuse can be a deadly disease. He notes many times those struggling with a relapse will have to experience some sort of "bottom" before looking at the recovery process once again. He states how relapse actually starts before a person starts taking drugs again as relapse starts in the mind and causes changes in behavior. Ms. Fletcher explains that a person needs to commit fully to a recovery program for it to be successful. This means still going to meetings even after the initial recovery program has been completed. She notes that those who fail to come to meetings and go back to places where they were when they abuse drugs are those who will likely relapse. Mr. Gilbert explains how many of those dealing with substance abuse issues do not see how it is hurting those around them. As such, many start a recovery program to simply please the court system or others, when they really need to be in a recovery program for themselves. He notes how people tend to relapse quite a bit noting that it takes something significant to get them back on the road to recovery. Ms. Fletcher explains how substance abuse affects the family of those dealing with the issue and that relapse is a problem for both genders when it comes to the issue. Mr. Gilbert also goes over signs of what to look for if a person is heading into relapse that such a person can have changes in behavior, restlessness, irritability, and other similar signs.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Substance Abuse 5	Joy in Our Town #081604	28:45	13:00	LCL	PA/O	09/23/11	1:00pm
						09/24/11	3:30am
						09/26/11	11:30am
						09/27/11	3:30am
						09/29/11	3:30am

Dr. Patricia McAlpine interviews Ms. Cheryl Smith of Turning Point of Miami Valley Hospital, located in Dayton, Ohio. They discuss the issue of substance abuse and focus on the topic of treatment and current drug abuse issues. Ms. Smith explains what drugs are being abused noting that alcohol is the main drugs being abused. She also notes the increase in use for prescriptions drugs, noting that opiates are a particularly abused drug. She also notes how heroin has also been increasing in usage for about a decade now as well. She notes how many people start drug use by being prescribed drugs for matters such as pain management. They become addicted to the drug while having the prescription, and once that prescription runs out, they turn to the street where they often find heroin available for a cheap price. She then also talks about the dangers of “bath salts” as a drug. She notes that these are being marketed as something different from a drug, but notes that they are being used for drugs, as in reality they are a form of designer drugs. However, since they are not regulated substances, their effects can be wide and dangers, noting how they can have bad physiological reactions as well as bad psychological reactions such as suicidal reactions. She also has a similar discussion about the drug K2, noting how people are seeing this as “fake weed” as this is the type of effect that people seek from it. She also notes how this is being marketed as something else, though people use it as a drug. She also notes its effects as well, noting how like “bath salts” the reaction can be varied since the drug is not regulated and one cannot determine what is in the drug and the quality of the drug overall. She then goes on to tell how to spot substance abuse in family or friends, noting that this can be hard at times as the cultural view of drug use encourages drug use for social purposes while frowning upon overindulgence. As such, people should look to see if people are hiding how much they are using drugs, becoming high at inopportune times, and other such behaviors. She notes that such people who might have a problem should need to have a discussion with someone who knows them to show them how their drug use is affecting them and others, so that they can see their problem and get help for it. She notes how people can find help through various programs in the community, noting that people can find various twelve (12) step programs to help them. She also recommends calling a local health provider if they have a concern for withdrawal symptoms. She also states how she continues her work, knowing that success is possible, and that much work needs to be done to address this issue.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health 1	Joy in Our Town #061505	28:20	13:00	LCL	PA/O	07/29/11	1:00pm
						07/30/11	3:30am
						08/01/11	11:30am
						08/02/11	3:30am
						08/04/11	3:30am
						08/16/11	4:30am
						08/18/11	4:30am

Mr. Darrell Gordon interviews Ms. Melinda Frech of the Community Blood Center located in Richmond, Indiana. They discuss the issue of health and focus on the topic of blood donation. Ms. Frech explains how donations for blood typically fall off during the summer months for several reasons, noting how business is one reason, while the fact that schools and colleges where they typically have blood drives are usually closed during the summer months. She then notes how there is always a need for blood noting that cancer patients are the number one users of donated blood and states how there is always the need for blood in cases of accidents. She also reminds the audience that there is no substitute for human blood in most medical application. As such there is always the need for blood donations. She notes that potentially everyone can benefit from blood donations as anyone may have need for it at some point in their life. She also notes that as far as covering the need for blood donations in our country, if everyone who donated blood during the events of 9/11 donated blood at least once a year, that would basically cover any needs they would have for blood. Ms. Frech invites people to come to a local blood center or mobile and see what the process is like so that they can be acclimated to the idea of donating blood themselves. She notes that the general guidelines for being an eligible blood donor is that a person must be at least seventeen (17) years of age (or sixteen [16] with parental consent), weigh at least one hundred ten (110) pounds, and be in general good health on the day of donation (i.e. no colds, headaches, etc.). She also states that a person can donate every eight (8) weeks, noting how there are those who are regular donors who have given several gallons of blood over a period of time. She also encourages those who plan to come in a donate blood to eat well and drink plenty of water prior to coming into a blood center or mobile to donate. She notes that while there has not been many shortages in the past few years, there have been instances in the past where they have had critical shortages of blood and have sent out pleas for people to donate in those times. She notes that the local community has been good about stepping up to help cover the blood supply. Ms. Frech continues to encourage blood donation as every pint of blood that is donated can potentially save up to three (3) lives.

Health 2	Joy in Our Town #072102	28:45	13:00	LCL	PA/O	08/12/11	1:00pm
						08/13/11	3:30am
						08/15/11	11:30am
						08/16/11	3:30am
						08/18/11	3:30am
						08/30/11	4:30am
						09/01/11	4:30am

Mr. Darrell Gordon interviews Ms. Beth Langefels, Communications Director of the American Heart Association (Dayton Division) located in Kettering, Ohio. They discuss the issue of health and specifically deal with the topic of childhood obesity. Ms. Langefels explains that childhood obesity is on the rise noting how it has tripled since 1963. She attributes this to the same reasons a number of adults are facing obesity, most notably sedentary lifestyles, what food people are eating, and how much of that food they are eating. She notes how portions have become larger over time, and notes how people, including children, have come to expect such portions when they dine out. She also notes how children now also spend most of their down time in front of some screen rather than go out and play. As a result, there are a number of children that are developing type II diabetes as well as getting heart disease earlier in life as they deal with being obese. She also notes how most of the food kids eat are typically empty calories, noting that the food they eat does not contain a lot of nutrition in addition to the calories. As far as how to deal with this problem, Ms. Langefels recommends that parents need to be role models to their own children. This means that parents need to be seen by their children to be eating health foods in proper portions as well as living and active lifestyle. This includes engaging in simple activities such as walking, biking, or any activity that can help to increase the heart rate. She also wants people to encourage schools to keep physical education activities in schools. She notes that schools end up cutting such activities when dealing with their budgets. However, she notes that since most children spend a significant portion of their day at school that such activities should not be put aside. She also states how organizations like the American Heart Association is working to get sugary snacks and beverages out of vending machines at schools so that students have better choices to elect in terms of food during their school day. She also encourages people in general to be on the move throughout the day as recent studies find that, even with time in exercise, sitting for long periods of time can be bad for a person's health.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health 3	Joy in Our Town #072104	28:45	13:00	LCL	PA/O	08/26/11	1:00pm
						08/27/11	3:30am
						08/29/11	11:30am
						08/30/11	3:30am
						09/01/11	3:30am
						09/06/11	4:00am
						09/08/11	4:00am
						09/13/11	4:30am
						09/15/11	4:30am

Mr. Darrell Gordon interviews Ms. Nicki Howard from the National Kidney Foundation of Indiana located in Indianapolis, Indiana. He also interviews with two of her colleges, specifically Ms. Nancy Duncan and Ms. Sharon Ayers. They discuss the issue of health and specifically address kidney health. Ms. Howard explains how kidneys are vital to the health of the individual as it cleans the blood, produces urine, as well as producing hormones for the production of red blood cells, the production of strong bones, and to help regulate blood pressure. Ms. Ayers points out that the number one cause of kidney disease is diabetes followed by high blood pressure as these create a strain on the vessels in the kidneys, causing them not to function in a proper manner. Ms. Howard points out that kidney disease does not come on suddenly and that people should see their doctor every year so that they can quickly spot such a condition. Ms. Duncan explains that if it is possible, the goal is to get a person a kidney transplant before they have to start dialysis as a treatment as the transplant works better if a person has not been exposed to the process. She also notes that they want to get people educated about transplants early so as to help them find a donor in a quick manner. Ms. Duncan explains that catching kidney disease early is best as they can then work so as not to progress to needing a kidney transplant or dialysis. Ms. Ayers then notes what dialysis is as well as the process of starting such a treatment noting that most people are referred to a nephrologist before this starts. She then notes how two (2) versions of dialysis work, specifically peritoneal dialysis and hemodialysis, noting how these processes help to take the place of the basic functions of the kidney. Ms. Duncan goes on to explain how they have learned to become creative in terms of finding kidneys for those who need a transplant. She explains that there are roughly six hundred (600) people in the state of Indiana waiting for a kidney transplant and that finding a kidney takes on average about three (3) years. She then notes that people need to be educated on how to cover the cost of a kidney transplant. Ms. Howard notes how various organizations work toward prevention as a way to deal with kidney disease noting that people can come to events to find more information about such conditions.

