

# Trinity Broadcasting Network

## *Quarterly Report*

January, February, March 2011

WMPV - Channel 21 – Mobile, Alabama

Ascertainment List

## **Leading Community Problems**

*Results of ascertainment from civic leaders, responses by telephone from TBN, viewers, from the printed media, comprising newspapers, magazines, publications, and from television and radio, whenever possible*

Health

Youth

Economy

Crime

Drug & Alcohol

Civic Affairs

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HEALTH**

<b>Joy in Our Town 466</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/28/11</b>	<b>12:00 PM</b>
					<b>01/29/11</b>	<b>02:30 AM</b>
					<b>01/31/11</b>	<b>10:30 AM</b>
					<b>02/01/11</b>	<b>02:30 AM</b>
					<b>02/03/11</b>	<b>02:30 AM</b>

Dr. Douglas Kaul, Director from Mobile Chiropractic Associates discussed osteoarthritis. Osteoarthritis can be hereditary but the cure should be reached through education, diet and exercise. The goal is preventing the condition not treating. Increasing mobility is one of the main benefits for seeing a chiropractor. Increasing mobility decrease s the daily amount of prescription medication needed to decrease the pain. Chiropractic Care is not just the neck and spine but the whole body.

<b>Joy in Our Town 466</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/28/11</b>	<b>12:00 PM</b>
					<b>01/29/11</b>	<b>02:30 AM</b>
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					<b>02/03/11</b>	<b>02:30 AM</b>

Joseph Mass and Dr. Jason Green from Jason Fitness discuss the importance of exercising. First make a decision to change then just move any movement beats no movement. Search to see what you enjoy doing then do it. If running was your passion in High school then buy tennis shoes and jog or if football was your passion start by lifting weights. Take your pleasure and set small reachable goals. Purchasing expensive equipment to exercise is not needed use a chair and do simple things first like squats, lunges, crunches and leg raises. If you can continue exercising for an extended period of time then exercising will become a habit that you look forward to ever day.

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**HEALTH**

	<b>Joy in Our Town 467-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/04/11</b>	<b>12:00 PM</b>
						<b>02/05/11</b>	<b>02:30 AM</b>
						<b>02/07/11</b>	<b>10:30 AM</b>
						<b>02/08/11</b>	<b>02:30 AM</b>
						<b>02/10/11</b>	<b>02:30 AM</b>

Joseph Mass and Dr. Jason Green from Jason Fitness discuss the importance of starting being fit early. We have more diabetes and heart problems because we have the knowledge but are not doing the work. Spend the time go in the right direction and it takes disciplines there is not a quick pill for that will remove 30-50 pounds. Excuses are used and as long as you take responsibility for your decisions don't exercise. Another thing that being thin does not mean that you are healthy even a thin person needs to exercise.

	<b>Joy in Our Town 467-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/04/11</b>	<b>12:00 PM</b>
						<b>02/05/11</b>	<b>02:30 AM</b>
						<b>02/07/11</b>	<b>10:30 AM</b>
						<b>02/08/11</b>	<b>02:30 AM</b>
						<b>02/10/11</b>	<b>02:30 AM</b>

Dr. Douglas Kaul, Director from Mobile Chiropractic Associates discussed whiplash what occur to the body causing the pain. The movement of your head going back and then all the way forward causes ligaments to tare that runs between the bones. The accelerated motion causes the soft tissue, chalked with nerve endings to send pain to the area causing a neck sprain otherwise known as whiplash. Waiting to see the doctor could increase the probability of scar tissue developing in the injured area.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

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

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**HEALTH**

700 NewsWatch	Club	CBN	1:00:00	5:00	REC	PA/O/E	02/08/2011	2:00 PM
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#020811

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

700 NewsWatch	Club	CBN	1:00:00	5:00	REC	PA/O/ E	03/22/2011	2:00 PM
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#032211

Lori Johnson, CBN News Reporter, says during the past 50 years Americans have developed a drinking problem with convenience. We buy our drinks already-made, everything from water to coffee. But it's the ingredients found in of some of those beverages that have some physicians sounding a warning. Take for instance energy drinks. With names like Rock Star, Monster, and Full Throttle, energy drinks pack a punch that young people can't get enough of. In fact, one in three teenagers regularly

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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

	Doctor to Doctor #280	28:30	28:30	REC	PA/O/E	1/04/2011	11:30 AM
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**Dr. Don Colbert** talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. The root is inflammation caused by fatty meats, excessive sugars and fried foods. It's important to have your C Reactive Protein measured, to eat anti-inflammatory foods, lose belly fat and have dark chocolate. **Dr. James Mittelberger** talked about Palliative Care. It specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. It allows for pain to be managed which will allow for the comfort and quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. **Dr. Martin Finkelstein** talked about mind and body connection. When muscles near the cervical spine experience trauma or stress, they can tighten up and irritate nerves. This can lead to headaches, allergies and sinus problems. It's important to take care of our body, pay attention to symptoms and to correct the problem.

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**HEALTH**

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

Doctor to Doctor #285		28:30	28:30	REC	PA/O/E	1/18/2011	11:30 AM
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**Dr. James Krystosik** talked about food allergies. 75% of all major health problems are directly link to food allergies. There can be an immediate reaction, a delayed reaction or a food intolerance. It's important to identify the food and eliminate it from the diet. **Dr. John Fischer** talked about Uterine Fibroids. They are benign tumors of muscle that occur within the uterus. Symptoms could be pelvic pressure or pain, frequent urination, constipation and back pain. Treatments include surgery, hormonal therapy and medication. **Dr. Martin Finkelstein** talked about arthritis. Does not occur just because we get older. We can do something about it and it begins when a person is young. Prevention is helpful with daily stretching exercises, healthy diet and regular checkups.

Doctor to Doctor #286		28:30	28:30	REC	PA/O/E	1/25/2011	11:30 AM
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**Dr. Eric Braverman** talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. **Dr. Ace Anglin** talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. **Dr. Susan Cole** talked about cancer screening.

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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**

Doctor to Doctor #287		28:30	28:30	REC	PA/O/E	2/01/2011	11:30 AM
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**Dr. Jessica Setnick** talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. **Dr. Teresa Carlson** talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. **Dr. Karen Bierman** talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.

Doctor to Doctor #288		28:30	28:30	REC	PA/O/E	2/8/2011	11:30 AM
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**Dr. Bettye Alston** talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. **Dr. James Mittelberger** talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. **Dr. David Cawley** talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.

Doctor to Doctor #289		28:30	28:30	REC	PA/O/E	2/15/2011	11:30 AM
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**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

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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.

## HEALTH

Doctor to Doctor #290		28:30	28:30	REC	PA/O/E	2/22/2011	11:30 AM
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**Lisa Buldo** talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. **Dr. Ace Anglin** talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. **Dr. Glee Steele** talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of the board.

Doctor to Doctor #291		28:30	28:30	REC	PA/O/E	3/08/2011	11:30 AM
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**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.

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**HEALTH**

Doctor to Doctor #292		28:30	28:30	REC	PA/O/E	3/15/2011	11:30 AM
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**Dr. Don Colbert** talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. **Dr. Malcolm Hill** talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. **Dr. Kelafo Collie** talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.

Doctor to Doctor #293		28:30	28:30	REC	PA/O/E	3/22/2011	11:30 AM
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**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.

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**YOUTH**

<b>Joy in Our Town 463-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/07/11</b>	<b>12:00 PM</b>
					<b>01/08/11</b>	<b>02:30 AM</b>
					<b>01/10/11 DNA</b>	<b>10:30 AM</b>
					<b>01/11/11</b>	<b>02:30 AM</b>
					<b>01/13/11</b>	<b>02:30 AM</b>

**Joseph Mass and Jarrod Dumas** – Program Director of Mobile Youth Advocate Program, Inc. address the problem of transitioning young adult offenders criminals back into the community. The program helps them find ways to sustain as adult by seeking out their strengths and weaknesses. The youth and parents are brought together to identify the stress issues in the family which could have caused the problem. The stress is dissolved by surrounding the family with 4-10 people to help keep the child on track to reach the desired goal.

<b>Joy in Our Town 463-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/07/11</b>	<b>12:00 PM</b>
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					<b>01/13/11</b>	<b>02:30 AM</b>

**Joseph Mass and Jarrod Dumas** – Program Director of Mobile Youth Advocate Program, Inc. address the problem of unsupervised youth. This problem is easily resolved through mentorship. Many of the problems with the youth is as simple need for instruction and guidance; giving help through positive role models there for them 24/7. Mission is to provide community based interest and care of the children found in the local community.

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**YOUTH**

	<b>Joy in Our Town 469-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/18/11</b>	<b>12:00 PM</b>
						<b>02/19/11</b>	<b>02:30 AM</b>
						<b>02/21/11</b>	<b>10:30 AM</b>
						<b>02/22/11</b>	<b>02:30 AM</b>
						<b>02/24/11</b>	<b>02:30 AM</b>

Chief Lawrence Battiste, Chief Probation Officer of James T. Strickland Youth Center. The center addresses the problem of the youth and parent not having structure. The probation officers try to help the parent by creating a more conducive environment for the child to follow and work with the parents to expand behavior modification.

	<b>Joy in Our Town 471-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/11/11</b>	<b>12:00 PM</b>
						<b>03/12/11</b>	<b>02:30 AM</b>
						<b>03/14/11</b>	<b>10:30 AM</b>
						<b>03/15/11</b>	<b>02:30 AM</b>
						<b>03/17/11</b>	<b>02:30 AM</b>

Judge Edmond Naman from James T. Strickland Youth Center discuss that the Center is not just there to lock children up but to help with solutions. The center has eleven hundred children with many stories from absent parents, being raised by grandparents or in Foster care. The objective is to change their lives the Youth Advocacy Program (YAP) is one program that is having great success. YAP puts positive individuals with the children to mentor and guide them. The goal is to let the family help turn the child around.

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						<b>03/17/11</b>	<b>02:30 AM</b>

Judge Edmond Naman from James T. Strickland Youth Center discusses children in Crisis. The center is soliciting the help of the community to help with children at the center. There are many programs that are presented to the center but each one has to be examined, after all these are children and cannot be handed over to unsubstantiated groups. The Leadership Program for kids without fathers or positive male influence in their lives. The center wants to make a pact with them for life, to always be there for them and will not leave them.

**ECONOMY**

	<b>Joy in Our Town 464-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/14/11</b>	<b>12:00 PM</b>
						<b>01/15/11</b>	<b>02:30 AM</b>
						<b>01/17/11</b>	<b>10:30 AM</b>
						<b>01/18/11</b>	<b>02:30 AM</b>
						<b>01/20/11</b>	<b>02:30 AM</b>

Joseph Mass the host of JIOT talked to Dwight Nichols from the Freedom Network regarding the devastating economic issues facing families today. Economic problems begin with families living beyond their means; spending more money than they had coming into the household. Eliminating debt can be reached by planning ahead, paying bills on time and by paying yourself first. Paying yourself first builds surplus. At least 3/6 months of living expenses/saving is needed for those unexpected emergencies, when they arrive you can borrow from yourself and not use the credit cards.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**ECONOMY**

	<b>Joy in Our Town 464-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/14/11</b>	<b>12:00 PM</b>
						<b>01/15/11</b>	<b>02:30 AM</b>
						<b>01/17/11</b>	<b>10:30 AM</b>
						<b>01/18/11</b>	<b>02:30 AM</b>
						<b>01/20/11</b>	<b>02:30 AM</b>

Joseph Mass the host of JIOT talked to Dwight Nichols about family budgeting. Families with two incomes totaling more than a \$100,000 dollars a year are still filing bankruptcy, having money doesn't mean that you are apt to spending it wisely. Filing bankruptcy does not cure the problem if your habits have not changed; being frugal will. It is not how much you earn but how you spend it. In order to figure out what best fit you, it will really depend on your overall financial situation. Such as what kind of debt you have how much debt you have, if you have a financial hardship and your ability to repay the debt you owe to the creditors.

