

# Trinity Broadcasting Network

***WTBY-TV***

Quarterly Report

**January, February and March 2011**

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

**Public Safety**

**Youth**

**Homeless**

**Minorities**

**Housing**

**Civic Affairs**

**Health**

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

*Public  
Safety*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 0311</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/17/11</b>	<b>11:30AM</b>
					<b>01/18/11</b>	<b>3:30AM</b>
					<b>01/20/11</b>	<b>3:30AM</b>
					<b>01/21/11</b>	<b>1:00PM</b>
					<b>01/22/11</b>	<b>3:30AM</b>

Arlene Mukoko discussed the topic of public safety with the President of the National Disaster Interfaiths Network, Peter Gudaitis. Mr. Gudaitis says that NYC is very blessed with a good office of emergency management. Preparedness is the key to safety. Churches and community based nonprofits can work together for training. The information is there, but will people use it and that's true around the country. Common sense is the first step. People aren't aware of the hazards around them. Our communities are most vulnerable to coastal storms, infrastructure failure, terror threats, and black outs. Mr. Gudaitis says that we need to be able to take care of ourselves for at least 72 hours. A family needs to evaluate and keep itself safe. They need to have a meeting place and connect if there isn't communication. They also need to follow instructions from the emergency management teams. A family should have water, food, supplies for infant or elderly, and medication on hand for an emergency. He says that we also need to be ready for other emergencies like a church burning. That church may have been responsible for feeding and supplying needs to the community. Also, a power outage in an apartment complex would be a problem. Do you have somewhere to go? It doesn't have to be a 9/11 or Katrina to be an emergency. Know your neighbors. Have a battery operated radio. Volunteer at an emergency response organization and get experience. The more people that do this will better help their community. This fosters resilience. Mr. Gudaitis says programs are ending because of the recession. We need to look at these programs as a necessity. Building skills in the community that will make them more effective and better citizens is a must.

<b>JOY IN OUR TOWN# 0211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/10/11</b>	<b>11:30AM</b>
					<b>01/11/11</b>	<b>3:30AM</b>
					<b>01/13/11</b>	<b>3:30AM</b>
					<b>01/14/11</b>	<b>1:00PM</b>
					<b>01/15/11</b>	<b>3:30AM</b>

Arlene Mukoko discusses the topic of Public Safety with the Program Manager for the World Cares Center in New York City, Julie Dumoulin. Ms. Dumoulin begins by talking about being prepared for catastrophic events. A family needs to include everyone to be prepared. Create activities that are age-appropriate. The will empower the children. It won't scare them. You have to have a plan. She says to set up a phone tree. Have one parent responsible for calling the school and another calling the child. Set up a meeting place if phones are down. Communities need to work together as well. Professional help can take up to 72 hours to get to people. A neighbor can get to you faster. Colaborate with local stores or churches. The World Cares Center works between the public and city emergency managers to make plans. There has to be a bridge gap between people and city officials. This was really needed after 9/11 and again with Katrina and now Haiti. Ms. Dumoulin says we need more organization and preparedness. Public schools need a safety plan and meeting places. As a family, you need items prepared in advance like first aid, food, water, copies of legal documents, & clothes. You can buy these things over time so it's not so expensive. World Care works with the UN groups and organizations. We value the empowerment of people that are given the tools to help themselves. Our volunteers come for all over and they are people who are passionate about safety.

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<b>JOY IN OUR TOWN# 0711</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>02/14/11</b> <b>02/15/11</b> <b>02/17/11</b> <b>02/18/11</b> <b>02/19/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>3:30AM</b> <b>1:00PM</b> <b>3:30AM</b>

Arlene Mukoko discusses the topic of minorities with the Associate Director of Civil Rights for the Anti-Defamation League in New York City, Steven Sheinberg. Mr. Sheinberg begins by saying that ADL is the largest agency fighting racism. They build relationships between different ethnic groups. Anti-Semitism is very prevalent today. It's online, in our schools, and in our towns. He says online anti-Semitism is protected by the Constitution, but many online providers will take it off if asked. If it's found in schools, many of the principals and teachers will work to get rid of it. ADL helps to pass legislation that promotes the end of racism and bigotry. Last year the federal hate crime statute passed. We need to understand that you can't help one minority and ignore others. Anti-Semitism has been around many years. After WW2, public anti-Semitism was unaccepted, but today it has grown. One reason for this is a lack of civility and we need to push it away again. Instead of face to face racism, we have online where people don't have to see who they are hurting or vice versa. Mr. Sheinberg says we work with law enforcement and government to educate how to deal with it and help victims. Immigrants need help the most. They need a voice. Many communities are getting involved and becoming aware. We research and find those who are violent and notify the law enforcement. ADL was the first to speak out against immigrant hatred. He also says we need to educate our children before they form incorrect opinions. Teachers need to teach them to say no. There are legal and educational tools out there to help people. If a kid is a victim, they need to know to ask for help. Our law enforcement needs to understand and be trained. The lessons from the Holocaust cannot be ignored. It teaches us what bigotry is about. We use those lessons to show law enforcement that they have to protect the citizens against these kinds of acts.