Health 4	Joy in Our Town #081603	28:40	13:00	LCL	PA/O	09/16/11	1:00pm
						09/17/11	3:30am
						09/19/11	11:30am
						09/20/11	3:30am
						09/22/11	3:30am
						09/27/11	4:00am
						09/29/11	4:00am

Dr. Patricia McAlpine interviews Ms. Cathi Arends, a Registered Nurse with Life Connection of Ohio located in Richmond, Indiana. They discuss the issue of health and focus on the topic of organ donation. Ms. Arends notes the need for organ donation noting that one hundred and eleven thousand (111,000) people nationally are waiting for an organ transplant with about three thousand (3,000) of those people living in Ohio at any given time. She notes that about five million (5,000,000) people in Ohio are already registered organ donors, but notes that there are still many who need to make such a decision. She notes that one organ donor can make a great impact, saving up to eight (8) lives, restoring health and mobility of up to fifty (50) people, as well as giving up to two (2) people sight from cornea transplants. She notes how people should make the decision to be an organ donor by registering themselves and talking about their decision with loved ones so that if they pass away, there is no need to have relatives make this decision in the midst of one's death. She then notes of various misconceptions of organ donation, noting that age is not a factor in registering to be an organ donor as even older people can contribute something upon their death. She also notes that the decision to register will not cause one to lose good health care as doctors treat people who are in front of them and they are not directly privy one's donor status as only organ procurement organizations like Life Connection of Ohio have direct access to a donor registry list, and only access such a list upon the death of an individual. She notes how many people do not often think about making such a decision or choose not to so as not to think about their death. However, she encourages people to see it as a life decision that can be made and documented allowing one to go along with their life until the time of their death. She notes how donor status of children is usually left up to parents, but encourages parents to let their children be organ donors as someone else's child may be waiting for an organ transplant that can be made in the untimely death of a child. She tells people how they can register to be an organ donor in Ohio by either going to the BMV, contacting Life Connection of Ohio, or by going to www.donatelifehio.org. She also notes that anyone anywhere in the country can register by going to www.donatelifenet.net. She encourages people to register now as the need for organs is greater than the availability.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health 5	Joy in Our Town #081604	28:45	13:00	LCL	PA/O	09/23/11 09/24/11 09/26/11 09/27/11 09/29/11	1:00pm 3:30am 11:30am 3:30am 3:30am

Dr. Patricia McAlpine interview Ms. Cathi Arends, a registered nurse with Life Connection of Ohio located in Dayton, Ohio. They discuss the issue of health and focus specifically on the topic of minorities and organ donation. Ms. Arends explains that while ethnic minorities make up thirty-five percent (35%) of the population in our country, they make up nearly fifty-five percent (55%) of those needing an organ transplant. She notes some of the reasons for this increased need stating how African Americans often have a higher occurrence of hypertension and diabetes, which often leads to organ failure, particularly in terms of kidneys. She notes how people who have kidney disease are able to live longer due to dialysis, but also notes that they need a kidney transplant so as not to be dependent on dialysis, noting that many people who are on dialysis tend to be African American, noting that African American males are particularly a large group in this area. She then talks about the level of organ donation among minorities. She notes that there are many who are registered as organ donors, but notes that many minorities often do not realize the need for organ donation among minorities. She notes that most any ethnicity may not have people who register to be organ donors simply because it is not something that is “on their radar”. She then notes the importance of being an organ donor, noting that ethnicity does not have to match to make a good use of a particular organ though there may be instances where getting an organ from someone of a similar background may allow one to live longer with that organ due to various factors. She does note though that size does matter when one is considering organ donation. As such, parents need to be willing to consider letting their child be an organ donor if they should lose their life as other children may benefit from their organs since small children are not readily able to benefit from an adult size organ. She notes that minorities as well as others often have misconceptions about organ donation, noting how many fear getting lower quality health care if they do register to be an organ donor. She also notes how many think that age plays a factor in being an organ donor, when in fact even older people can make a contribution in some way from becoming an organ donor. She also discusses how anyone can register to become an organ donor and notes that people should discuss this decision with others so that they can also make an informed decision about organ donation.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health/ Mental Health	Doctor to Doctor #307	28:30	28:30	REC	PA/O/E	07/05/11	12:30pm

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.

Health/ Mental Health	Doctor to Doctor #308	28:30	28:30	REC	PA/O/E	07/12/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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.

Health/ Mental Health	Doctor to Doctor #309	28:30	28:30	REC	PA/O/E	07/19/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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.

Health/ Mental Health	Doctor to Doctor #310	28:30	28:30	REC	PA/O/E	07/26/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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.

Health/ Mental Health	Doctor to Doctor #311	28:30	28:30	REC	PA/O/E	08/02/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
----------------------	----------------------	-------------------------	-------------------------------	---------------	-------------	-----------------	-------------

Health/ Mental Health	Doctor to Doctor #314	28:30	28:30	REC	PA/O/E	08/23/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

Dr. Isabel Lopez talked about insulin resistance. An over abundance of carbohydrates can produce insulin that doesn't work very well. This can cause diabetes and for hormones to be released that keep you hungry. It's important to eat protein, exercise and to see your doctor. Dr. James Krystosik talked about Omega 3 fats. It helps reduce inflammation, balance hormones and improve memory function. You can get them from plants or cold water fish such as salmon, trout or tuna. Dr. Carl Schmidt talked about Candida. It's a digestive disorder in the small and large intestine that can impact the rest of the body. Microorganisms in the digestive tract get out of balance and create problems. It's important to eliminate sugar, eat a lean diet and take herbal supplements.

Health/ Mental Health	Doctor to Doctor #315	28:30	28:30	REC	PA/O/E	08/30/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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

Health/ Mental Health	Doctor to Doctor #316	28:30	28:30	REC	PA/O/E	09/06/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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

Health/ Mental Health	Doctor to Doctor #317	28:30	28:30	REC	PA/O/E	09/13/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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

Health/ Mental Health	Doctor to Doctor #318	28:30	28:30	REC	PA/O/E	09/20/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

Dr. Barbara Madden talked about hearing loss. Conductive hearing loss is when sound is not transmitted. This can be caused by fluid or ear wax. Sensorineural hearing loss in the inner ear caused by loud noises and cannot be medically corrected. Hearing aids can improve the quality of life. Dr. Sylvia Johnson talked about weight. It is a vital part of your life and there is no easy way to lose it. You need to look at your BMI, BMR and Fat Mass. It's important to consume less calories and burn more. Dr. Allen Moore talked about stress. It is the number one link to the number one killer which is heart disease. Symptoms can be insomnia, irritability, fatigue, headaches and loss of appetite. It's important to determine if you are stressed, to spend time with God and exercise.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Civic Affairs 1	Joy in Our Town #081602	28:45	13:00	LCL	PA/O	09/09/11 09/10/11 09/12/11 09/13/11 09/15/11 09/20/11 09/22/11 09/27/11 09/29/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:00am 4:00am 4:30am 4:30am

Dr. Patricia McAlpine interviews Mr. Noel “Bud” Carpenter, County Commissioner with the Randolph County Board of Commissioners that meet in Winchester, Indiana. They discuss the issue of civic affairs and specifically address the topic of the county courthouse. Mr. Carpenter explains how there has been controversy surrounding how to deal with the Randolph County Courthouse the last couple of years as to what to do with the current court house. He then explains some of the history of the courthouse noting how certain maintenance was not able to be kept up. He also notes the timeline of efforts to keep up the courthouse noting how timing kept them from doing needed maintenance. As a result, the issue came to a head a few years ago as something needed to be done in terms of the local courthouse. He notes how he and the other County Commissioners decided to go ahead with a plan to redo the courthouse. He notes how this includes a new handicapped accessible entrance along with a new elevator as well. He notes how government offices have been temporarily functioning in a refurbished building across the street since May 2010. He notes the importance having a proper place to have government business take place as many functions cannot happen without such office, particularly those dealing with record keeping. He notes how they used this opportunity to condense their records, so as to improve the amount of space they have once they move back into the courthouse. He then notes of the plan to move back into the courthouse by February or March of 2012, noting that if not done by then, moving will have to be delayed by a few months as tax matters require many offices to be working together to collect property taxes. He notes how they hired a firm from Richmond, Indiana, who is hiring local people to complete the work. He again note the vitality of having a functioning government noting that even closing down offices a short time for moving requires much preparation. He also notes the growing problem of the expansion of the county legal system, stating how with a similar population when the court house first opened in 1875, the current court system and clerk’s office has expanded. He notes how they are also preserving historic portions of the courthouse such as certain murals, some staircases, and two of the old entrances as well.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

TRINITY BROADCASTING OF INDIANA, INC.