	<b>Joy in Our Town 465-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/21/11</b>	<b>12:00 PM</b>
						<b>01/22/11</b>	<b>02:30 AM</b>
						<b>01/24/11</b>	<b>10:30 AM</b>
						<b>01/25/11</b>	<b>02:30 AM</b>
						<b>01/27/11</b>	<b>02:30 AM</b>

Joseph Mass the host of JIOT talked to Robert (Bob) James Baldwin County District 2 County Commissioner discussed the state of Baldwin County. The District now has 168,000 citizens in the district and there are people who dislike the growth of the county and other that praise it. The community has had their problems from the oil spill that complete devastated the area incoming taxes were decreased due to lack of business to Baldwin County. The concerts that BP sponsored during this time boosted the economy but is were not enough to recover the loss experienced during the oil spill.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**ECONOMY**

<b>Joy in Our Town</b> 472-1	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/18/11</b>	<b>12:00 PM</b>
					<b>03/19/11</b>	<b>02:30 AM</b>
					<b>03/21/11</b>	<b>10:30 AM</b>
					<b>03/22/11</b>	<b>02:30 AM</b>
					<b>03/24/11</b>	<b>02:30 AM</b>

Nona Simmons and Sandra Dunaway of Consumer Credit Counseling discuss the issue of consumer debt crisis. Ms. Dunaway says that the down economy, unemployment, and the oil spill really created the perfect storm for the state that the economy is in right know. As a solution Ms. Dunaway stated that we must learn to live within our means, learning to use what we have more efficiently. Some ways that we can do that is by taking on a part-time job, going back to school, and taking advantage of workforce development opportunities made available in the community. She also says that although bankruptcy is a choice, it should be a last resort.

<b>Joy in Our Town</b> 472-2	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/18/11</b>	<b>12:00 PM</b>
					<b>03/19/11</b>	<b>02:30 AM</b>
					<b>03/21/11</b>	<b>10:30 AM</b>
					<b>03/22/11</b>	<b>02:30 AM</b>
					<b>03/24/11</b>	<b>02:30 AM</b>

Nona Simmons and Pamela Ware discuss the issue of the local unemployment crisis. This is due to the lack of jobs and closing of many facilities in our area. As a solution Ms. Ware says that although there are few jobs available, you must be diligent in your job search and willing to work hard. There are a variety of resources in place to help you find a job. There are organizations available that will give you the, qualifications and certification you need to be getting a job in a certain field. If job loss occurs, that is the time when a person must evaluate their hobbies, skills, and interest. Perhaps you need to learn a new trade, or more get additional education to help you become more valuable in the work force. Many people have found that in the time of unemployment, they have been able to start the business that they have always dreamed of. The key is to be persistent in whatever decision you choose.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**CRIME**

<b>Joy in Our Town 468-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/11/11</b>	<b>12:00 PM</b>
					<b>02/12/11</b>	<b>02:30 AM</b>
					<b>02/14/11</b>	<b>10:30 AM</b>
					<b>02/15/11</b>	<b>02:30 AM</b>
					<b>02/17/11</b>	<b>02:30 AM</b>

Host Nona Simmons and Chief of Police Jimmie Gardner, Prichard Police Department, discussed the new programs being implemented throughout Mobile County. The District Attorney’s office, Mobile County Sherriff/Sam Cochran and the city of Prichard are in a joint collaboration on crime in the county not just in Prichard. The joint effort is to gain the citizens trust/confidence that the police department is committed to do what they say is going to do, and that the job will be done. The task is to build lasting and trusting relationship with the citizens of Prichard.

<b>Joy in Our Town 468-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/11/11</b>	<b>12:00 PM</b>
					<b>02/12/11</b>	<b>02:30 AM</b>
					<b>02/14/11</b>	<b>10:30 AM</b>
					<b>02/15/11</b>	<b>02:30 AM</b>
					<b>02/17/11</b>	<b>02:30 AM</b>

Host Nona Simmons and Chief of Police Jimmie Gardner, Prichard Police Department, discussed the Juvenile crime and the different approach he is taking to reaching the youth. The Explorer Program and the Citizens Academy are being used to attract the children between the ages of 8-21 to look at things in life differently.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**CRIME**

	<b>Joy in Our Town 469-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/18/11</b>	<b>12:00 PM</b>
						<b>02/19/11</b>	<b>02:30 AM</b>
						<b>02/21/11</b>	<b>10:30 AM</b>
						<b>02/22/11</b>	<b>02:30 AM</b>
						<b>02/24/11</b>	<b>02:30 AM</b>

Chief Lawrence Battiste, Chief Probation officers for the James T. Strickland Youth Center. The rehabilitation Programs that are in place now are on the children. A child is incarcerated for two reason safety of the community or the safety of the child. The purpose is to help each child to be a successful and productive member of the community.

	<b>Joy in Our Town 452</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/04/11/PAT</b>	<b>12:00 PM</b>
						<b>03/05/11/PAT</b>	<b>02:30 AM</b>
						<b>03/07/11</b>	<b>10:30 AM</b>
						<b>03/08/11/PAT</b>	<b>02:30 AM</b>
						<b>03/10/11/PAT</b>	<b>02:30 AM</b>

LaTrynnda and Kenneth Davis, Chaplain for the Mobile County Metro Jail discussed the mind of the younger criminals. The younger they are the cooler they think going to jail is. Parents must look for the signs that their child is going the way of the streets. Be aware of the signs and correct the problem early. It is perfectly fine for you to select your child's friends because they do not understand the consequences of their actions. Many are told that if it is your first offense you get paroled out that is not always true. The Federal government has different rules than your state and local. After counseling more and more prisoners are seeking to secure their GED through the GED program. It is great seeing that they want to do better and making the best of this negative situation.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**DRUGS/ALCOHOL**

<b>Joy in Our Town 470-1 Jeremy Blair</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/25/11</b>	<b>12:00 PM</b>
					<b>02/26/11</b>	<b>02:30 AM</b>
					<b>02/28/11</b>	<b>10:30 AM</b>
					<b>03/01/11</b>	<b>02:30 AM</b>
					<b>03/03/11</b>	<b>02:30 AM</b>

Joseph Mass and Jeremy Blair, Director of operations for The Bridge discuss drug recovery. There are many types of drugs out there, but with the correct treatment and support recovery is possible. The services include behavioral rehabilitation and juvenile corrections. Numerous young people have to enter treatment more than once, but it s important to not give up. The program was expanded to increase the number of teens and families receiving substance abuse treatment services. These programs operate under a single mission to serve adolescents through honor, excellence and integrity.

<b>Joy in Our Town 436</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/04/11/PAT</b>	<b>12:00 PM</b>
					<b>03/05/11/PAT</b>	<b>02:30 AM</b>
					<b>03/07/11</b>	<b>10:30 AM</b>
					<b>03/08/11/PAT</b>	<b>02:30 AM</b>
					<b>03/10/11/PAT</b>	<b>02:30 AM</b>

Joseph Mass and Chris Patrick from the Wings of Life discuss Alcohol and Drug Abuse. The problem is so large that no community is without the problem just some communities more than others. Crystal Meth is giving way to crack cocaine and heroin. The days of the functioning alcoholics is dimensioning. Drugs they are taking now the only thing you want to do is sell your possessions or steal for the next fix. The solution to this problem is that the person must admit that they need help. There person that is sent by the courts or brought by family members will return to their old ways because the cure was not their idea. The Bible based program carries them through steps on their road to recovery.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**DRUGS/ALCOHOL**

<b>Joy in Our Town 473-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/25/11</b>	<b>12:00 PM</b>
					<b>03/26/11</b>	<b>02:30 AM</b>
					<b>03/28/11</b>	<b>10:30 AM</b>
					<b>03/29/11</b>	<b>02:30 AM</b>
					<b>03/31/11</b>	<b>02:30 AM</b>

Nona Simmons and Virginia Guy discuss the issue of Synthetic drugs on the market. Most recently bath salts have just been outlawed by the surgeon general. This substance is a fake form of cocaine, which has cause serious and harmful effects. Some of those effects have cause people to be admitted to psychiatric hospitals and have even caused death. As a solution Ms. Guy says that it is a parent’s responsibility to know what is going on with their children. It is important to know your children’s friends and be educated on the facts about drug abuse. Many people use drugs because they are overwhelmed and depressed with life. We have to be knowledgeable and educated enough to get the information that can make us aware. We must also be willing to report any visible or expected illegal activity in our community. If you see that a business in your area is still selling bath salts, please report it to your local police agency.

<b>Joy in Our Town 473-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/25/11</b>	<b>12:00 PM</b>
					<b>03/26/11</b>	<b>02:30 AM</b>
					<b>03/28/11</b>	<b>10:30 AM</b>
					<b>03/29/11</b>	<b>02:30 AM</b>
					<b>03/31/11</b>	<b>02:30AM</b>

Nona Simmons and Virginia Guy discuss the issue of rising drug abuse among children and teens. Most times children start with cigarettes and work themselves up to stronger substances. The abuse of prescription drugs is one issue that is often overlooked in this age group. The biggest way children get prescription drugs is out of a family member’s medicine cabinet. It is important to know that when you have been prescribed medication, that you know where that medication is kept and how much you have. As the solution to this issue encourage your children to make better choices and have the ability to feel comfortable speaking with their parent or trusted adult. We must also be close enough to our children that we can notice changes in grades, behavior and close relationships. It is important to be educated individuals in order to be able to influence our children and teens to make right choices.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**CIVIC AFFAIRS**

<b>Joy in Our Town 465-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/21/11</b>	<b>12:00 PM</b>
					<b>01/22/11</b>	<b>02:30 AM</b>
					<b>01/24/11</b>	<b>10:30 AM</b>
					<b>01/25/11</b>	<b>02:30 AM</b>
					<b>01/27/11</b>	<b>02:30 AM</b>

Joseph Mass the host of JIOT talked to Robert (Bob) James Baldwin County District 2 County Commissioner discussed community involvement. Every citizens need to know what is going on your local community. Attend your City Council meetings and vote at every election but become and informed voter, gain knowledge of the issues and discuss them your elected representative. Be informed review the website.

<b>Joy in Our Town 470/424</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/25/11</b>	<b>12:00 PM</b>
					<b>02/26/11</b>	<b>02:30 AM</b>
					<b>02/28/11</b>	<b>10:30 AM</b>
					<b>03/01/11</b>	<b>02:30 AM</b>
					<b>03/03/11</b>	<b>02:30 AM</b>

LaTrynnda Cunningham-Hollins talked to District 1 County Commissioner, Mercia Ludgood, District 1 encompasses several cities. District 1 recently acquired the task of turning a rural community into an area able to handle a multimillion dollar company like ThyssenKrupp. They had to get a sewer system installed to meet the demand for services for the present and future growth of this current area. Businesses that we interviewed considering locating in Mobile County as a place to build acknowledges the united front we present when sitting at the bargaining table.

# Trinity Broadcasting Network

## *Quarterly Report*

April, May, June 2011

WMPV-TV – Mobile, Alabama

Ascertainment List

### **Leading Community Problems**

*Results of ascertainment from civic leaders, responses by telephone from TBN, viewers, from the printed media, comprising newspapers, magazines, publications, and from television and radio, whenever possible*

Health

Education

Seniors

Public Safety

Civic Affairs

Drug & Alcohol

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HEALTH**

	<b>Joy in Our Town 460</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>04/15/11</b>	<b>11:30 AM</b>
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Joseph Mass and Dr. Beaumont & Dr. Henry Chiropractors from Mobile Chiropractic Care discussed alternative care. Most doctors prefer giving medication to treat the symptom instead of the root cause of the problems. Chiropractic care goes to the cause, whether it is stress or life style changes things could have changed your body 6-7 years ago and then began to change your endocrine system your digestive system then you can formulate the correct results. You have to work both with the medical doctor to control the crisis situation but use the chiropractor to correct the condition that caused the problem to start with. After taking the treatments you can gradually began to get off the medication or reduce the medication. You do not want to be on pills all of your life. . The end result is to change the makeup of the body. Cardio vascular/cardio output can be improved without using the dangerous medications.