Quarterly Report
October, November, December 2011
WKOI-TV Richmond, Indiana

Ascertainment List
Leading Community Issues

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

Education

Crime

Economy

Substance Abuse

Seniors

Civic Affairs

Electoral Affairs

Health

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Education 1	Joy in Our Town #092003	28:45	13:00	LCL	PA/O	10/14/11 10/15/11 10/18/11 10/20/11 10/25/11	1:00pm 3:30am 3:30am 3:30am 4:00am

Mr. Darrell Gordon interviews Mr. Joel Sink of the Miami Valley Career Technology Center located in Clayton, Ohio. They discuss the issue of education and focus on education and the job hunter. Mr. Sink points out the need for education with the job hunter is now more valuable especially at the post-secondary level as jobs being available for those simply with a high school diploma or GED are not as plentiful as they once were. As such, having a credential of some sort that one can obtain by education will help a person have a competitive edge in their job search. Even if a person does not have the full credential yet, just showing an employer that one is furthering their education can help show an employer that a person can learn and would be willing to do a good job for the employer. From here, Mr. Sink notes some of the options one can take to further their education. This can include a four (4) year school as well as two (2) year schools, along with other types of schools such as technical schools. He also notes that various classes can be found in the community through libraries and churches as well as noting there are opportunities for education through online studies. Mr. Sink goes on to explain that people who may need help in funding their further education can find help through such things as Pell Grants and Stafford Loans obtained by completing a Free Application for Financial Student Aid (FAFSA). He also notes that there is often money from state sources as well as help for veterans as well noting that it always helps to ask around to see what financial resources are available. He states that those who can get a job should ask their employer about options to further their education. He goes on to note that schools such as the Miami Valley Career Technology Center are working to make sure that students are able to get or at least qualify for some sort of credential such as a technical certificate. He reminds the audience that furthering education is always important as change is happening so rapidly that one cannot assume they can get a job and not have to learn anything beyond what is initially required. He encourages those with access to the internet to use this to see what options are available for both education and job searches, noting that when they do so, they will see what options are available and will make good choices as far as their educational options and career paths.

Education 2	Joy in Our Town #101904	28:45	13:00	LCL	PA/O	11/14/11 11/15/11 11/17/11	11:30am 3:30am 3:30am
--------------------	------------------------------------	--------------	--------------	------------	-------------	---	--------------------------------------

Mr. Darrell Gordon interviews Ms. Vivian Ashmawi, Executive Director with Communities in Schools of Wayne County located in Richmond, Indiana. They discuss the issue of education and look specifically at the topic of student dropouts. Ms. Ashmawi notes that there is good news in the area of graduation rates as it has increased countywide from seventy-seven percent (77%) from a few years ago to eighty-two percent (82%) in the most recent assessment, putting the county just under the state average graduation rate of eighty-three to eighty-four percent (83-84%). She notes though that any number of dropouts is far too many and that even if a goal is set and achieved, the urgency of dealing with the dropout rate must not be slackened by any initial success so that every student graduates high school. She points out that any effort to deal with student dropouts must be done in a collaborative manner with support from the schools and the community. This includes help from organizations like Communities in Schools of Wayne County being in the schools to identify particular issues with students who may be at risk of dropping out. Help can be something as simple as an alarm clock for a student who must have something to get them out of bed to even much larger help such as helping a family who has many barriers that keeps them putting a focus on education for their children. This may include help in the form of an afterschool program for students who have parents that work in the evening and are not able to look after their children. She also notes the need for student to have hope for a bright future to complete their schooling as those who see the need for education to have a successful life will stick with their education. This may also mean having other adults help guide them in respect to higher education if the student is from a family that has many members who have not been through higher education themselves. Ms. Ashmawi notes the importance combining community resources with the needs identified with students who may be in danger of dropping so that they are encouraged to continue their education. She also notes the need to learn how to read by the end of the third (3rd) grade the achievement gap will increase as education progresses with their peers. She encourages all adults to help address the problem either by volunteering in a structured program or by being a mentor to various students.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Education 3	Joy in Our Town #092004	28:45	13:00	LCL	PA/O	11/19/11 11/21/11 11/22/11 11/24/11	3:30am 11:30am 3:30am 1:30pm

Mr. Darrell Gordon interviews Dr. Paulette Sankofa from Ivy Tech Community College located in Richmond, Indiana. They discuss the issue of education and focus on the topic of student challenges in education. Dr. Sankofa explains that there are a wide range of students going to college today. This includes a number of students who have become unemployed. As such, many are coming back to school to make themselves vital for the workforce as well as to retrain in various areas. She goes on to note of many challenges students may face, including learning to write in the proper format. She also notes that technology can be a barrier as being able to use a computer is now a requirement to complete and now even to start school as assessment testing is now being done on computers. From here, Dr. Sankofa talks about what causes most students to drop out of college. Students may drop out due to a health issue either with themselves or someone close to them. They may also drop out due to money issues as well. Dr. Sankofa encourages students to be entrepreneurial in their attitude toward school so that they can make the best decisions going forward. She notes that this means making decisions in a timely manner as decisions like choosing a course of study can have an impact on financial aid as well as other matters. As such, students need to make a plan and implement it. She notes the decision to work while going to school is an individual decision, but also reminds the audience that going to college is like having job in its demands as well. Students need to be aware of their own goals while everything else goes along around them as other people and matters could unintentionally sabotage the work they are putting forth. Dr. Sankofa also touches on the dealing with the cost of school, noting that one must weigh the benefit of completing a course of education versus the cost it will require to complete that education. This means that one should focus on a course of study that will allow them to get a job that can help them cover the cost of their education once they complete it.

Education 4	Joy in Our Town #111501	28:45	13:00	LCL	PA/O	11/25/11 11/28/11 11/29/11 12/01/11	1:00pm 11:30am 3:30am 3:30am
--------------------	------------------------------------	--------------	--------------	------------	-------------	--	---

Dr. Patricia McAlpine interviews Ms. Christy Tollett from Centerville Senior High School in Centerville, Indiana. They discuss the issue of education and focus on the topic of preparation for college. Ms. Tollett notes that preparing for college can be a confusing issue as there are many options for college including the traditional four (4) year college, along with two (2) year colleges, apprenticeships, certifications, and military training. Every person needs to find what fits best for them for their college options. She states that parents should start talking to their children early about college noting that planting the seed to go to college can start at five to six (5 to 6) years of age. Discussions should continue so that by the time a student gets to high school, they have some direction about what they need to do to prepare for college in their high school education. Students should take a well balanced set of courses that includes math, science and English, noting that in Indiana the "Core 40" diploma is designed to help meet these goals. She also notes that students should talk with their guidance counselor to help them decide what other courses they should take as well. Ms. Tollett then talks about the importance of college entrance exams including the S.A.T. and the A.C.T. She notes that students should practice for these tests with practice tests like the P.S.A.T. and the PLAN tests as the actual tests are looked at as part of the college admissions process. She also notes though that colleges typically use a holistic approach to admission by looking at grades, test scores, community service, communication skills, and leadership skills. Ms. Tollett also points to the need to get proper financing for college as well. She notes that in preparing for college, students should fill out a Free Application for Federal Student Aid (FAFSA). This allows students to become eligible for loans, work-study programs, grants, and scholarships. She notes that students can start applying for college once they have completed their junior year of high school and have completed either an S.A.T. or A.C.T. test as this gives a college material to look at for admission. Ms. Tollett then reminds the audience that parents and students need to communicate with each other in the process of finding the right college to go to. This includes making visits to colleges of interest. She also notes that students can narrow down their choice of majors by volunteering or job shadowing in areas of interest. She recommends that students and parents find out other information through adults who have already been through the process and to remember to consider all options as traditional four (4) colleges are not the only option available.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Education 5	Joy in Our Town #111502	28:45	13:00	LCL	PA/O	12/02/11 12/05/11	1:00pm 11:30am

Dr. Patricia McAlpine interviews Ms. Daria Dillard Stone of Parents Advancing Choice in Education from Dayton, Ohio. They discuss the issue of education and focus on the topic of school choice. Ms. Stone explains that there are many choices today when it comes to educational options for young students. She notes that parents might not be aware of all of these choices, and if they are aware, they may make a decision regarding their child for the wrong reasons as parents need to make such decisions based on a child's learning style. She notes that due to the number of educational options that have sprung up there are programs that have come along that can help parents make an informed decision about what educational option is best for their child. She notes that it is the parents' responsibility to equip their child to have the best opportunities in their educational pursuits. As such, parents need to know what is happening in the classroom of any option they consider for their child. She points out that parents need to be proactive in their child's education, making sure that they are able to communicate with their child's educators before a serious problem arises. She also makes points that parents need to be ready to support and supplement what is being taught in the classroom as certain reinforcing options have to cut back due to the economy. She notes that parents need to make sure that their children see education as a priority, even when they struggle to provide the basics for their children. She also points out that children should see education as their "job" noting that good effort now will pay off when they approach the opportunity for higher education. She then encourages an emphasis on reading in terms of education. She points out that the ability to read has an effect on the rest of the educational process noting that students will not progress in subjects such as science and math if they are unable to read. Ms. Stone then reminds the audience that though every child has different needs when it comes to education, every parent should have the same goal, which is to provide the best educational opportunities for their child. She also reminds the audience that there ways to find out what options are available and further information to see what option is best for their child so that their child can excel in their education.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Crime 1	Joy in Our Town #101901	28:45	13:00	LCL	PA/O	10/21/11 10/22/11 10/24/11 10/25/11 10/27/11	1:00pm 3:30am 11:30am 3:30am 3:30am

Mr. Darrell Gordon interviews Captain Bobby Lipps & Ms. Diane Whitehead of the Richmond Police Department located in Richmond, Indiana. They discuss the issue of crime and specifically talk about how the community can help law enforcement. Capt. Lipps explains there has been the tendency for drug houses to pop up in neighborhoods, increasing the amount of crime in those areas. He notes how the police need people to be aware and keep them informed about such activities so they can act upon it. Ms. Whitehead explains how there are several neighborhood associations throughout the city that typically contact her when they see suspicious activity going on, such as young people breaking into abandoned houses. Reporting such activity helps police do something about it. Capt. Lipps explains what kind of criminal activity takes place in abandoned houses noting that copper and aluminum thefts are currently common. He reminds the audience to report any suspicious activity for an area as this is where criminal activity is likely occurring. Ms. Whitehead goes on to explain how every one of the sixteen (16) neighborhood associations participate in a neighborhood watch in some form. She also notes that there are some other neighborhood watches that exist outside of such associations. These can be highly organized or may be simply nosy neighbors who watch over the neighborhood. She goes on to explain that if people do see crime, they should not fear reporting it as there are ways to report criminal activity anonymously so that the person does not need to fear for any retaliatory acts. Captain Lipps encourages such tips noting that there may be times that they do want you to leave a phone number if the person wants a call back, but notes that they are more concerned about getting detailed information than being nosy on the person who is reporting the matter. As such, he continues to encourage people to report such matters to the police as they need such information so that they can act. He notes how a local drug task force works specifically to take down suspected drug houses to help keep crime down. Ms. Whitehead then explains how a neighborhood crime watch can be organized as well as talking about other ways people in the community can be proactive in helping to keep crime down such as getting basic training through classes offered by the police department. She notes how people can start the process of getting involved and be more proactive in dealing with crime within the community.

Crime 2	Joy in Our Town #101902	28:45	13:00	LCL	PA/O	10/28/11 10/29/11 11/15/11 11/17/11	1:00pm 3:30am 4:30am 4:30am
----------------	------------------------------------	--------------	--------------	------------	-------------	--	--

Mr. Darrell Gordon interview Chief Deputy Mike Spitler of the Preble County Sheriff's Office located in Eaton, Ohio. They discuss the issue of crime and specifically look at the topic of challenges in law enforcement. Deputy Spitler states that he is seeing a lot of activity in terms of identity theft as well as property crimes like residential burglaries and thefts from vehicles. He notes that by the end of August of the current year, the Preble County Sheriff's Office has already had to deal with the same number of residential burglaries as they did in all of 2010. He also notes how the sheriff's office is working with fewer people since 2008, which means they are starting to be more reactive rather than preventive in their action against crime. Deputy Spitler then goes on to various scams people try to use to get money from people. This includes check cashing scams as well as contest fee scams. He notes that while people will often fall victim to such scams, they are not always report due to embarrassment of being taken advantage of or catching it before they are caught while not thinking to report such matters to law enforcement. He notes how seniors often fall prey to home improvement scams and discusses how they can stop from being a victim of a scam by some simple actions such as contacting a known reputable contractor for second opinions. He also recommends calling law enforcement if they may suspect a scam as well. From here, Deputy Spitler tells how people can protect themselves from identity theft. This includes never giving personal information over the phone, as well as asking questions when personal information is asked for as the less a person puts their personal information out there, the less chance they have of being a victim of identity theft. He then goes on to discuss drug use in the area, noting how there has been an increase in heroin and prescription drug use. He notes how this is a matter that everyone pays for in society besides the person using the drugs themselves. He also notes how this spurs other crime such as property theft. He quickly goes over scrap metal thefts noting how scrap yards are doing their best to make sure the trade of scrap metal for money is legitimate, though there is really no way of tracking specific metal to certain houses. He finishes up by noting how the economy is going to be a challenge for law enforcement as the lack of funds will challenge law enforcement from doing a better job at law enforcement.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Crime 3	Joy in Our Town #101903	28:45	13:00	LCL	PA/O	11/07/11 11/15/11 11/17/11 11/24/11	11:30am 4:00am 4:00am 1:00pm

Mr. Darrell Gordon interviews Ms. Cathy Bulach from the YWCA of Richmond located in Richmond, Indiana. They discuss the issue of crime and specifically address the topic of domestic violence. Ms. Bulach explains that domestic violence includes any type of violence including verbal, emotional, and physical violence. She notes how many often see domestic violence as a normal part of relationships noting how such people often need to be told that each person in a relationship should be treated like they want to be treated. She notes that many stay in abusive relationship due to having kids and the abuser being the provider of the family. As such, they are often hesitant to leave such a relationship for fear of losing their provision. Those who are abused also do not speak out often out of fear for their own lives and the lives of others in their family. She then goes on to explain what help is available to those who are dealing with domestic violence. She notes how there are many groups who have advocates ready to help people by listening to their story as well as helping them come up with a safety plan to get out of these abusive relationships. She also notes that there are shelters available to help victims have a place of refuge from such violence, along with providing some basic needs if this helps them to seek help. She moves on to note that while no one ever has to go back to an abusive relationship, it usually takes the victim leaving seven to nine (7 to 9) times before they leave that relationship for good. She goes on to tell in more detail what safety planning is for domestic violence. This often includes creating a schedule so that the victims of domestic violence are never in a place where they are alone. Ms. Bulach then notes that one of the problems that they often see is that they see the same people coming in for help over and over again. She notes that the most that they can do for these individuals is to give them the tools to deal with the situation they find themselves in while these people must take action to use those tools. She state how many often come from a background of domestic violence and often need to be show that there is a life where they can live a life without it. As such, confidence is needed on the part of the victim to break the cycle of violence. She again reminds the audience that help is available if they are victims of domestic violence.

Crime 4	Joy in Our Town #101904	28:45	13:00	LCL	PA/O	11/14/11 11/15/11 11/17/11	11:30am 3:30am 3:30am
----------------	------------------------------------	--------------	--------------	------------	-------------	---	--------------------------------------

Mr. Darrell Gordon interviews Sergeant John Bowling of the Indiana State Police (Pendleton District – Post #51) located in Pendleton, Indiana. They discuss the issue of crime and focus on the topic of identity theft and internet fraud. Sgt. Bowling explains what these matters are, first noting that identity theft is when a person take the personal information of another individual and uses that information to commit crimes, such as using personal information to set up loans or apply for credit cards. He also notes that internet fraud is when a person uses the internet to commit fraud against another individual through such means as a solicitation for money through an e-mail. From here, he explains how identity theft can occur by a person obtaining person information from a number of different sources including public documents and websites noting that there is no such thing as a fully secured website. He points out that nearly nine million (9,000,000) people a year fall victim to identity theft. He also points out how internet fraud has been the fastest growing crime since 2001 noting that just since 2008 the number of complaints for internet fraud has increased by a hundred and ten percent (110%), prompting the Federal Trade Commission and the FBI to set up websites to deal with internet fraud complaints. As far as costs go, identity theft on average costs a victim about twelve hundred dollars (\$1,200) and internet fraud costs a victim about five hundred to six hundred dollars (\$500-\$600) on average. He notes though that the costs of such fraud can go much higher as well. He gives some advice on how to protect one's self from identity theft, noting that a person should never give out any personal information, such as a social security number or a birth date, especially over the phone. He explains in most of these cases, many organizations that people might pose as to get this information likely already have such information available to them. He notes that everyone is a possible target in terms of identity theft, though he admits that the elderly are often the victims of various scams, and as such they need to be aware of such possibilities. He also points out some useful websites such as www.annualcreditreport.com and www.indianaconsumer.com that can help a person keep track of their credit in case they become a victim of identity theft. He also points to www.ic3.gov as a website where one can report internet fraud.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Crime 5	Joy in Our Town #111501	28:45	13:00	LCL	PA/O	11/25/11 11/28/11 11/29/11 12/01/11	1:00pm 11:30am 3:30am 3:30am