	<b>Joy in Our Town 460</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>04/15/11</b>	<b>11:30 AM</b>
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Joseph Mass and Dr. Beaumont & Dr. Henry Chiropractors from Mobile Chiropractic Care discussed the needs of the body. Most medicines all came from herbs and natural ingredients but the medication was changed are boosted through chemicals. Clinical nutrition is not a cure but a way to tap into the body's own way to cure itself. Nutritional testing has been developed over 20 years ago but not used broadly. Nutrition can even change cancers tissue through several years of treatment by asking the body what you need to fix itself. The body wants to survive and will seek the nutrients from other places in order to survive. Choose healthy foods instead of processed foods to help boost the immune system.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HEALTH**

<b>Joy in Our Town 479</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>04/29/11</b>	<b>12:00 PM</b>
					<b>04/30/11</b>	<b>02:30 AM</b>
					<b>05/02/11</b>	<b>10:30 AM</b>
					<b>05/03/11</b>	<b>02:30 AM</b>
					<b>05/05/11-DNA</b>	<b>02:30 AM</b>

Host Nona Simmons and Joy Logan with Crittenton Youth Services discuss the health risk of promiscuity. Refraining from sexual contact is the only completely effective protection against unwanted pregnancy, STD's, and AIDS. Although many people say that abstinence isn't possible in today's society, it is important that we know all the facts concerning sexual responsibility. Sexually transmitted diseases are not just affecting one group or population; it has become prevalent among all age groups and backgrounds. Many people say it will never happen to me, and they are devastated when they receive a bad report.

<b>Joy in Our Town 479</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>04/29/11</b>	<b>12:00 PM</b>
					<b>04/30/11</b>	<b>02:30 AM</b>
					<b>05/02/11</b>	<b>10:30 AM</b>
					<b>05/03/11</b>	<b>02:30 AM</b>
					<b>05/05/11-DNA</b>	<b>02:30 AM</b>

Host Nona Simmons and guest Joy Logan with Crittenton services discuss the importance of raising healthy happy children. Children, who do not receive proper nutrition, have more difficult time learning and their attention span is much shorter. We must insure that children eat balanced meals for breakfast, lunch and dinner; suggesting that parents also can change their bad eating habits and lead by example. Take small steps, add healthier snacks to their diet or replace white bread with whole grain. One small step at a time can add up to big changes in the health of your entire family.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

Joy in Our Town 481	28:30	13:30	L	PA/O	05/20/11	12:00 PM
					05/21/11	02:30 AM
					05/23/11	10:30 AM
					05/24/11	02:30 AM
					05/26/11	02:30 AM

Host Nona Simmons and Lori Myles Public Relations Specialist for Mobile County Sheriff's Office discuss the need for drug testing in the public school system. We should teach our young people the dangers of drug and alcohol use and we should not allow it in our presence as parents. Drugs are dangerous and can lead to a road of self destruction. Teach our children that drug use can hinder them for the rest of their lives and to make wise choices "*say no*". Stay away from those using illegal drugs.

700 Club CBN News Watch	1:00:00	6:00	REC	PA/O/E	06/16/2011	2:00 PM
#061611						

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

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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## HEALTH

	Doctor to Doctor #295	28:30	28:30	REC	PA/O/E	4/05/2011	11:30 AM
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**Dr. Eric Braverman** talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. **Jessica 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 Leman** talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.

	Doctor to Doctor #296	28:30	28:30	REC	PA/O/E	4/12/2011	11:30 AM
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**Dr. Scott Hannen** talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. **Dr. John Fisher** talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. **Dr. Ross Dorsett** talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

	Doctor to Doctor #297	28:30	28:30	REC	PA/O/E	4/26/2011	11:30 AM
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**Dr. Mike Ronsisvalle** talked about the traits of a happy marriage. It's important to fight fair. Instead of lashing out address the behavior. Believe the best about your spouse. Instead of thinking the worst about your spouse try focusing on the positive characteristics. **Dr. James Mittelberger** talked about advance care planning. It's making plans to address your medical care in the case you become incapacitated. Family and friends may not know how you would like to handle certain medical situations. Advance Directive is a legal document that you fill out explaining your wishes in different medical scenarios. **Dr. Glen Steele** talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.

	Doctor to Doctor #298	28:30	28:30	REC	PA/O/E	5/03/2011	11:30 AM
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**Lisa Buldo** talked about acne. It can be caused by a buildup of bacteria in your intestine. A suppressed immune system can be caused by medications, processed food and chemicals. Eat clean food, avoid sugar, take a supplement daily, exercise, get plenty of sleep and clean skin daily. **Dr. Bronlynn Eberhardt** talked about teeth health. Bad teeth health can lead to stroke, heart disease, cancer and diabetes. It's important to floss, brush teeth regularly and to see the dentist on a regular basis. **Dr. Brian Nimphius** talked about neck pain. It often occurs because the muscles in the neck region become weak from not being used. These muscles are then susceptible to fatigue and injury. It's important to do certain exercises that will strengthen them as well.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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## HEALTH

Doctor to Doctor #299		28:30	28:30	REC	PA/O/E	5/10/2011	11:30 AM
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**Dr. Christopher Chen** talked about exercise. It helps to keep inflammation down, increases heart rate, decrease blood pressure and stress level. It increases circulation which helps to deliver oxygen to other parts of the body. Walking, swimming and cycling are great low impact exercises. **Dr. Bob DeMaria** talked about joint pain. Plantar Fasciitis can result in a heel spur. Tennis elbow and Carpal Tunnel syndrome can result in joint pain. It's important to drink plenty of water, limit sugar, increase flax seed oil and vitamin B6. **Dr. Carl Schmidt** talked about vitamin B. Every nutrient has a purpose to keep the body alive and functioning. B1 is good for mood, memory and attention. B2 helps with cells. B3 helps lower cholesterol. Whole grains or supplements are a great way to make sure you are getting enough B vitamin.

Doctor to Doctor #300		28:30	28:30	REC	PA/O/E	5/17/2011	11:30 AM
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**Dr. Marc Unterman** talked about Ischemic Heart Disease. It's when cholesterol plaque builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. **Kay Spears** talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. **Dr. Mark Sheehan** talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

	Doctor to Doctor #301	28:30	28:30	REC	PA/O/E	5/24/2011	11:30 AM
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**Dr. Doreen Lewis** talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. **Dr. George Alonso** talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. **Dr. Abinash Achrekar** talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.

	Doctor to Doctor #302	28:30	28:30	REC	PA/O/E	5/31/2011	11:30 AM
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**Eric Braverman** talked about how to have an abundant life. It is possible to look on the outside for problems on the inside. Balding men have a higher rate of Prostate cancer. A pigment change in the skin can mean skin cancer or skin damage. Gum disease can be linked to heart disease. It's important to get screened. **Dr. Nicole Gordon-Moton** talked about colon cancer. It is the 3<sup>rd</sup> most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. **Dr. David Cawley** talked about the fearful dental patient. This is the patient that has dental needs but doesn't go because of an extreme fear. There is an oral sedation that lowers the patient's anxiety level and makes it a pleasant dental experience. There is a general sedation that allows for difficult and longer procedures.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

	Doctor to Doctor #303	28:30	28:30	REC	PA/O/E	6/07/2011	11:30 AM
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**Dr. Tonya Lyons Anderson** talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. **Dr. Randy Burden** talked about waste 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.

	Doctor to Doctor #304	28:30	28:30	REC	PA/O/E	6/14/2011	11:30 AM
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**Dr. Ace Anglin** talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. **Dr. James Krystosik** talked about the ph system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. **Jannie Wolff** talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.

	Doctor to Doctor #305	28:30	28:30	REC	PA/O/E	6/21/2011	11:30 AM
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**Dr. Valerie Saxon** talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. **Dr. Bill Williams** talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. **Dr. Dale Peterson** talked about food borne illnesses. Campylobacter, Salmonella, and 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.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**EDUCATION**

	<b>Joy in Our Town 423</b>	<b>28:30</b>	<b>13:30</b>		<b>L</b>	<b>PA/O 04/15/11</b>	<b>11:00 AM</b>
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LaTrynnda Cunningham-Hollins talked to Dr. James Lowe, president of Bishop State Community College. The college program offer transportability with college credits transferring to other colleges. Bishop State instructors are in touch with labor-market trends and job requirements, so its students can be assured they will get the education they need for success. Being in touch with the industries around Mobile assure that the students technical skills matches the need. Bishop State is currently working with ThyssenKrupp, Mobile Infirmary and Austal shipbuilding assisting in their need for over 1000 aluminum welders. The college reaches out to the young people promoting growth and success through education.

	<b>Joy in Our Town 423</b>	<b>28:30</b>	<b>13:30</b>		<b>L</b>	<b>PA/O 04/15/11</b>	<b>11:00AM</b>
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LaTrynnda Cunningham-Hollins talked Dr. James Lowe, president of Bishop State Community College address the struggles to getting young people to see the plus side of education. It is important first to receive a quality education. It takes a village to raise a family but it takes a village to encourage them to be all they can be. Success is not always through sports and entertainment. Minority males and females must realize that they can obtain their goals through a college education. People also need the help of their religious and administrative community. High dropout rate is unacceptable because where you are raised does not mean that is where you fall. Bishop State is trying to recapture the student that has dropped out by letting them know that you have value and that we genuinely care about you.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**EDUCATION**

<b>Joy in Our Town 484</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>06/10/11</b>	<b>12:00 PM</b>
					<b>06/11/11</b>	<b>02:30 AM</b>
					<b>06/13/11</b>	<b>10:30 AM</b>
					<b>06/14/11</b>	<b>02:30 AM</b>
					<b>06/16/11</b>	<b>02:30 AM</b>

Host LaTrynnda Cunningham Hollins and guest Cedrick McMillan director of Prichard Preparatory school discuss the problem of many students not having the education they need upon graduation. Studies have shown that many students are not on the level they need to be upon graduation in areas such are reading, writing and arithmetic. Mr. McMillan also stated that it is the parent’s responsibility to see that their child is at the level they should be for their grade requirements. Parents are to stay in tune to their children abilities.

<b>Joy in Our Town 484</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>06/10/11</b>	<b>12:00 PM</b>
					<b>06/11/11</b>	<b>02:30 AM</b>
					<b>06/13/11</b>	<b>10:30 AM</b>
					<b>06/14/11</b>	<b>02:30 AM</b>
					<b>06/16/11</b>	<b>02:30 AM</b>

Host LaTrynnda Cunningham Hollins and guest Cedrick McMillan director of Prichard Preparatory school discuss education and how to assure that your child does not forget what they’ve learned throughout the school year during summer break. During the summer the parents should stay involved in their child’s schooling keeping a constant environment for learning. Refreshing their memory and making learning fun. This will not happen overnight but by developing partnership with other families learning will become enjoyable.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**EDUCATION**

<b>Joy in Our Town 486</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>06/17/11</b>	<b>12:00 PM</b>
					<b>06/18/11</b>	<b>02:30 AM</b>
					<b>06/20/11</b>	<b>10:30 AM</b>
					<b>06/21/11</b>	<b>02:30 AM</b>
					<b>06/23/11</b>	<b>02:30 AM</b>

Host LaTrynnda Cunningham Hollins and America Reads Director Ellen Rawls and Linda Boswell discuss the role literacy plays in education and the how important it is to introduce reading to the child at an early age. It is significant to lead by example, if your child never sees you reading a book they will not want to read either. Encouraging children and young adults to read will make a great difference in their perception of education and learning. It is never too early to teach your child/children to learn to read.

**SENIORS**

<b>Joy in Our Town 480</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>05/13/11</b>	<b>12:00 PM</b>
					<b>05/14/11-DNA</b>	<b>02:30 AM</b>
					<b>05/16/11</b>	<b>10:30 AM</b>
					<b>05/17/11-DNA</b>	<b>02:30 AM</b>
					<b>05/19/11-DNA</b>	<b>02:30 AM</b>

Host Nona Simmons discusses Medicare issues with James Roberson, MHA Regional SHIP coordinator, State Health Insurance Assistance Program (SHIP). The changes that happen yearly to Medicare and how to stay informed. The volunteers talks to the seniors on Medicare about the recent changes and how to get the plan that best works for your disability or health condition. Each individuals needs are different and the plan selected should match the needs.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**SENIORS**

<b>Joy in Our Town 480</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>05/13/11</b>	<b>12:00 PM</b>
					<b>05/14/11- DNA</b>	<b>02:30 AM</b>
					<b>05/16/11</b>	<b>10:30 AM</b>
					<b>05/17/11- DNA</b>	<b>02:30 AM</b>
					<b>05/19/11- DNA</b>	<b>02:30 AM</b>

Host Nona Simmons discusses Medicare issues and changes for seniors with James Roberson, MHA Regional SHIP coordinator discuss the doughnut hole. The Doughnut hole was that gap area that an individual could find themselves in when they have exceeded the yearly amount of coverage. While in the hole you would have had to pay full coverage on medication and visits until you reached the next level and then it will pick back up. But with the Affordable Care Act ends lifetime and annual limits on care it also allows children under 26 to stay of their parents insurance.

<b>Joy in Our Town 483</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>06/03/11</b>	<b>12:00 PM</b>
					<b>06/04/11</b>	<b>02:30 AM</b>
					<b>06/06/11</b>	<b>10:30 AM</b>
					<b>06/07/11</b>	<b>02:30 AM</b>
					<b>06/09/11</b>	<b>02:30 AM</b>

LaTrynnda Cunningham Hollins and guest Julie McGee director of Area Agency on Aging discuss the problem seniors often have during this difficult times, having their needs met. The Area Agency on Aging investigates the needs of the elderly and the resources presently available to meet those needs. Seniors often aren't aware of resources that are available to them such as paying utility bills and medications.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**SENIORS**

<b>Joy in Our Town 483</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>06/03/11</b>	<b>12:00 PM</b>
					<b>06/04/11</b>	<b>02:30 AM</b>
					<b>06/06/11</b>	<b>10:30 AM</b>
					<b>06/07/11</b>	<b>02:30 AM</b>
					<b>06/09/11</b>	<b>02:30 AM</b>

Host LaTrynnda Cunningham Hollins and guest Cara Anne Roberts from Operation Bounce Back discuss the importance of seniors becoming active in their golden year. Ms. Robert states that just because you are getting older does not mean you have to slow down. If you're feeling good and the doctor has given you a clean bill of health there is nothing you shouldn't be able to do within reason. She says that seniors that stretch, exercise, play board games, and do things like dance tend to be happier and more social.

<b>Joy in Our Town 486</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>06/17/11</b>	<b>12:00 PM</b>
					<b>06/18/11</b>	<b>02:30 AM</b>
					<b>06/20/11</b>	<b>10:30 AM</b>
					<b>06/21/11</b>	<b>02:30 AM</b>
					<b>06/23/11</b>	<b>02:30 AM</b>

LaTrynnda Cunningham Hollins and guests Terry Grodsky, director of Retired Seniors Volunteer program and Emelia Gonzalez a RSVP volunteer discuss how important it is for seniors to stay active. One great way to insure a happy active life is through volunteerism. Terry Grodsky says that seniors who volunteer live longer and happier lives. They encourage viewers to encourage their parents and grandparents by letting them know the health and social benefits of staying active and volunteering.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**PUBLIC SAFETY**

	<b>Joy in Our Town 477</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>04/22/11</b>	<b>12:00 PM</b>
						<b>04/23/11-DNA</b>	<b>02:30 AM</b>
						<b>04/25/11</b>	<b>10:30 AM</b>
						<b>04/26/11-DNA</b>	<b>02:30 AM</b>
						<b>04/28/11</b>	<b>02:30 AM</b>

Nona Simmons and Chief of Creola Police Department/Public information officer of Mount Vernon, Jerry Taylor discussed public safety in North Mobile County. As with each department statewide we need more law enforcement officers and fireman. Budget problems have hit all areas of the state, causing counties to work more efficient with what they have. The two cities will assist each other in helping with certain areas. This format is working for these two small rural cities increasing response time for the community.

	<b>Joy in Our Town 477</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>04/22/11</b>	<b>12:00 PM</b>
						<b>04/23/11-DNA</b>	<b>02:30 AM</b>
						<b>04/25/11</b>	<b>10:30 AM</b>
						<b>04/26/11-DNA</b>	<b>02:30 AM</b>
						<b>04/28/11</b>	<b>02:30 AM</b>

Nona Simmons and guest Citronelle Chief of Police Shane Stringer discuss the problem public safety issues for his city. Combating drugs in the schools, underage drinking, burglaries and theft of property by being more active and visible on the streets and getting the citizens more involved in making the community safer. Community oriented policing, setting up a local mentoring program that similar to the one at Strickland Youth center for the youth and Community watch program for the neighborhoods all will have a positive effect of the public.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**PUBLIC SAFETY**

<b>Joy in Our Town 478</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>05/06/11</b>	<b>12:00 PM</b>
					<b>05/07/11</b>	<b>02:30 AM</b>
					<b>05/09/11</b>	<b>10:30 AM</b>
					<b>05/10/11</b>	<b>02:30 AM</b>
					<b>05/12/11</b>	<b>02:30 AM</b>

Host LaTrynnda Cunningham Hollins and guest Shawna Yokely from the Rape Crisis Center discuss sexual violence eighty percent of all rapes, the perpetrator is someone the survivor knows. Six out of ten sexual assaults occur in the victim’s home or at the home of a friend, relative, or neighbor. She says we must know that it is never the victims fault. She encourages viewers to trust the little voice within, it could save a life.

<b>Joy in Our Town 478</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>05/06/11</b>	<b>12:00 PM</b>
					<b>05/07/11</b>	<b>02:30 AM</b>
					<b>05/09/11</b>	<b>10:30 AM</b>
					<b>05/10/11</b>	<b>02:30 AM</b>
					<b>05/12/11</b>	<b>02:30 AM</b>

Host LaTrynnda Cunningham Hollins and guest Jessica Davis from Penelope House discuss domestic violence. Domestic abuse can happen to anyone, regardless of size, gender, race, or economic status. We often find the issue of abuse overlooked, excused, or denied. Abuse can be physical, mental, and even emotional. It is important for you to know that you can get out and be safe and that there are resources available to assist anyone in that situation. We must learn to recognize the warning signs and symptoms of domestic violence and abuse; it is this vital step that must be taken to end the violence. By being informed and armed with the tools needed to help ourselves and our loved ones change can occur.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**PUBLIC SAFETY**

<b>Joy in Our Town 487</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>06/24/11</b>	<b>12:00 PM</b>
					<b>06/25/11</b>	<b>02:30 AM</b>
					<b>06/27/11</b>	<b>10:30 AM</b>
					<b>06/28/11</b>	<b>02:30 AM</b>
					<b>06/30/11</b>	<b>02:30 AM</b>

Host LaTrynnda Cunningham Hollins and guests Trooper Greg Eubanks from the Alabama Department of Public Safety state trooper's office discuss driving safety. It is important not to use cell phones or other devices while driving. We must learn from one another by leading by example. Always buckle up, be aware of your surroundings and stay focused on the road. Driving is a privilege and each individual is responsible to drive safely and be mindful of other motorist in the road.

**CIVIC AFFAIRS**

<b>Joy in Our Town 474</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>04/01/2011</b>	<b>12:00 PM</b>
					<b>04/02/11/DNA</b>	<b>02:30 AM</b>
					<b>04/04/11</b>	<b>10:30 AM</b>
					<b>04/05/11 -DNA</b>	<b>02:30 AM</b>
					<b>04/07/11-DNA</b>	<b>02:30 AM</b>

Nona Simmons and Baldwin County District three County Commissioner Tucker Dorsey discussed the economical and financial anguish of Baldwin County. The new commission solution to the problem was to reduce the workforce and not renew old contracts and eliminate 34 positions. Within forty five days the county commissioners had reduced spending 2.8 million dollars. The drive for the county is to stay in budget and govern reasonably.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**CIVIC AFFAIRS**

	<b>Joy in Our Town 474</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>04/01/2011</b>	<b>12:00 PM</b>
						<b>04/02/11/DNA</b>	<b>02:30 AM</b>
						<b>04/04/11</b>	<b>10:30 AM</b>
						<b>04/05/11 –DNA</b>	<b>02:30 AM</b>
						<b>04/07/11-DNA</b>	<b>02:30 AM</b>

Nona Simmons and Baldwin County District three County Commissioner Tucker Dorsey discussed the highway conditions in Baldwin County. There are many roads not paved adding to the snot problem These dirt roads, if not properly managed, can become damaged by erosion after just a single storm. As this storm water runoff it picks up tons of soil (sediment) and other pollutants from the road. Eventually this water and all that it carries, finds its way into streams, rivers, and lakes. The county has paved some 26.2 miles of highway to help correct this effect on the environment.

	<b>Joy in Our Town 475</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>04/08/11</b>	<b>12:00 PM</b>
						<b>04/09/11</b>	<b>02:30 AM</b>
						<b>04/11/11</b>	<b>10:30 AM</b>
						<b>04/12/11</b>	<b>02:30 AM</b>
						<b>04/14/11</b>	<b>02:30 AM</b>

Host Nona Simmons and Council Woman Bess Rich with the Mobile City council discuss the economic problems facing the city of Mobile by Prioritizing the city budget and issues. Getting rid of the penny tax and rearranging budgets to accommodate the changes. Our sales tax is one of the highest in the nation, but it was in order to deal with issues financial issues facing the community. The government should learn to live within its means as citizens do. We will get back to getting the 9 percent sales tax back to the citizens and getting back to the basics, and doing it well. Also, a recent city annex brought more finances to the city. This assists in helping better serve citizens.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**CIVIC AFFAIRS**

<b>Joy in Our Town 475</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>04/08/11</b>	<b>12:00 PM</b>
					<b>04/09/11</b>	<b>02:30 AM</b>
					<b>04/11/11</b>	<b>10:30 AM</b>
					<b>04/12/11</b>	<b>02:30 AM</b>
					<b>04/14/11</b>	<b>02:30 AM</b>

Host Nona Simmons and Council Woman Bess Rich with the Mobile City council discuss the problem of Airbus not choosing Mobile to build the tanker and how not getting this opportunity keeps us behind in job development. Although the cities capital budget is very slim, they are trying very hard to ensure that needs are prioritized and met head on. As a solution Councilwoman Rich stated that although we did not receive the tanker contract, it is important to know that this is not the end. We must continue to reach out to companies and encourage citizens to look forward. It is important that the city makes meeting the needs of the citizens a priority.

<b>Joy in Our Town 482</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>05/27/11</b>	<b>12:00 PM</b>
					<b>05/28/11</b>	<b>02:30 AM</b>
					<b>05/30/11-DNA</b>	<b>10:30 AM</b>
					<b>05/31/11-DNA</b>	<b>02:30 AM</b>
					<b>06/02/11</b>	<b>02:30 AM</b>

Host LaTrynnda Cunningham Hollins and guest Kyle McKinney with the Alabama social security administration discuss the issue that many people feel that Social Security will run out before they reach retirement age. The Social Security Administration office is solvent and there are no problems until around 2037. There has not been and increase to the cost of living for the seniors since 2008. The social security disbursement age is no longer 65 but 67. If you were born between 1943-1954 the full retirement age is age is 66 and after 1960 full retirement age is 67.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**DRUGS/ALCOHOL**

	<b>Joy in Our Town 481</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>05/20/11</b>	<b>12:00 PM</b>
						<b>05/21/11</b>	<b>02:30 AM</b>
						<b>05/23/11</b>	<b>10:30 AM</b>
						<b>05/24/11</b>	<b>02:30 AM</b>
						<b>05/26/11</b>	<b>02:30 AM</b>

Host Nona Simmons and guests Missy Wilson and Megan Newsome with the Mobile County Health Department discuss the health hazards associated with second hand smoke. She states that second hand smoke can have the same harmful effects as smoking. It is vital that we learn to be wise and educated and realize that smoking kills and if you do not do it for yourself quit for your children and family. It can cause asthma, lung disease, and so many other health problems.