Dr. Patricia McAlpine interviews Sheriff Jeff Cappa of the Wayne County Sheriff's Department located in Richmond, Indiana. They discuss the issue of crime and focus on the topic of recent crime problems in Wayne County. Sheriff Cappa notes how there has been an increase in the number of burglaries in the last six months as the number of thefts in rural areas and the number of home invasions. He explains that both the current economy and the substance abuse issue in our area is the main culprit for this. He notes how the substance abuse issue causes people to steal to feed their habit. He notes that heroin is a large problem in the area due to our proximity to Dayton, noting that it is even cheaper than methamphetamines. He notes though that work is being done to deal with the drug problem with the help of the local drug task force. He then notes of more common crimes such as identity theft and scams noting that seniors are often the victims of such crimes. As far as helping people keep themselves safe in their homes, Sheriff Cappa recommends having good locks on doors and windows. He also recommends having motion lights installed as well as having an alarm system for anyone who lives in a rural area. He notes that if one is going to be gone from their home for a time to let their neighbor know so that they can keep an eye on their house for suspicious activity. He also notes of actions that the Sheriff's Department is taking to help keep crime down in the community such as informing seniors about scams through the TRIAD program. He also notes how they are trying to educate the public about sex offenders noting that there is a sex offender registry website that people can use to know where sex offenders may be living so as to help them know what persons to be aware and keep kids away from their residences. He goes back to talk about what people can do to help protect their property. This includes recording serial numbers of various items as well as taking pictures and placing such records in a secure location such as a safe deposit box. He also notes that insurance agencies will often have booklets available to help document property. When this is done, if a person has property stolen, the stolen property can be more easily traced to an individual allowing that person to be properly arrested for the crime.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Economy 1	Joy in Our Town #092002	28:45	13:00	LCL	PA/O	10/07/11 10/08/11 10/10/11 10/11/11 10/13/11 10/18/11 10/20/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:00am 4:00am

Mr. Darrell Gordon interview Professor Tim Scales from the Center for Entrepreneurship at IU East located in Richmond, Indiana. They discuss the issue of the economy and focus on talking about general economics. Professor Scales notes that economics is about choices with the money people have at their disposal and the consequences of those choices. He states how people must realize that they are responsible for their own personal economy as they will have to deal with the consequences of the choices they make with their money. He goes on to note that while no impact is made upon the economy until money is spent, saving some money helps as saving up for a purchase puts that money toward production rather than toward interest. He notes that economics is not as hard as many people make it out to be as it is part of everyday life. As such, he recommends that people pay attention as to why they make a purchase, noting that while spending does move the economy along, overspending can slow an economy down. He notes that overspending even on little purchases can add up to a lot of money over time. He gives an example of a person overspending ten dollars (\$10) a day adds up to three hundred dollars (\$300) a month, noting how this is multiplied when applying it to a larger family. He does note that there are factors that people need to pay attention to in the larger economy such as Gross Domestic Product, inflation, unemployment, and even underemployment. However, he notes that people really need to look at their own situation, seeing what kind of money they are making, what kind of debt they have, and what preparation they have done for the future. He then reminds the audience that the future is not our history, noting that while people may have seen good times in the past, many factors change over time making it impossible to return to that point. He gives an example in noting how telephones have worked over the past twenty (20) years going from single party land lines for a family to nearly a phone line for each individual thanks to the use of cell phones. He notes how interactions in the economy have some sort of effect on every person in general. He encourages people to look at what they have, what they need, and what they want, and from this they can make better decisions on what they can afford.

Economy 2	Joy in Our Town #092003	28:45	13:00	LCL	PA/O	10/14/11 10/15/11 10/17/11 10/18/11 10/20/11 10/25/11	1:00pm 3:30am 11:30am 3:30am 3:30am 4:00am
------------------	------------------------------------	--------------	--------------	------------	-------------	--	---

Mr. Darrell Gordon interviews Mr. Scott Koorndyk, Vice President of Technology Commercialization from the Dayton Development Coalition located in Dayton, Ohio. They discuss the issue of the economy and focus on water resources and economic development. Mr. Koorndyk notes that economic development can involve many things including workforce development, growing local companies, and many other actions. He notes that although big companies attract the most attention in job growth as they can hire a large number of people, the bigger part of job growth actually comes from small businesses. He notes that although a lot of large companies have left the Dayton area, jobs can be recovered through the development of smaller businesses. To encourage such growth, the area needs to know what it is about so as to know what direction to take in small business growth. He notes the Dayton area with its proximity to Wright-Patterson Air Force Base and a number of other factors makes the area well suited for industries in the Aerospace field, Information Technology (IT), advanced materials and manufacturing, as well as the fields of health care and the health sciences. He notes that having good support systems in place for small businesses in such fields can help these areas to succeed. He notes how the area has a strong point in the ability to collaborate well and should use this strength to its advantage. He goes on to talk about how local water resources can also be a big help to economic development in the area. He states how the area is abundant in water resources from local rivers to a large underground aquifer, which can be attractive to many fields that may need a large amount of water to do the work that they do. He notes how the Dayton Development Coalition has been trying to show this point for some time. He notes that there must also be the ability to show others that there are more advantages to this area than just water. He notes though that there are more uses for water than what one may think, so this creates an advantage for the region. He ends by noting two (2) particular challenges in the region for economic development, namely creating an attitude of self-confidence as well as keeping young educated talent around in the region.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Economy 3	Joy in Our Town #092004	28:45	13:00	LCL	PA/O	11/19/11 11/21/11 11/22/11 11/24/11	3:30am 11:30am 3:30am 1:30pm

Mr. Darrell Gordon interviews Ms. Terrie Krumal of Consumer Credit Counseling Service (Graceworks) located in Dayton, Ohio. They discuss the issue of the economy and focus on the topic of current economic challenges that are facing many people. Ms. Krumal starts out by noting the need for the unemployed to scale back their budget. She explains that if a person's unemployment benefit is only seventy-five percent (75%) of what they were previously making, they have to find someplace where they can cut back as they cannot indefinitely live on credit. As such, they need to be ready to make some tough decisions concerning their budget. From here, Ms. Krumal acknowledges the fact that while unemployment is still high and wages are stagnant, prices on food and fuel continue to rise. She notes that this has to do with the economy as well as the weather as the latter can affect what crops are available, causing prices on several items to rise. Ms. Krumal then discusses that if a family has a goal to keep a roof over their head, food on the table, and have basic utilities, a family that has financial difficulties will have to look to cut their expenses in areas that are not necessary. This includes items such as cable and types of cell phone coverage. She also notes about looking at other expenses such as going out to eat, noting how quickly those expenses can rise. She also points out that a person's mindset matters when having to cut back on expenses in their budget, noting that people can learn to be content living on less rather than have the "woe is me" attitude. From here, Ms. Krumal goes over the fact that a study found that sixty-four percent (64%) of those surveyed have no emergency fund in place. This means if they had an unexpected expense come up, they would have to look to family and friends, payday loans, or other means to cover that expense once they ran out of credit. She encourages people to start some sort of emergency fund even if it starts out as one's pocket change. Ms. Krumal then points out how some people face frugal fatigue after a time in trying to cut back expense, especially if they do not see they are not really saving any money. This is where people need to take a look at their budget again and see what can be done to be able to save more money in other areas. For those who are having trouble maintaining their mortgage, she recommends talking with state official, particularly the office of the state Attorney General, as well as a credit counselor to see if they can get help in keeping their home. She also notes that credit counselors can help people see their expenses and plan a budget as well.