	<b>Joy in Our Town 482</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>05/27/11</b>	<b>12:00 PM</b>
						<b>05/28/11</b>	<b>02:30 AM</b>
						<b>05/30/11</b>	<b>10:30 AM</b>
						<b>05/31/11</b>	<b>02:30 AM</b>
						<b>06/02/11</b>	<b>02:30 AM</b>

Host LaTrynnda Cunningham Hollins and guest Lori Myles with the Mobile Sheriff's office discuss drug testing in schools. Ms. Myles discuss the pros and cons of such drastic actions within the school system. She states that children need a safe place to learn, and when students are interrupted by students who are causing trouble and using illegal substances that are a problem. We should teach our young people the dangers of drug and alcohol use and we should not allow it in our presence as parents. Drugs are dangerous and can lead to a road of self destruction.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**DRUGS/ALCOHOL**

	<b>Joy in Our Town 487</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>06/24/11</b>	<b>12:00 PM</b>
						<b>06/25/11</b>	<b>02:30 AM</b>
						<b>06/27/11</b>	<b>10:30 AM</b>
						<b>06/28/11</b>	<b>02:30 AM</b>
						<b>06/30/11</b>	<b>02:30 AM</b>

Host LaTrynnda Cunningham Hollins and guests Melvin Richardson executive director of Serenity Care drug and alcohol rehabilitation center discuss the facts that often times those who have been clean will find themselves using again. The solution is that an addict must want to change and want the help offered. Family and friends must be careful not to enable them. He says that it is very possible to leave a happy life in recovery, free from drugs and alcohol, but you must get all the bad out of your life and be ready to face your trouble head on.

# Trinity Broadcasting Network

## *Quarterly Report*

July, August, September 2011

WMPV - TV – Mobile, Alabama

Ascertainment List

### **Leading Community Problems**

*Results of ascertainment from civic leaders, responses by telephone from TBN, viewers, from the printed media, comprising newspapers, magazines, publications, and from television and radio, whenever possible*

Health

Family

Youth

Public Safety

Education

Civic Affairs

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HEALTH**

	<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/08/11</b>	<b>12:00 PM</b>
	<b>485</b>					<b>07/08/11</b>	<b>02:30 AM</b>
						<b>07/11/11</b>	<b>10:30 AM</b>
						<b>07/12/11</b>	<b>03:00 AM</b>
						<b>07/14/11</b>	<b>02:30 AM</b>

Jillian Ransom, project coordinator for Mobile county health Department Teen Prevention Program discussed the problem of teen pregnancies. Along with Teen pregnancies there is an increase in sexually transmitted infections (STI) and HIV (human immunodeficiency virus) HIV among the teenagers. Teaching the young person about sex is crucial. The number of young people between the ages of 13-17 is matching the group 18-25 with the increase of venereal diseases. Teen Pregnancy increased 22.9% in 2009 resulting in 900 births between the ages of 15-19 in Mobile County.

	<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/08/11</b>	<b>12:00 PM</b>
	<b>485</b>					<b>07/08/11</b>	<b>02:30 AM</b>
						<b>07/11/11</b>	<b>10:30 AM</b>
						<b>07/12/11</b>	<b>03:00 AM</b>
						<b>07/14/11</b>	<b>02:30 AM</b>

Kelly Warren, M.S.W Mobile County Health Department, Director of Maternal & Child Health discussed the need for being healthy before and during your pregnancy. Many people will only seek health information after they get pregnant. Prenatal and childbirth information is needed before you get pregnant, that is why texting 511BABY or 411BABY to receive information that is needed in regards to having your best health doing this nine month period. Each text message is useful per trimesters. To set your phone up to receive the text message input the due date and the correct e-mails will follow. Fathers and grandparents can also receive the text information to share in this process simply by enrolling through text. Good health is vital to a healthy baby.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HEALTH**

<b>Joy in Our Town 489</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/29/11</b>	<b>12:00 PM</b>
					<b>07/30/11</b>	<b>02:30 AM</b>
					<b>08/01/11</b>	<b>10:30 AM</b>
					<b>08/04/11</b>	<b>02:30 AM</b>

LaTrynnda and Dr. Robert Lightfoot from Victory Health Partners discussed affordable healthcare for families without insurance. It is important to know that there are places to get affordable healthcare and to know that there is no reason not to see a physician when there are places that you can go who will charge base on income. It is important to know what resources are available to you.

<b>Joy in Our Town 489</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/29/11</b>	<b>12:00 PM</b>
					<b>07/30/11</b>	<b>02:30 AM</b>
					<b>08/01/11</b>	<b>10:30 AM</b>
					<b>08/04/11</b>	<b>02:30 AM</b>

LaTrynnda and Dr. Robert Lightfoot from Victory Health Partners discussed having a healthy family. Families must lead one another by example. Eat plenty of fruits and vegetables and drink plenty of water, as well as exercise. Children learn from their parents, parents and care givers must lead the family to good health.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HEALTH**

<b>Joy in Our Town 460</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/12/11</b>	<b>12:00 PM</b>
					<b>08/13/11</b>	<b>02:30 AM</b>
					<b>08/15/11</b>	<b>10:30 AM</b>
					<b>08/18/11</b>	<b>02:30 AM</b>

Joseph Mass and Dr. Beaumont & Dr. Henry Chiropractors from Mobile Chiropractic Care discussed alternative care. Most doctors prefer giving medication to treat the symptom instead of the root cause of the problems. Chiropractic care goes to the cause, whether it is stress or life style changes things could have changed your body 6-7 years ago and then began to change your endocrine system your digestive system then you can formulate the correct results. You have to work both with the medical doctor to control the crisis situation but use the chiropractor to correct the condition that caused the problem to start with. After taking the treatments you can gradually began to get off the medication or reduce the medication. You do not want to be on pills all of your life. The end result is to change the makeup of the body. Cardio vascular, cardio output can be improved without using dangerous medications.

<b>Joy in Our Town 460</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/12/11</b>	<b>12:00 PM</b>
					<b>08/13/11</b>	<b>02:30 AM</b>
					<b>08/15/11</b>	<b>10:30 AM</b>
					<b>08/18/11</b>	<b>02:30 AM</b>

Joseph Mass and Dr. Beaumont & Dr. Henry Chiropractors from Mobile Chiropractic Care discussed the needs of the body. Most medicines came from herbs and natural ingredients but the medication was changed are boosted through chemicals. Clinical nutrition is not a cure but a way to tap into the bodies's own way to cure itself. Nutritional testing has been developed over 20 years ago but generally is not used. Nutrition can even change cancers tissue through several years of treatment by asking the body what you need to fix itself. The body wants to survive and will seek the nutrients from other places in order to survive. Choose healthy foods instead of processed foods to help boost the immune system.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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HEALTH

	Doctor to Doctor #307	28:30	28:30	REC	PA/O/E	7/05/2011	11:30 AM
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**Dr. Scott Hannen** talked about food and suppression. Some foods can steal energy which can lead to being tired, rundown and feeling depressed. It's important to eat a balance diet and to exercise. **Dr. Ross Dorsett** talked about stroke. It is caused by areas of damage to the brain or spinal cord due to lack of blood flow. Risk factors include smoking, diabetes and high cholesterol. It's important to get medical attention with the onset of symptoms. **Dr. Mason Savage** talked about teeth whitening. It should not be performed if you have active tooth decay or periodontal disease. A dental exam should be performed prior to whitening to determine if you are an adequate candidate. Some problems cannot be corrected by whitening.

	Doctor to Doctor #308	28:30	28:30	REC	PA/O/E	7/12/2011	11:30 AM
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**Dr. Mike Ronsisvalle** talked about stressed out marriages. Circumstances in a marriage change and that causes stress, which can lead to fading love. It's very common to disconnect from the very person we pledge to spend the rest of our lives with and make critical mistakes. It's important to commit to the commitment and be humble in the marriage. **Jessica Setnick** talked about calories. It is a measurement of how much energy your body could make after eating a particular food. Calories are the same, but the nutrients are not. Each person is different in the amount of calories needed and burned. It's important to eat a variety of healthy food and focus on what you are getting for your calories. **Dr. James Mittelberger** talked about hospice care. It empowers people to be able to make choices that allow them to have a good death. It provides an array of services for people facing life threatening illnesses. It also provides bereavement programs to continue to support the family after death.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

Doctor to Doctor #309		28:30	28:30	REC	PA/O/E	7/19/2011	11:30 AM
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**Dr. Doreen Lewis** talked about the thyroid. Thyroid problems can result in constipation, cold hands/feet, weight gain/loss, anxiety and nervousness. It is very sensitive to imbalances such as sugar problems, hydrochloric acid deficiencies, milk allergies and gluten sensitivity. It's important to have a doctor check you T3, T4, T7 and TSH. **Dr. George Rhoades** talked about forgiveness. It is very powerful in controlling anger or healing from a past hurt. It's important to say I am sorry and I forgive you. **Dr. Mark Sheehan** talked about heart disease. It is the number one killer of both men and women. Risk factors include family history, age, smoking, hypertension, high cholesterol, diabetes and physical activity. It's important to eat a low fat/low cholesterol diet and get plenty of exercise.

Doctor to Doctor #310		28:30	28:30	REC	PA/O/E	7/26/2011	11:30 AM
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**Dr. Rita Hancock** talked about hidden stress. An underlying stress can result in medical conditions. Women tend to manifest stress more in terms of physical illness than men do. It's important to deal with stresses at the appropriate time and seek out counseling if necessary. **Dr. Randy Brinson** talked about Celiac Disease. It's a disease in the small intestine that does not allow for gluten to be digested. It can cause damage to the small intestine and result in diarrhea, bloating, distension, cramping and constipation. It's important to get diagnosed and eat a gluten free diet. **Dr. Jeffery Crowhurst** talked about diabetes and the foot. Diabetes can cause foot complications such as Neuropathy, nerve damage, and poor circulation. This can lead to foot sores, infections and amputation. It's important to seek treatment early for any foot problem.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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## HEALTH

Doctor to Doctor #311		28:30	28:30	REC	PA/O/E	8/02/2011	11:30 AM
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**Dr. Bill Williams** talked about TMJ. Symptoms can be headaches, clicking jaw, neck ache, dizziness, over close bites and grinding teeth. Jaw EMG Study, motion study, and K7 neuromuscular analysis are used to diagnosis a problem and treatment. **Dr. Charles Simmons** talked about safe guarding your home. Crawl and search your home for hazards. Children will pull items down or run into low set items such as a coffee table. Kitchens and bathrooms have water which doesn't take much for a child to drown in. **Dr. Jill Westkaemper** talked about Metabolic Syndrome. It can lead to heart attack and stroke. A person with Metabolic Disease will have three of the following: belly circumference great than 40 inches for a man and 36 for a woman, elevated blood pressure, elevated fasting blood sugar, fasting triglyceride level over 50 and low HDL. Losing weight will reduce your risk.

Doctor to Doctor #314		28:30	28:30	REC	PA/O/E	8/23/2011	11:30 AM
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**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.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

Doctor to Doctor #315	28:30	28:30	REC	PA/O/E	8/30/2011	11:30 AM
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**Dr. Stephanie Blenner** talked about Dyslexia. It is a deficient with phonological processing. There is difficulty in recognizing that words are made up of letters and they correspond to specific sounds. Early intervention is important, prior to the third grade, because the brain is still growing. **Dr. Dale Peterson** talked about food allergies. It is a sensitivity of the body's immune system to a specific substance. Symptoms can be delayed and can include headaches, chronic skin irritations, and behavior issues. Skin tests and elimination diet can be used to determine the allergy. **Dr. Bernice Gonzalez** talked about healthy living and weight loss. Extra weight can cause diabetes, high blood pressure, heart disease and stroke. It's important to rid the body of fat and maintain muscle. It's important to eat fresh veggies/fruit, drink plenty of water, pay attention to portion sizes and exercise.

Doctor to Doctor #316	28:30	28:30	REC	PA/O/E	9/06/2011	11:30 AM
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**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.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

Doctor #317	to Doctor	28:30	28:30	REC	PA/O/E	9/13/2011	11:30 AM
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**Dr. Mark Brown** talked about sit and get fit. When sitting for long periods of time, it can cause metabolic syndrome. This is when the metabolism slows down to basically 0. It's important to incorporate movement throughout your day. **Kay Spears** talks about blood sugar metabolism. Too much sugar can cause insulin resistance. It's important to eat foods low on the glycemic index such as fruits, vegetables, nuts and whole grains. Exercise and supplements can help as well. **Dr. Brian Nimphius** talked about how back pain affects the body. Muscles move the spin back and forth. The vertebrate move individually. When joints stop moving properly, muscles simply don't contract or relax. It's important to increase spinal joint mobility and stability.

Doctor #318	to Doctor	28:30	28:30	REC	PA/O/E	9/20/2011	11:30 AM
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**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.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**FAMILY**

	<b>Joy in Our Town 458</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/01/11 07/02/11 07/07/11</b>	<b>12:00 PM 02:30AM 02:30 am</b>
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LaTrynnda, Carmelita Millsap and LaTorie Horn from Department of Human Resources (DHR) talked on the need for adoptive parents. Once a child has been deemed legal for adoption, after their parental rights have been terminated the courts turns the child over to DHR and the search begins for a new parent. There is a need for Adoptive parents for special needs kids. DHR do have some kids who have stayed until they aged out at 21.

	<b>Joy in Our Town 458</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/01/11 07/02/11 07/07/11</b>	<b>12:00 PM 02:30AM 02:30 AM</b>
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LaTrynnda talked to Monica Lang, Community Resource Specialist from Department of Human Resources (DHR) Jobs Program. The Employment Program helps change family dynamics. Some of the clients this is their first time to work. Each client have to work at least 35 hours a week, this is teaching each person the discipline need to sustain a day at work. Case mangers help find jobs where they work either 6 weeks to 6 months in this program. Participation is needed in order to continue receiving resources. If the person fails to complete the program up to 50% of their assistance can be cut.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**FAMILY**

	<b>Joy in Our Town 449</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/15/11</b>	<b>12:00 PM</b>
						<b>07/16/11</b>	<b>02:30 AM</b>
						<b>07/18/11</b>	<b>10:30 AM</b>
						<b>07/21/11</b>	<b>02:30 AM</b>

LaTrynnda and Jimmy Knight from the Mobile Community Action (MCA) which serves Mobile County, Washington and Wilcox County discussed how poverty is touching the family. More families this year than last year need some sort of assistance to make ends meet. MCA now serving 48,000 families with 12 centers; the economy and the high unemployment rate has forced more families to seek help for utilities or disconnect notices. The center also assists with emergency housing, food along with air conditioners and fans for homes when needed.

	<b>Joy in Our Town 449</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/15/11</b>	<b>12:00 PM</b>
						<b>07/16/11</b>	<b>02:30 AM</b>
						<b>07/18/11</b>	<b>10:30 AM</b>
						<b>07/21/11</b>	<b>02:30 AM</b>

LaTrynnda and Makinde Gbolahan from Osanyin Institute of Health discussed youth eating habits. The goal of every parent should be how to teach your child to eat well. Living in a commercialized society only teaches you to do everything fast. The high cost of food is not at the cash register, but the cost it is for you. Read the content of your food packages watch for salt. Added sodium can be found in unlikely places like baby food. The Baby doesn't know the taste but the mother does so they add it to the food. Younger and younger members of the family are diagnosed with conditions that was in the past associated with senior citizens.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**FAMILY**

	<b>Joy in Our Town 492</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/02/11 09/03/11 09/05/11 09/08/11</b>	<b>12:00 PM 02:30 AM 10:30 AM 02:30 AM</b>
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LaTrynnda talks to Tonja Smith & Ashley Carlock from DHR regarding Foster Care and the need for Foster families. Fostering is not a job but a calling. One of the criteria for a family considering being a foster parent is that the family must be self sufficient. There is monetary assistance given for each child but not enough to cover all expenses. The children brought to Foster care due to allegations of abuse/ neglect or the parent surrenders the child for temporary boarding until they can better care for the child. When there are multiple siblings we try to keep them together understanding that sibling bonds are needed in a family.

	<b>Joy in Our Town 492</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/02/11 09/03/11 09/05/11 09/08/11</b>	<b>12:00 PM 02:30 AM 10:30 AM 02:30 AM</b>
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LaTrynnda talks to Tonja Smith & Ashley Carlock from DHR regarding the need for families to adopt. There are over 400 children in Alabama that needs forever families. The majority of the children needing a home are over 8 years old. Talking to the kids and asking them what they want in a family not what the families want in the child. We match the desires of the children with a family that matches. There are request for older children but most people wants an infant or a child under two. Many children are adopted by their foster parents. It is something about having a child for years within your home the next natural dimension is to adopt. Keeping siblings together is considered special needs, wheelchair bound, medical needs, down-syndrome all of these are considered special needs. If you have a desire to adopt take the 10 week class as soon as possible so when the child that you want enters the system you will be ready.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**YOUTH**

	<b>Joy in Our Town 493</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/09/11</b>	<b>12:00 PM</b>
						<b>09/10/11</b>	<b>02:30 AM</b>
						<b>09/12/11</b>	<b>10:30 AM</b>
						<b>09/15/11</b>	<b>02:30 AM</b>

LaTrynnda and O’Neal Stallworth Porter discussed why the children have lost direction. Having youth organizations in the community doesn’t help if the parent does not help them attain their goals. Children need boundaries. Parents have to deal with the whole child, not just the soul but the mind and body. Work on every aspect of the child; first respect them and their ideas allowing them to communicate their vision. Value their right to be different. The child will not remain a child and your goal is to get them to be a productive viable adult.

	<b>Joy in Our Town 493</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/09/11</b>	<b>12:00 PM</b>
						<b>09/10/11</b>	<b>02:30 AM</b>
						<b>09/12/11</b>	<b>10:30 AM</b>
						<b>09/15/11</b>	<b>02:30 AM</b>

LaTrynnda and O’Neal Stallworth Porter discussed that the youth are into Money, Sex and Promiscuity. With a young person the way you start is how you end up. They must understand that sex outside marriage has consequences. This should be between a husband and a wife. Money is not free and that you should spend it wisely. If you purchased the item on credit then pay the bill; your credit score is essential to all adults. Don’t have people to lie for you when creditors call. The condition you were born into does not cement you for life to that location.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**YOUTH**

	<b>Joy in Our Town 494</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/16/11</b>	<b>12:00 PM</b>
						<b>09/17/11</b>	<b>02:30 AM</b>
						<b>09/19/11</b>	<b>10:30 AM</b>
						<b>09/22/11</b>	<b>02:30 AM</b>

LaTrynnda and Joy Logan from Crittenton Youth Services discussed bullying in the middle school. Bullying is different than just playing or fighting. It is defined as a behavior toward another which is continuous, purposeful and meant to hurt; usually done toward someone that doesn't have the power to stand up. The person doing the bullying knows the type of person that will not stand up. The bullying is normally done 3-4 times a month. It is important that the adults recognize the signs of bullying. Many are emulating what is going on around them. The loudness, assertiveness, aggressive and power control are techniques and part of bullying. Bullying is growing pass the argument in the playground, bus, and hallways and now is on the internet.

	<b>Joy in Our Town 494</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/16/11</b>	<b>12:00 PM</b>
						<b>09/17/11</b>	<b>02:30 AM</b>
						<b>09/19/11</b>	<b>10:30 AM</b>
						<b>09/22/11</b>	<b>02:30 AM</b>

LaTrynnda and Joy Logan from Crittenton Youth Services discussed peer pressure. Peer pressure is allowing others to get you to do something that you may not want to do, because it is important to fit in. Around the age of 12 or the seventh grade the groups begins to form, the desire to mingle in and not to stick out. The social network is making peer pressure worst. Parents should teach independence by allowing them to make decisions early like selecting their clothing, shoes and school supplies. Help them understand that in the end the decision is yours and nobody else can be blamed for what you do.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**YOUTH**

	<b>Joy in Our Town 496</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/30/11</b>	<b>12:00 PM</b>
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Nona Simmons and Lori Myles, Public affairs director-Mobile County Sheriff’s Office discussed Preparing the youth for the workforce. The eight graders were taken to a huge Workforce convention and the first things they told them were that they entered the doors were, “You’re going to be drug tested.” Mobile United Workforce and Public Safety committee disclosed there numbers of the unemployed in Mobile County and found that the huge numbers of unemployed in Mobile County are due to not being able to pass the drug test. MCSO is alerting the youth to stay clean so when they are ready to enter the workforce they are drug free.

	<b>Joy in Our Town 496</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/30/11</b>	<b>12:00 PM</b>
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Nona Simmons and Judge Edmond Naman from James T. Strickland Youth Center discuss children in Crisis. The center is soliciting the help of the community to help with the children at the center. There are many programs from the public offered to the center but each one has to be researched to see if this is a viable program, after all these are children and cannot be handed over to unsubstantiated groups. The Leadership Program for kids without fathers is making a positive impact and influence on the lives of the young people. The Center doesn’t want to be with the youth for a short term but for life.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**PUBLIC SAFETY**

	<b>Joy in Our Town 490</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/05/11 08/06/11 08/08/11 08/11/11</b>	<b>12:00 PM 02:30 AM 10:30 AM 02:30 AM</b>
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LaTrynnda and David Schultz from the Mobile County –Emergency Preparedness Program discussed disaster and preparedness. Each person should make sure that they know where the shelters are located. Make sure to have three days of medications, food and water for each person staying with you during the disaster. Secure important documents in a dry place. Be sure to check on the elderly family members and also it is important to listen to advisories on your weather radio and follow instructions. These things can keep you safe.

	<b>Joy in Our Town 490</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/05/11 08/06/11 08/08/11 08/11/11</b>	<b>12:00 PM 02:30 AM 10:30 AM 02:30 AM</b>
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LaTrynnda and David Schultz from the Mobile County –Emergency Preparedness Program discuss how you prepare for germs in public areas. The most important rule is to wash your hands. When in public be aware of where you put your hands, what you are touching and then touching your face. You should never cover your mouth when sneezing with your hands instead, sneeze into your elbow. Things like this can keep you safe from germs.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**PUBLIC SAFETY**

<b>Joy in Our Town 491</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/26/11</b>	<b>12:00 PM</b>
					<b>08/27/11</b>	<b>02:30 AM</b>
					<b>08/29/11</b>	<b>10:30 AM</b>
					<b>09/01/11</b>	<b>02:30 AM</b>

LaTrynnda and Mobile County Emergency Management (MCEM) plans and operation manager Donald Leeth discussed tornadoes preparedness. The problems with tornadoes are there is very little warning. The warning will come from your local weather alerts that you need to pay attention to. If there is a WATCH, this means the conditions are favorable for development of a possible tornadoes; but if it change to WARNING then you are to seek and interior room with no glass or windows. The reason for interior room because if you can see out debris can get in; small items like toys, bricks, lawn furniture become high velocity weapons. If you are in a vehicle and see a tornado exit the car and seek a low lying area and stay down. Do not stay in the car because it will roll with all the glass surrounding you that will not be a safe place.

<b>Joy in Our Town 491</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/26/11</b>	<b>12:00 PM</b>
					<b>08/27/11</b>	<b>02:30 AM</b>
					<b>08/29/11</b>	<b>10:30 AM</b>
					<b>09/01/11</b>	<b>02:30 AM</b>

LaTrynnda and Mobile County Emergency Management (MCEMA) plans and operation manager Donald Leeth discussed Pre and Post Hurricane preparedness. The MCEMA have drills and practice what to do to keep skills sharp in preparing for any and all emergencies. The First thing, make decisions whether going to go or stay. Leaving prepare your route and leave detailed information where you are going to be. Always heed the information given by the city officials and EMA. The main thing that we tell others is, “that the first 72 hours are on you”. Have enough water, food, batteries and flashes to sustain you doing that time. Gas for your generator and supplies for the pets are all needed during this three day period.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**PUBLIC SAFETY**

<b>Joy in Our Town 495</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/23/11</b>	<b>12:00 PM</b>
					<b>09/24/11</b>	<b>02:30 AM</b>
					<b>09/26/11</b>	<b>10:30 AM</b>
					<b>09/29/11</b>	<b>02:30 AM</b>

LaTrynnda and Trooper Greg Eubanks talked about **the problem** distracted driving. Distracted driving is anything that may divert your attention while driving; grooming, eating, GPS, changing the radio are all forms of distraction. But now we are talking more about cell phone usage and texting while driving. Seeing others driving poorly is a reason a public safety officer might pull you over. You are either going to slow or veering off the road, currently you cannot be pulled over for only testing but most times you will do other things which will allow the officer to pull you over. If the phone rings and you have a text message, pull over and read the message. The life you save may be your Own.