Economy 4	Joy in Our Town #111505	28:45	13:00	LCL	PA/O	12/23/11 12/26/11	1:00pm 11:30am
------------------	------------------------------------	--------------	--------------	------------	-------------	------------------------------	---------------------------

Mr. Darrell Gordon interviews Mr. Steve Nutt, Senior Vice President of CityWide Development Corporation located in Dayton, Ohio. They discuss the issue of the economy and how developing technology is helping the local economy. Mr. Nutt notes how the Dayton area needs to get back to its roots in starting companies to develop technology. He points out that trying to attract can be costly, difficult, and may not pay off as well in the long run. He also points out how local manufacturers have been lost and though advanced manufacturing will be around, traditional manufacturing will not last. This means that people will have to look to obtain specific technical skills to receive a job with a good wage. He then talks about how Dayton has strong points in developing aerospace technology, RFID (Radio Frequency Identification) technology, and sensing technology, as well as other strengths. Mr. Nutt notes that the jobs of tomorrow will involve getting education that focus on math and science. This does not mean that they must have a full college degree, but he notes that there is a lack of people that are trained in such areas as math, science, and engineering. This is a reason why a STEM High School has been developed in the Dayton area so that those who complete such a curriculum will stand ready to take the jobs of tomorrow. Mr. Nutt goes on to talk about what work is being done to help develop these new technology companies with such efforts like Tech Town. He notes of one model where they have several technology companies that are being developed in a technology incubator that allows such companies to keep initial expenses low by sharing resources as well as allowing them to collaborate so that they can help each other with challenges that they are facing. These efforts have helped to develop nearly five hundred (500) jobs for the area with more to come in the future. Mr. Nutt talks about another model that is helping to design sensor technology. This model is allowing collaboration between the local universities, Wright Patterson Air Force Base, and several for-profit businesses allowing them to obtain resources they would not normally have as well as to create nearly three hundred (300) jobs. Mr. Nutt finally points to another model that is helping to develop RFID technology. He notes that this is very much like the first model he described, but focuses in this one area making it one of a kind. He also notes how they have attracted large industry drivers because of such efforts.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Substance Abuse 1	Joy in Our Town #092002	28:45	13:00	LCL	PA/O	10/07/11	1:00pm
						10/08/11	3:30am
						10/10/11	11:30am
						10/11/11	3:30am
						10/13/11	3:30am
						10/18/11	4:00am
						10/20/11	4:00am

Mr. Darrell Gordon interviews Mr. Brian Blakely from the Hope House Addiction Recovery Center located in Richmond, Indiana. They discuss the issue of substance abuse and focus specifically on the topic of addiction in our community. Mr. Blakely defines addiction as a physical craving that goes along with a mental obsession. He notes that every person is vulnerable to addiction noting that addiction does not distinguish between such matters such as social class. He then notes how heroin is becoming the drug of choice in terms of addiction in our area though methamphetamines were up there as of recent times. He also notes how people become addicted to prescription drugs noting how people start on such drugs for legitimate reasons, but quickly develop an addiction to them when they are not careful. He notes that once their prescription runs out, they will often turn to the street for drugs to meet their addiction. He also notes that there is a problem with "bath salts" noting that at this point they do not know how to deal with it as they are still learning about this particular drug. He states how the use of certain drugs can cause health problems as well. He notes that people need to decide early on if they want to learn to live life the right way or if they want use drugs to face life as this is what many people face even when using drugs for legitimate reasons. He goes on to state how education is needed to help deal with the drug issue noting that such education should start as early as preschool. He notes that parents need to be alert so that they can see signs if their child may be using drugs such as isolating themselves when they come home as well as being irritable, argumentative, or defensive. He states that people who do have a problem need help noting that a person who has a problem will not stop as they do not know how to stop. He states that help can be found in such groups as A.A. or N.A. noting that many times dealing with the drug problem means dealing with an underlying issue that the person is facing. He encourages people to be aware of the signs of drug addiction and notes that people can help prevent drug addiction by even simple means such as talking with kids so they know what is happening in their life and not become addicted to drugs.

Substance Abuse 2	Joy in Our Town #111502	28:45	13:00	LCL	PA/O	12/02/11	1:00pm
						12/05/11	11:30am

Dr. Patricia McAlpine interviews Mr. Ray O'Donnell and Ms. Demida Lewis of Centerstone located in Richmond, Indiana. They discuss the issue of substance abuse and specifically look at the topic of recovery from substance abuse. Mr. O'Donnell notes that while traditional therapy has worked for many people, usually either being residential or intensive outpatient treatment on an individual basis, there are still those who "fall through the cracks". He notes that many of these who "fall through the cracks" are those who face a number of challenges including unemployment, lack of transportation, and many other struggles. This is why new programming is needed to help those in this category. Ms. Lewis explains that in many situations, a family member might be the one who spots the need for someone to get help for substance abuse, and that they should feel free to look for help for that individual. Mr. O'Donnell notes that many times those needing help for substance abuse may lack the resources to get that help. Ms. Lewis notes that this is where she comes in as a recovery coach. People like her can help an individual with any problems they have such as finding housing, assist them in finding a job, teach individual life skill such as budgeting and parenting, as well as help in many other areas. Mr. O'Donnell notes the need to pair addiction counseling and recovering coaching together as addiction counseling is much more effective when a person's basic needs are met. He then reminds the audience that substance abuse can affect nearly anyone, noting that he has dealt with a wide range of individuals in his time as an additions counselor. He and Ms. Lewis note how the average age of individuals dealing with substance abuse has come down with Ms. Lewis noting that she has assisted clients as young as fourteen (14) years of age. Mr. O'Donnell encourages those with a substance abuse problem to continue to seek treatment as often as possible. He notes the need to have better detoxification facilities in the local area, but he notes that progress is being made in providing help to others through means such as their new recovery engagement center. Ms. Lewis notes that no one should be discouraged when seeking help as people like her want to be sure to help those who need assistance to do so even if they do not have many resources to get that help.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Substance Abuse 3	Joy in Our Town #111503	28:45	13:00	LCL	PA/O	12/09/11	1:00pm

Dr. Patricia McAlpine interviews Ms. Charlotte McGuire of Reclaiming Futures – Montgomery County located in Dayton, Ohio. They discuss the issue of substance abuse and focus on the topic of teens and substance abuse treatment. Ms. McGuire points out that a large number of teens in the juvenile court system, roughly sixty to eighty percent (60-80%), have some sort of substance abuse problem. She notes that not taking the time to solve this matter that is contributing to the number of cases in the juvenile court system would be a disservice. She notes though that youth often do not get the treatment that they need noting that even when help is available less than ten percent (<10%) receive it. She points out that there has been a focus on adult treatment for a long time and that only in the past two (2) decades as teen drug use has been increasing during that time. She notes that while the focus of drug use among use may be among the twelve to seventeen (12-17) year olds, there are cases where there are people as young as eight (8) years of age who are dealing with substance abuse. She notes how marijuana use is growing among eighth (8th) graders and has reached a point among twelfth (12th) graders that one in sixteen (1 in 16) uses marijuana every day. She also notes how youth use drugs such as alcohol laced gummy worms and other seemingly unusual means. She goes on to discuss what is needed to face this challenge. She notes how teens need to be kept occupied with positive activities as an idle mind can a breeding ground for bad ideas. She notes how parents need to be sure to keep an open and honest relationship with their children and be able to talk with them. She also notes how parent need to look for warning signs that their child may be using drugs such as mood swings, skeptical behavior, or withdrawing from the family. Parents also need to teach their children the long term consequences of their behavior. As far as the community is concerned, she recommends that people be willing to mentor other youth noting that not only will this keep the occurrence of drug use down, but also help out in other areas of trouble for teens. She notes how she is working to show others that it is not programs, but communities that help teens overcome drug use. She notes how every teen struggling with substance abuse need to have an individual plan to help them as every youth has their own needs that need to be met concerning this matter.

Substance Abuse 4	Joy in Our Town #111503	28:45	13:00	LCL	PA/O	12/09/11	1:00pm
--------------------------	--------------------------------	--------------	--------------	------------	-------------	-----------------	---------------

Dr. Patricia McAlpine interviews Ms. Jessica Cate of Calvary Counseling located in Richmond, Indiana. They discuss the issue of substance abuse and focus on the topic of addiction. Ms. Cate starts by telling how someone can spot a person who is addicted to drugs. This includes behavioral signs such continued use of a drug despite negative consequences or adverse effects. One may also spot a person who is addicted to drugs if they have legal or relational issues that are related to their drug use. She notes that the time it takes a person to become addicted to alcohol or drugs can vary greatly going from several uses to simply one use of drugs or alcohol. She notes that as data shows that a teen can overdose on their first use of a drug, it is important for adults to teach young people that there is no way to determine how quickly a person can become addicted to drugs. She notes people can spot physical signs that a person is addicted to certain drugs such as a chronic cough for those using marijuana, increased blood pressure or a racing heart for those using cocaine, or a low heart rate or low respiration for those using heroin. She notes what detoxification and withdrawal is noting that detoxification is typically the first step in the recovery process of drug addiction. However, she recommends that people seek medical treatment when going through detoxification and withdrawal as a person can die from the process if not medically supervised. She notes the cost of having a drug addiction noting both a high cost financially speaking as well as the cost in terms of relationships. Ms. Cate recommends that for those seeking treatment that they should look around to see what options are best for them as what may work for one may not work for another. She notes though that the person who has the addiction must be willing to admit that they have a problem before any treatment can be effective. She states that those who find themselves in the criminal justice system do have the right to treatment noting how many who are in probation must seek treatment as part of their conditions for probation. She explains how local treatment providers are very good at making sure those who are seeking treatment get the services they need, noting that there are providers who make sure that services are offered even if people do not have the means to cover the cost for their treatment, and recommends people take this into consideration when looking for help in dealing with a drug addiction.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Substance Abuse 5	Joy in Our Town #111504	28:45	13:00	LCL	PA/O	12/16/11 12/30/11	1:00pm 1:00pm