**EDUCATION**

<b>Joy in Our Town 421</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/19/11</b>	<b>12:00 PM</b>
					<b>08/20/11</b>	<b>02:30 AM</b>
					<b>08/22/11</b>	<b>10:30 AM</b>
					<b>08/25/11</b>	<b>02:30 AM</b>

LaTrynnda Cunningham-Hollins talked to John Hoyle Communication Coordinator & Audrey (student) from the Alabama School of Math & Science (ASMS); the School is directed toward pre-college classes. This school is having a big impact on the community. The school is the only public residential school campus in the state of Alabama. They students must take core classes along with the Math. With NASA and Northrop Grumman in the area but we found that there is a crisis in lack of Engineers in the United States. This school graduate 100% of their students the dropout rate is huge in the rest of the community but not at this school. Most students that are going to the school have a desire to learn. The school does have genius students but most of the students just have a drive to do better. Parents need to push reading and learn them that this is the first steps to being great.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**EDUCATION**

	<b>Joy in Our Town 421</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/19/11</b>	<b>12:00 PM</b>
						<b>08/20/11</b>	<b>02:30 AM</b>
						<b>08/22/11</b>	<b>10:30 AM</b>
						<b>08/25/11</b>	<b>02:30 AM</b>

LaTrynda Cunningham-Hollins talked to John Hoyle Communication Coordinator & Desmond Garner (student) from the Alabama School of Math & Science (AMS). Desmond talked about the environment and learning. The school where he came from was not focused there was stabbings and fights at the school where he left from he had a desire to learn. At **AMS** he excelled because he had a drive but the teachers pushed him to achieve. ASMS offers higher class levels than other schools. The school prepares the students for the future. Teaching Mandarin and Chinese to be a big part of community service. If you have a student that is interested in coming to ASMS they have a summer program that gives you a small taste of the school.

	<b>Joy in Our Town 495</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/23/11</b>	<b>12:00 PM</b>
						<b>09/24/11</b>	<b>02:30 AM</b>
						<b>09/26/11</b>	<b>10:30 AM</b>
						<b>09/27/11</b>	<b>02:30 AM</b>

Nona Simmons and Lori Myles, Public affairs director-Mobile County Sheriff's Office discussed drugs in the highs schools. Drug testing in the schools is being met by opposition from parents that think that the school is out to get their child. The truth is that the Mobile county School System is trying to help the children and prepare them for the future. The school board should not have to alert you that your child has a problem. The parents can elect to OPT-Out of the testing as long they can prove that they did their own outside testing. Educating early is the best way.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**CIVIC AFFAIRS**

	<b>Joy in Our Town 488</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/22/11</b>	<b>12:00 PM</b>
						<b>07/23/11</b>	<b>02:30 AM</b>
						<b>07/25/11</b>	<b>10:30 AM</b>
						<b>07/26/11</b>	<b>03:00 AM</b>
						<b>07/28/11</b>	<b>02:30 AM</b>

United Concerned Citizens of Prichard (UCCOP) Ms. S. Campbell Morris and Martha Bonham discussed the problems facing the city of Prichard. UCCOP has given the community more of a voice in the city meetings. The group started out just cleaning up the city and planting flowers but as the need grew so did the projects. After the hurricane hit the area, citizens were being informed that there insurances companies were dropping them. The group sought help from the state and the governor of Alabama directed the citizens to talk to the Home Owners Hurricane Insurance Initiative group which directed them to low cost home insurance. UCCOP gives visibility and request accountability from elected officials.

	<b>Joy in Our Town 488</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/22/11</b>	<b>12:00 PM</b>
						<b>07/23/11</b>	<b>02:30 AM</b>
						<b>07/25/11</b>	<b>10:30 AM</b>
						<b>07/26/11</b>	<b>03:00 AM</b>
						<b>07/28/11</b>	<b>02:30 AM</b>

United Concerned Citizens of Prichard (UCCOP) Ms. S. Campbell and James Young discussed the problems facing the Prichard Water Board. The goal is to promote change and enhance the quality of the community. The high water bills have been a problem for years but finally a Bill was introduced that would change the way Prichard Water Works is being handled. The law governing Prichard Water Works had been drafted in 1901. Senator Figures and others assisted the citizens to get a Bill passed that amended the 1901 bill which now reflects the needs of the citizens today. The passing of this bill allows seniors, low-income and single family household the opportunity to have a voice regarding the high water bills.

# Trinity Broadcasting Network

## *Quarterly Report*

October, November, December 2011

WMPV - TV – Mobile, Alabama

Ascertainment List

### **Leading Community Problems**

*Results of ascertainment from civic leaders, responses by telephone from TBN, viewers, from the printed media, comprising newspapers, magazines, publications, and from television and radio, whenever possible*

HEALTH

YOUTH

CRIME

UNEMPLOYMENT

CIVIC AFFAIRS

HOUSING

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HEALTH**

	<b>Joy in Our Town 499-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/21/11</b>	<b>12:00 PM</b>
						<b>10/22/11</b>	<b>02:30 AM</b>
						<b>10/24/11</b>	<b>10:30 AM</b>
						<b>10/25/11</b>	<b>03:00 AM</b>
						<b>10/27/11</b>	<b>02:30 AM</b>

LaTrynnda and Dr. Gilles Beaumont from Mobile Chiropractic Group discussed Diabetes. There are over 300 million people diagnosed with diabetes and 26 million of those are in the United States. Many young people are inheriting bad habits passed on to them from their parents. The solution is to reduce the intake of carbohydrates to 120 grams a day. To control the craving eat small snacks in between meals. An half of apple and a stick of cheese will help eliminate cravings. Educate yourself and learn to identify the harmful foods and stay away from process foods.

	<b>Joy in Our Town 499-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/21/11</b>	<b>12:00 PM</b>
						<b>10/22/11</b>	<b>02:30 AM</b>
						<b>10/24/11</b>	<b>10:30 AM</b>
						<b>10/25/11</b>	<b>03:00 AM</b>
						<b>10/27/11</b>	<b>02:30 AM</b>

LaTrynnda and Dr. Gilles Beaumont from Mobile Chiropractic Group discussed the process of detoxing the body. We ingest into our body chemicals from the soil, water and sometimes through foods that comes from unregulated countries where the FDA is not inspected. Water purification is only done for certain chemicals and other chemicals are not tested. Genotoxins in water supply began to act like antibiotics, estrogen or progesterone these toxins/foreign matter the bodies doesn't know what to do with. The liver and the kidneys which are the body's filters can only clean so much and the remainder of this product is placed back into circulation again. A healthy diet including cauliflower, Brussels sprouts, kale, and turnips all will assist with detoxing.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

	Joy in Our Town 459-1	28:30	13:30		L PA/O	11/07/11	10:30 AM
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LaTrynnda and Makinde Gbolahan, from the Rapha National Health Institute discussed heart health. Heart disease is the number one killer in America. The heart needs certain requirements to keep it healthy, alleviating stress, high blood pressure and high cholesterol helps the heart to pump, 250 gallons of blood a day. If the arteries are clogged then the blood cannot be pumped correctly to the outer extremities of the body.

	Joy in Our Town 435-2	28:30	13:30		L PA/O	11/07/11	10:30AM
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**Joseph Mass** talked to Ray Pelt regarding the significance to the numbers seen on the restaurant ratings score cards. The score card is there to let you know that there was something wrong, not necessarily telling you not to eat there. You can lose five points for one employee not having a food handler’s license. Another five points for the manger not being informed on procedures there are many reasons to lose points and still be a good place to eat. Receiving a score below 84 can cause you not to get your license if this is the first time applying for a license. A score of 60and the establishment is closed down.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HEALTH**

	<b>Joy in Our Town 479.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>11/14/11</b>	<b>10:30 AM</b>
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Host Nona Simmons and Joy Logan with Crittenton Youth Services discuss the health risk of promiscuity. Refraining from sexual contact is the only completely effective protection against unwanted pregnancy, STD's, and AIDS. Although many people say that abstinence isn't possible in today's society, it is important that we know all the facts concerning sexual responsibility. Sexually transmitted diseases are not just affecting one group or population; it has become prevalent among all age groups and backgrounds. Many people say it will never happen to me, and they are devastated when they receive a bad report.

	<b>Joy in Our Town 479.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>11/14/11</b>	<b>10:30 AM</b>
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Host Nona Simmons and guest Joy Logan with Crittenton services discuss the importance of raising healthy happy children. Children, who do not receive proper nutrition, have more difficult time learning and their attention span is much shorter. We must insure that children eat balanced meals for breakfast, lunch and dinner; suggesting that parents also can change their bad eating habits and lead by example. Take small steps, add healthier snacks to their diet or replace white bread with whole grain. One small step at a time can add up to big changes in the health of your entire family.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HEALTH**

	<b>Joy in Our Town 504-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/09/11</b>	<b>12:00 PM</b>
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LaTrynnda and Jacky Snell-Curry discussed Health & HIV, the solution is not to be promiscuous and know your intimate partner. If you are sexually active get tested regularly. HIV is not a death sentence, but it is a disease that can be avoided 99% of the time. Be wise and educate yourself for your own safety. Thinking that HIV is not for you time is over. The rate is now increasing in the elderly. Safe sex is for everyone, the goal is to get the community aware. Education is needed to combat the spread of this disease. HIV is treatable but not curable. HIV is human immune virus, it is a life style behavior disease, and it is 100% preventable if you give up unprotected sex. The numbers are increasing among every age group. The study done on people between the ages of 40-79 their rates are increasing. This is not a homosexual issue as the community think it is, an uneducated issue. The more you know the more the numbers decrease. Public Health educators are there to tell all about the communicable disease, we must remove the myth that it cannot happen to me. When the symptoms are given many young people encounter that some of them has the conditions,

	<b>Doctor to Doctor #320</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/ E</b>	<b>10/04/2011</b>	<b>11:30 AM</b>
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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 Varghese 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.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HEALTH**

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

<b>Doctor to Doctor #322</b>		<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/ E</b>	<b>10/18/2011</b>	<b>11:30 AM</b>
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Dr. Jill Westkaemper talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. Dr. Leonard Scott talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. Dr. Janet Poole talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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	<b>Doctor to Doctor #323</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>10/25/2011</b>	<b>11:30 AM</b>
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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.

## **HEALTH**

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

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**HEALTH**

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

<b>Doctor to Doctor #327</b>		<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>11/29/2011</b>	<b>11:30 AM</b>
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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.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**YOUTH**

	<b>Joy in Our Town 496-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/01/11</b>	<b>02:30AM</b>
						<b>10/03/11</b>	<b>10:30 AM</b>
						<b>10/06/11</b>	<b>02:30 AM</b>

Nona Simmons and Lori Myles, Public affairs director-Mobile County Sheriff’s Office (MCSO) discussed Preparing the youth for the workforce. Eight graders were taken to a huge Workforce convention and the first things they told them when they entered the doors were, “You’re going to be drug tested.” The young people were thrust into the real world and they talked about how they felt being surprised with that information. Mobile United Workforce and Public Safety committee disclosed the percentages of unemployed in Mobile County and found that the huge numbers of unemployed in Mobile County are not able to pass the drug test. MCSO is alerting the youth to stay clean so when they are ready to enter the workforce they are drug free.

	<b>Joy in Our Town 496-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/01/11</b>	<b>02:30AM</b>
						<b>10/03/11</b>	<b>10:30 AM</b>
						<b>10/06/11</b>	<b>02:30 AM</b>

Nona Simmons and Judge Edmond Naman from James T. Strickland Youth Center discuss children in Crisis. The youth center is soliciting the help of the community to help with the children at the center. There are many programs being suggested from the public but each one has to be researched to see if this is a viable program, after all these are children and cannot be handed over to unsubstantiated groups. The Leadership Program for kids without fathers is making a positive impact and influence on the lives of the young people. The Center doesn’t want mentors to be with the youth for a short term but for life.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**YOUTH**

	<b>Joy in Our Town 502-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>11/25/11 11/28/11</b>	<b>12:00 PM 10:30 AM</b>
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LaTrynnda and Fredrick Richardson, Mobile Councilman Vice President, District 1, discuss teens out to late, and not in school causing problems and getting into trouble. Solution implementing the curfew which will get teens off the streets late night and also in the day when in school is in. The police officers are now able to talk to the kids on the street and inquirer why you are out this time of day. This program also allows the parents to seek assistance with problem kids. If they are suspended from school then we can seek resources to get them back in school.