Dr. Patricia McAlpine interviews Ms. Charlotte McGuire of Reclaiming Futures – Montgomery County, located in Dayton, Ohio. They discuss the issue of substance abuse and focus on mentoring and how this helps in the treatment of substance abuse. Ms. McGuire explains how natural helpers are people who young people can naturally turn to for help. This means that they should be people who can help young people find their strength so that they do not turn to drugs. She notes that young people have the need to feel accepted and that if they do not feel accepted by their own family, they will find it somewhere else, and that it may not be from the best individuals. As such, lines of communication must remain between young people and their family as well as any caring adults so that they can say no to drugs and make positive life choices as well. She notes how natural helpers should involve everyone in the juvenile judicial system from the arresting officer to the judge. She notes the importance of judges to be a leader in such matters, noting how many are doing so by allowing members of the community to help, including members of faith venues. She also notes that people from civic and professional organizations are also being looked to as sources of people who can have a positive influence in the lives of troubled youth. She notes that in the formal system of Reclaiming Futures, they look for at least a year long commitment between a natural helper and a troubled youth. The reason for this is that youth who have been involved with drugs and the juvenile justice system have built up barriers that will take time to break down since they have often had disappointments from adults in the past. She then notes how natural helpers can help youth who have been involved with drugs primarily by being there for them. This can include role modeling, job shadowing, and other avenues such as involving them in various experiences (cultural, recreational, and vocational). She notes how small things can mean the world to such youth. She also notes how natural helpers can be a help in matters such as reunification with a family after inpatient drug treatment as well as offering support to the family such as providing transportation to outpatient treatment if they had no way of getting there. She encourages people to help by becoming natural helpers.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Seniors 1	Joy in Our Town #092001	28:45	13:00	LCL	PA/O	10/01/11	3:30am
						10/03/11	11:30am
						10/04/11	3:30am
						10/06/11	3:30am
						10/11/11	4:00am
						10/13/11	4:00am
						10/18/11	4:30am
10/20/11	4:30am						

Mr. Darrell Gordon interviews Ms. Ronda Pope from the Retired Senior Volunteer Program (RSVP) located in Richmond, Indiana. They discuss the issue of seniors and focus on volunteerism and fitness for seniors. Ms. Pope explains that volunteering for seniors is a good thing as it provides many benefits for seniors. She notes how studies have shown that seniors age sixty-five (65) or older typically live longer if they give a significant amount of time volunteering within their community. She notes that volunteering is especially helpful to seniors who are retired as it gives them a way to stay connected to the community which they are a part of as well as a way to stay active. She also notes how it allows seniors a way to share their life experience with others within the community. She notes that volunteerism in Wayne County, Indiana is healthy noting that with RSVP they had nearly five hundred thirty (530) seniors put in more than sixty-five thousand (>65,000) volunteer hours logged within this past year. She notes that this year is looking good as well with already thirty-nine thousand (39,000) volunteer hours already logged. She notes that volunteering among seniors can include activities such as being on various boards within the community as well as helping in independent living programs. She notes that often seniors volunteers are utilized for local non-profit organizations to help them complete mailers that they need to have sent out. She notes that there are even opportunities for seniors who are homebound as they may have skills and means to meet certain needs within the community. She also discusses why fitness is important among seniors, stating how fitness helps deal with their quality of life. She notes that fitness among seniors helps to prevent falls, which is often a large cost to Medicare every year. She also notes how being fit helps seniors retain a sense of importance and can still contribute to their community. She notes that there are programs that are available within the community that can help seniors to remain fit. She notes that such programs are designed to be modified so that people with any health issues can participate as much as they can in such programs. She notes how seniors are able to encourage one another in such programs, noting that these programs help to improve areas of health for many seniors.

Seniors 2	Joy in Our Town #101901	28:45	13:00	LCL	PA/O	10/21/11	1:00pm
						10/22/11	3:30am
						10/24/11	11:30am
						10/25/11	3:30am
						10/27/11	3:30am

Mr. Darrell Gordon interviews Ms. Terry Statzer of the Area 9 Agency located in Richmond, Indiana. They discuss the issue of seniors and focus specifically on Medicare Part D and other Medicare help. Ms. Statzer first explains what the SHIP program (State Health Insurance Information Program) is for the audience noting how it is a group of trained volunteers designed to help others know what their health care coverage options are. She notes how all the Area Agencies on Agency have a least one person who is part of this program. She goes on to talk about Medicare Part D noting that current calendar period, October 15 to December 7, is the open enrollment period for those wishing to enroll or change their plan within Medicare Part D. She states how Medicare Part D is the part of Medicare that covers medications. She also states how this is available for anyone who is eligible for Medicare, which includes people age sixty-five (65) or older as well as those who qualify through disability. Ms. Statzer goes on to explain how Medicare Part D offers thirty-one (31) plans by which people can get help in covering medication costs. She notes having this many plans can make things difficult in terms of choosing the best plan to cover their costs, which is why she recommends setting up an appointment with a SHIP counselor to see what options fit best for each individual. Since medications can change from time to time, every person has the chance to change their plan every year during the open enrollment period. She notes how Medicare Part D can help people economically as it reduces the cost of medications in dramatic fashion in some cases. This can also mean the improvement of health care for an individual as they are able to afford proper medications. She explains how people can find out more about the plans available through Medicare Part D by contacting groups like the Area 9 Agency, going to www.medicare.gov, or even calling 1-800-MEDICARE to ask about information about such plans. From here, she goes on to explain how seniors can enroll in Medicare in general to have access to such plans. She then talks about additional financial help for getting proper medications, noting that there is a low income subsidy for those who may qualify based on income and assets. She notes that this is good at covering the "donut hole" in Medicare Part D coverage where a person is required to cover all remaining costs of medications until they hit the catastrophic level of coverage.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Seniors 3	Joy in Our Town #101903	28:45	13:00	LCL	PA/O	11/07/11 11/15/11 11/17/11 11/24/11	11:30am 4:00am 4:00am 1:00pm

Mr. Darrell Gordon interviews Ms. Shelly Ratliff, Executive Director of the Preble County Council on Aging located in Eaton, Ohio. They discuss the issue of seniors and specifically deal with the topic of aging in place. Ms. Ratliff notes how a study conducted by the National Council on Aging finds that ninety percent (90%) of seniors want to be able to stay in their own home. This is due to the fact that seniors want to retain their independence and living at home is the best situation for an independent lifestyle. However, being able to maintain an independent lifestyle can be difficult as health is often a factor for seniors in retaining their independence. As such, many seniors will eventually need some type of assistance to retain their independence, though on their own they may not have the means to obtain such assistance. She notes of a case where a couple were living together with their grown up kids living away from their parents. They were fine until the wife fell and broke her leg. Since she was the caretaker of the couple, the husband tried to become the caretaker, but was not able to keep up in an adequate manner. When a mailman saw the conditions that they were living in, he took action to try to help them. However, by that time, their situation had deteriorated to the point where they had to be admitted into a nursing facility. She notes such a situation could have been avoided if they had known about certain support systems that were available to them in the community. She notes that there is help in local communities such as ours to help seniors to maintain their independence. This includes help in housekeeping, transportation, and home delivered meals. She also notes that there are programs that help assist seniors living in their homes that cost much less than nursing home care. She reminds the audience that this can help family members of the seniors in these situations so that they can continue to be productive members of society. She does admit that not all seniors are able to maintain their independence and as such when the time comes, she does support the idea of placing a person in nursing home care an assisted living facility. However, she strongly supports seniors living independently if it can be helped. She recommends that seniors talk with others about their living situation including their children, their doctor, and others involved with elder care. This way, they can live on their own as long as possible while making their own plans about being put into assisted living before that choice is taken out of their hands due to uncontrollable circumstances. She also reminds seniors that they should listen to the advice of others as they may not always make the best decisions about their own situation.