	<b>Joy in Our Town 504-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/09/11</b>	<b>12:00 PM</b>
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LaTrynnda and Jacky Snell-Curry/Mobile Teen Center discussed the teens with poor self esteem and life skills. The solution is to talk to your teens and get to know their friends. As a parent and adults we must be more involved in their lives and teach them good values. Negative language among peers is the start of disrespectful behavior. Teaching the young person to balance peer pressure to self esteem issues, look for good qualities in others. A good healthy relationship should be built on trust and honesty. Don't take verbal abuse or physical abuse, learn to value yourself and move on. It is not like the television programs life is different, seek person with that will respect you as you respect them. People just want to be loved.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**YOUTH**

	<b>Joy in Our Town youth 506-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/16/11</b>	<b>12:00 PM</b>
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LaTrynnda and Jayne Carson, Helping families' initiative, discuss bullying and the youth's inability to separate real from fiction; Many young people mimic what they see on television. Bullying in sometimes in direct correlation to what is going on in the home. Parents sometime bully their own children, due to problems in the home, show the increase in domestic violence. Children, model themselves from their parents. Bullying is not gender sensitive boys and girls both will bully a person they deem as weaker than them. Bullies get their power only if it is given to them. Bullies assert power they wish they had, through words and their opinions of others

	<b>Joy in Our Town 506-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/16/11</b>	<b>12:00 PM</b>
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LaTrynnda and Jayne Carson, Helping families' initiative is to help kids before they get in serious trouble and help them stay in school. We look at those with serious offenses to see what the stressors those are causing the problem. The school system has to report all suspensions and trancies; we use this information to see where we can help. Sometimes parents need new parenting technique it is financial and we try to help, sometimes the family is homeless and they don't tell anybody. Our approach is the behavior is a symptom not the disease. Better functioning the family better behaved the child. This is the 9<sup>th</sup> school year and being an outside agency is welcomed there, they are educator's not case workers. We don't except referrals, we help those parents who are totally unengaged, and we are their only to enforce the mandatory attendance act. They must attend school and behave while they are there. We talk with the parents letting them know that our main purpose is to help your child

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**YOUTH**

	<b>Joy in Our Town 505-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/23/11 12/26/11</b>	<b>12:00 PM 10:30 AM</b>
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Kendrick Dunklin, Admissions Counselor from Springhill College discussed college admissions for seniors. The Program “Nobody left behind” actually hurt the students wanting to attend college because it lowered the grade point average needed to attend college to 2.5 which is a “D” where in the pass it was a 3.5. The point of the program was to have a desire for higher education. The student must secure their own entrance into a 4year college. To encourage the student field trips, putting them through hands ion attention that helps them make the decisions.

**CRIME**

	<b>Joy in Our Town 497-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/07/11 10/08/11 10/10/11 10/11/11 10/13/11</b>	<b>12:00 PM 02:30AM 10:30 AM 03:00 AM 02:30 AM</b>
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LaTrynnda talks with JAMES ROBERSON, MHA Regional Coordinator about Medicare fraud. The Senior Medicare Patrol (SMP) program is there to seek out fraud in the Medicare systems. Last year Medicare lost of 60 billion dollars due to health care fraud. Medicare is one of the largest insurance companies in the world that pays out over a billion dollars a day. Medicare is choosing to regulate charges through secured businesses, and sale of medical supplies that are Medicare approved and relieving the need for double and triple checking. The items will be billed similar to charges on a credit card itemizing purchases charged to your account. This knowledge aids seniors in protecting themselves from fraud.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**CRIME**

	<b>Joy in Our Town 503-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/02/11 12/05/11</b>	<b>12:00 AM 10:30 AM</b>
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LaTrynnda and Sheriff Sam Cochran-Mobile county discusses more violent crime being reported and being safe We must be proactive with our own safety. Report crimes and know what is happening in your neighborhood. It looks likes we are catching more criminals than ever, due to technology. Cameras are more available this cuts down on response time. The abuse of pharmaceutical drugs abuse has risen in the last ten years. More die from overdose than car accidents. The offenders are younger and they are been the late teens and early twenties. The rate is expected to go down with the implication of the new teen curfew.

	<b>Joy in Our Town 503-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/0211 12/05/11</b>	<b>12:00 PM 10:30AM</b>
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LaTrynnda and Sheriff Sam Cochran-Mobile county discusses the use of synthetic drugs being on the rise/ the solution is to report all suspicious activity. The community can make their streets safe by doing this. An anonymous line has been setup to report METH and strange activity. The METH TEXT 839863 is highly successful in finding METH house. The MCSO is also cleaning up the stores carrying the synthetic drugs legally being sold under different names.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**CRIME**

	<b>Joy in Our Town 507.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/30/11 12/31/11</b>	<b>12:00 PM 02:30 AM</b>
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LaTrynnda and Tina Waller, President and CEO of the Better Business Bureau discussed the internet scams. It is safe to order items online, but be cautious just be sure that you make an attempt to validate the contact number. Call before you send money. Use secure sights larger companies with proven track records from previous buyers. Prior to the purchase discuss their exchange and return policies. There is still times where people have rummaged through garbage to find your personal information. Encourage checkout. The laws have not kept up with crimes being committed.

	<b>Joy in Our Town 507.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/30/11 12/31/11</b>	<b>12:00 PM 02:30 AM</b>
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LaTrynnda and Tina Waller, President and CEO of the Better Business Bureau discussed the fraud doing the holiday. While shopping take only two credit cards with you. The Lottery scam is still out there along with Medicare fraud, diabetic supplies and insurance information. The con artist wills sale the same item many times over the internet where they may only have one or none. Inform senior citizens to be careful or allow someone to review the site before sending money. The country of Nigeria is notorious for this scam that approaches seniors.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**EMPLOYMENT/UNEMPLOYMENT**

	<b>Joy in Our Town 498-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/14/11 10/15/11 10/17/11 10/18/11 10/20/11</b>	<b>12:00 PM 02:30 AM 10:30 AM 03:00 AM 02:30 AM</b>
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Leigh Perry Herndon Vice President of Marketing from the Mobile Chamber of Commerce discussed unemployment in Mobile. Smaller support companies are coming to the area to get closer to the steel company in North Mobile County hiring 20-30 workers each; but still the unemployment rates remain at around 9%. Finding and hiring viable workers is the problem many cannot pass the drug or the background checks needed to secure the jobs offered. The job being offers trained individuals an income of up to fifty thousand dollars a year.

	<b>Joy in Our Town 500-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/28/11 10/29/11</b>	<b>12:00 PM 02:30 AM</b>
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LaTrynnda and Pamela Ware Director of Marketing and Public affairs discuss the current job market. Companies are hiring but at a slower pace, it depends on what you are looking for and what you are trained to do. People are out of work longer than 6 months because they are looking for the job they had, now you must look for the job that is available. Think outside the box. Take you years of experience and break it down and now instead of scanning for one job you are looking at 4-5 jobs. The students are the hardest jobs to feel because the employer is looking for experience and coming out of college with you degree you have no experience in their field of study. The recent grad must seek jobs closest to their field of study and build experience.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
	<b>Joy in Our Town 501-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>11/18/11 11/19/11 11/21/11</b>	<b>12:00 PM 02:30 AM 10:30 AM</b>

LaTrynnda and Pamela Ware Director of Marketing and Public affairs discuss getting back in the job market. The Alabama Career Center and Mobile Works provide job training for those serious about hunting a job. Some companies offer Tuition assistance allowing the person to go back to school where you are better able to compete in the workforce. The training is given according to what the local companies are looking for. If they are looking for welders then the class is a welding class, etc. The gauge is according to the growth in the area.

## **EMPLOYMENT/UNEMPLOYMENT**

	<b>Joy in Our Town 502-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>11/25/11 11/28/11</b>	<b>12:00 PM 10:30 AM</b>
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LaTrynnda and Fredrick Richardson, Mobile Councilman Vice President, District 1, discuss the employment problems in Mobile County. Since the Mobile cruise ship left Mobile it increases the numbers of the unemployed in Mobile. Benders recruiters attends the community meetings prepared to hire on the spot but nobody shows up. The reason being is that they cannot pass the screen test. The drug problems cause the unemployment rate to go up. Bishop State Junior college trains the young people to fill the positions that the companies in the community is hiring for. If you are unemployable by trade then change your accreditation.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**CIVIC AFFAIRS**

	<b>Joy in Our Town 497-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/07/11 10/08/11 10/10/11 10/11/11 10/13/11</b>	<b>12:00 PM 02:30AM 10:30 AM 03:00 AM 02:30 AM</b>
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LaTrynnda talks with James Roberson, MHA Regional Coordinator discuss the SHIP (State Health Insurance Assistance Program) about policies and procedures of Medicare. The SHIP attends churches, civic groups and senior citizens centers to discuss the benefit programs. SHIP Counselors at the local level offers free and confidential service. People are not utilizing the services offered due to lack of knowledge. The difference between Medicare and Medicaid; Medicare assists those 65 or older who has a disability, ALS, kidney renal failure or Lou Garret disease that will last for more than 24 months. Medicaid is strictly state regulated income based assistance.

	<b>Joy in Our Town 498-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/14/11 10/15/11 10/17/11 10/18/11 10/20/11</b>	<b>12:00 PM 02:30 AM 10:30 AM 03:00 AM 02:30 AM</b>
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Leigh Perry Herndon –Mobile Chamber of Commerce discussed the strengths and weaknesses of the city. The city has had a few disappointments, EADS and the withdrawal of Carnival Cruise lines, the city councils search is ongoing for another cruise line to come into Mobile. The city and mayor has been looking for businesses in over 7 countries around the world. The Cruise terminal and parking garage is here and just waiting for a new ship. The new Maritime museum is being built expecting to pull more the tourist dollars to Mobile. Mobile’s strengths are in being a diversified community.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**CIVIC AFFAIRS**

	<b>Joy in Our Town 505-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>12/23/11 12/26/11</b>	<b>12:00 PM 10:30 AM</b>
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Kyle McKinney the Social Security Administration talked about disability from the Social Security office. To be approved for disability you must pass the review. The subject must have a disability that is expected to last more than a year. The subject is then given their full disability in which they would have received at full retirement during this short period of time. Another evaluation is done after that year to see if there is a need to continue for a longer period of time.

**HOUSING**

	<b>Joy in Our Town 500-2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>10/28/11 10/29/11</b>	<b>12:00 PM 02:30 AM</b>
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LaTrynnda and Andrea McCants - Mobile Housing Board, Director of Real Estate Assets, discuss home ownership and rentals. Then Housing board helps families get into housing whether government subsidizes rentals or purchasing your first home. The housing board helps individuals who otherwise feel like they could not afford a house. Some houses are subsidized housing and income based being a governmental agency that goes through HUD. The current housing crisis has changed the center with longer waiting list some people stayed on the list so long and given up that we will contact them. Since the center has fewer counselors, by the time we reach that person their situation has changed, now they are unemployed or they have sought housing elsewhere. The center stills offers budget and credit counseling for that person seeking their first home. Getting a budget and staying with the budget is stressed above all.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
	<b>Joy in Our Town 501-1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>11/18/11 11/19/11 11/21/11</b>	<b>12:00 PM 02:30 AM 10:30 AM</b>

**HOUSING**

LaTrynnda and Andrea McCants - Mobile Housing Board, Director of Real Estate Assets, discuss Public Housing & Section 8. Public housings are usually conjoined housing with 10 or more units. Section 8 housing is just government assisted housing of private property submitted for rentals through approval with rental vouchers. The qualification for approval is posted at every rental property an on the website. Family size does play a factor in which home you can be approved for. The person must pass a criminal background check and owe any previous landlords and be able to submit references.

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