Seniors 4	Joy in Our Town #111504	28:45	13:00	LCL	PA/O	12/16/11 12/30/11	1:00pm 1:00pm
------------------	------------------------------------	--------------	--------------	------------	-------------	------------------------------	--------------------------

Dr. Patricia McAlpine interviews Ms. Pat Fisher of the Northeastern Senior Center located in Fountain City, Indiana. They discuss the issue of seniors and focus on senior nutrition and other matters. Ms. Fisher explains how nutrition is important to senior care noting how many seniors tend to live alone and may not cook for themselves, which leaves many without the nutrition they need as they may rely on fast food or other food at hand. She notes how this is a sign of how seniors are being taken care of in general and explains how families need to be involved in the care of senior family members. She also notes how seniors can help themselves by accessing help from a local senior center or by agencies such as the Area 9 Agency on Aging. This can include help for heating bills as well as help in nutrition assistance noting how seniors can access good nutritional food through local meal sites as well as home delivered meals. She also notes how neighbors can be a big help since many times they may know more about what is going on with an elderly person than what their own family know about them. She also talks about the nutritional options that are available noting that through meal sites, meals are available that offer one third (1/3) of the daily nutritional requirements need by seniors. This includes the choice of two (2) entrees along with fruit, vegetables, and dessert. She also notes that it comes with the option of regular or chocolate milk, noting how many seniors may save their milk to use on their cereal the next morning. She also talks about home meal delivery for those seniors who may not be able to make it to a meal site. She notes that in addition to delivering nutritious meals to seniors, those who deliver the meals may be the only people certain seniors may see during the day or week. As such, those who deliver the meals are often people who are able to check in on the needs of seniors. This may include calling for assistance from local agencies such as the Area 9 Agency if they are not able to get in contact with another person who looks over that individual. She again emphasizes the need for families to be more involved in the care of seniors as well as neighbors looking out of the needs of seniors in their neighborhood.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Seniors 5	Joy in Our Town #111505	28:45	13:00	LCL	PA/O	12/23/11 12/26/11	1:00pm 11:30am

Dr. Patricia McAlpine interviews Ms. Jackie Speicher from the Independent Living Center of Eastern Indiana located in Richmond, Indiana. They discuss the issue of seniors and focus on the topic of vision issues for seniors. Ms. Speicher notes that vision issues are of the most feared disabilities among seniors. This is due to vision loss leading to the loss of the ability to do simple tasks such as reading, cooking, or even driving. She notes how vision loss affects many people including roughly one hundred thousand (100,000) people in Indiana and roughly seven thousand (7,000) in Wayne County. She notes that vision loss can be caused by one of four (1 of 4) different diseases. This includes macular degeneration (the leading cause vision loss in seniors), glaucoma, diabetic retinopathy (the leading cause of vision loss in Indiana), and cataracts. She notes that macular degeneration takes away central and detail vision, while glaucoma takes away peripheral vision. She also notes that diabetic retinopathy and cataracts make vision fuzzy. She notes that there are some basic tests one can take to see if there are problems with their vision and need further help from a doctor. She notes that vision loss can come on as a result of aging as well as smoking and the lack of controlling blood sugar. As such, controlling one's diet and making sure that it includes plenty of antioxidants and lutein is a good measure of prevention. She also notes that for macular degeneration and diabetic retinopathy, there is treatment to stop bleeding blood vessels with laser therapy. However, with minor exceptions, once vision loss occurs, one must be ready to live with it. As such, Ms. Speicher shows a series of items to help those with visions problems. This includes talking clocks and watches, magnifying glasses, an audio book player, and even special glasses that allow seniors with vision loss to watch television. All of these can help those with vision loss to live with their vision loss.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

December 2011

15 of 19

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Civic Affairs 1	Joy in Our Town #101902	28:45	13:00	LCL	PA/O	10/28/11 10/29/11 11/15/11 11/17/11	1:00pm 3:30am 4:30am 4:30am

Mr. Darrell Gordon interviews Mr. Mike Statzer, County Assessor with the Wayne County Assessor's Office located in Richmond, Indiana. They discuss the issue of civic affairs and pay special attention to the topic of property assessment. Mr. Statzer explains how Indiana has done a practice called "trending" since 2006 on property assessments, which is an adjustment on assessed property value based on sales seen for a period of fourteen (14) months prior to the March 1st assessment cutoff date. He notes that they have recently sent out notices of assessed property value. He states how people are interested in these as this is the first step in determining the amount of property tax one pays. He explains how this year most property assessments either stayed the same or decreased in value, though there are some that have managed to increase in value even in this economy. It is the latter case that usually causes people to call the County Assessor's office. He states how people have the opportunity to appeal their assessment within a forty-five (45) day window if they believe it is not correct. He explains the process of filing an appeal for one's assessment noting how there are times that an informal discussion about the matter will answer the questions that people have about their assessment. However, if they have materials that would show that their property assessment should be lower they can bring those in formally, and with those materials lower their assessed property value. He then explains that the process of "trending" as well as more frequent reassessment has been put in place to help ease "sticker shock" about property taxes, as well as noting how the Assessor's office is constantly adjusting to changes in law over the course of time. He then explains the method of property assessment noting how Indiana bases assessment on "Market Value in Use", value based on sales data and what the property is being used for, as opposed to other possible means of assessment. He then talks about how reassessment is being done for 2012, and explains that this is being done with local people and no extra help due to advances in technology. He notes how technology can help complete assessment on fifty to sixty percent (50 to 60%) of properties, with people going out to other properties to check discrepancies. Finally, Mr. Statzer discusses why people are no longer receiving forms to fill out as well as telling what it takes to maintain his status as a County Assessor.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Electoral Affairs 1	Joy in Our Town #092001	28:45	13:00	LCL	PA/O	10/01/11	3:30am
						10/03/11	11:30am
						10/04/11	3:30am
						10/06/11	3:30am
						10/11/11	4:00am
						10/13/11	4:00am
						10/18/11	4:30am
						10/20/11	4:30am

Mr. Darrell Gordon interviews Ms. Claudia Thornburg, County Clerk for the Randolph County Clerk's Office located in Winchester, Indiana. They discuss matters of electoral affairs and specifically deal with the upcoming general election. Ms. Thornburg explains that the election of local officials is important as they have a great impact on many matters that directly affect people. She encourages people to take seriously the election of local officials. She notes how voter turnout for the elections last year came to about forty-two percent (42%) of eligible voters when there were federal officials involved. As such, she states that turnout would be good this year if it would go over twenty-five percent (25%) of eligible voters as not as many people are interested in local elections. She then notes how people can register to vote noting that the Bureau of Motor Vehicles (BMV) is typically the easiest place to register, though people can register at other places as well, such as the FSSA office. She also notes that anyone who has any relationship with the BMV can register to vote online. This can be done through the Indiana Voters website (www.indianavoters.com) which also gives people a lot more information such as where they can go to vote, who and what is on their ballot for the next election, and other pieces of information. She also notes that sample ballots can be found in local newspapers at least ten (10) days before an election. She hopes that tools such as the Indiana Voters will help encourage people to vote noting that the site has had enough hits to encourage the state to keep it updated. She goes on to describe what options there are for people who might not be able to make it to the polls on Election Day, noting particularly absentee ballots. She notes that one can apply for a ballot if they have a reasonable excuse that they will not be able to come to the polls as well as the option to vote in the Clerk's office in the days before an upcoming election. She then discusses public questions, noting how these are issues placed on a ballot that ask the voters for their input on particular matters. This can range from matters such judicial retention to the tax caps that have recently been instituted. She notes that as of July 1, 2011, state law now requires public questions to be placed at the top of the ballot so that people will not simply pass up such a question when they vote. She encourages people to look for information about upcoming elections and participate in those elections.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health/ Mental Health	Doctor to Doctor #320	28:30	28:30	REC	PA/O/E	10/04/11	12:30pm

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.

Health/ Mental Health	Doctor to Doctor #321	28:30	28:30	REC	PA/O/E	10/11/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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.

Health/ Mental Health	Doctor to Doctor #322	28:30	28:30	REC	PA/O/E	10/18/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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.

Health/ Mental Health	Doctor to Doctor #323	28:30	28:30	REC	PA/O/E	10/25/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.

<u>Issue/Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air Date</u>	<u>Time</u>
Health/ Mental Health	Doctor to Doctor #324	28:30	28:30	REC	PA/O/E	11/15/11	12:30pm

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.

Health/ Mental Health	Doctor to Doctor #326	28:30	28:30	REC	PA/O/E	11/22/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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.

Health/ Mental Health	Doctor to Doctor #327	28:30	28:30	REC	PA/O/E	11/29/11	12:30pm
----------------------------------	----------------------------------	--------------	--------------	------------	---------------	-----------------	----------------

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.

The figure designated as Topic Segment Duration is based on our good faith judgment and may not represent exact time.