<b>JOY IN OUR TOWN# 1211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/21/11</b> <b>03/22/11</b> <b>03/24/11</b> <b>03/25/11</b> <b>03/26/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>3:30AM</b> <b>1:00PM</b> <b>3:30AM</b>
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Wendy Taylor discusses the topic of public safety with the Assistant Majority Leader of the Dutchess County Legislature-District 6 in Poughkeepsie, Angela Flesland. Ms. Flesland says that the biggest crimes right now are domestic violence issues. There is an increase number being reported. Women are more encouraged to come forward. More instances are being reported in the media and women are realizing they need to speak up. She says we have been working with law enforcement and battered women services. Women need to know there are places to turn to. The theft of copper metal has increased as well. Many homes and businesses are burglarized and the people are selling it as scrap yards. We put a law into effect that will monitor the amounts being brought in and people are being reported more. Identification is being taken more. Law enforcement is working with the scrap yards as well. As for personal safety, we always need to be aware of our surroundings. If you see something, say something. Last year, the highest blood alcohol levels were taken at 3pm in the afternoon. This is not a typical time. Ms. Flesland believes we need everyone to be aware of this. People are doing more behind the wheel than driving. It encompasses all driving under the influence of anything. We have specially trained law enforcement now to monitor this problem. We have a lot of coverage of this even if someone calls out. The synthetic marijuana has become a big problem. I was working to get it outlawed and the DEA was also working on that as well. The first Thursday in February there is going to be a round table to discuss the issue of domestic violence to see what needs improvement and what's being done. We are placing outreach workers in many offices to deal with people that need help more efficiently. An abuser can be both male and female. I would like people to know to make smart decisions. Never put yourself in a situation where you're not safe.

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<b>JOY IN OUR TOWN# 1111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/14/11 03/18/11</b>	<b>11:30AM 1:00PM</b>

Wendy Taylor discusses the topic of public safety with the Dutchess County Legislator for District 1, James R Doxsey. Mr. Doxsey begins by saying that transportation is important to families. It's important to have good roads. We need to be prepared for the winter. A challenge right now is that we need more emergency services like fire departments and ambulances. It's taking too long for them to get to accidents. He says that DWIs are major right now. I just had a meeting on this. We have thousands of these cases every year. We are passing laws that will deter people from driving when they are drinking. We stop 6 to 10 people a night. It's not just alcohol. Our officers are getting better at spotting these drivers. It has been getting better though. Mr. Doxsey says we have combined with other towns and counties. We are on the roads and we will catch them. The problems are in the bar areas. The bars are not as knowledgeable of public intoxication and we will hold the bars accountable for letting people get drunk. It happens a lot in front of the colleges. The colleges & kids are getting smarter and they are going in groups on buses instead of driving. My passion is the fire department. He says the fire district is small, but we have a lot of people in hospitals, homes, and schools. Mr. Doxsey thinks the biggest problem is wearing seatbelt. You will not get ejected in an accident. Another thing is that you know your community and if you see something that is strange tell the police. You are paying them with your tax dollars. Let them do their job.

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*Youth*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 0211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/10/11</b>	<b>11:30AM</b>
					<b>01/11/11</b>	<b>3:30AM</b>
					<b>01/13/11</b>	<b>3:30AM</b>
					<b>01/14/11</b>	<b>1:00PM</b>
					<b>01/15/11</b>	<b>3:30AM</b>

Arlene Mukoko discusses the topic of youth with the Director of Program Marketing for the Council for Unity in New York City, Sean Dino Johnson. Mr. Johnson begins by talking about bullying and how it is connected to gangs. It's a form of our youth looking for identity. They are dealing with an issue. They think hurting someone else will help or they have been bullied. He says our youth need to be educated on how to deal with issues. They need to learn communication. They will realize that they actually have a lot in common with each other. Main issues are sexual preference, who are their friends, and why do they have different views on issues. We have to give our youth a voice and make them feel comfortable in the community. We need to help them make goals and develop skills. We can't expect youth to grow socially if they are afraid of their environment. Mr. Johnson says we are telling them to hush in church, at home, and in school. They need to express themselves and we need to listen. We have to let them experiment and be diverse. Students categorize each other by what they wear, their home life, and sexual preference. We need to teach tolerance. One issue is that communities and adults feel oppressed. We need to create a round table where we and our children are heard. Empowerment is the solution. By listening to a child, we find out what they need. To help someone, you have to know their issue. Bullying and gangs are in the headlines right now. Gangs are not open to diversity. The community needs to deal with this and let them know that it's not acceptable. Victims need to know they need to reach out to adults.

<b>JOY IN OUR TOWN# 0111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/03/11</b>	<b>11:30AM</b>
					<b>01/04/11</b>	<b>3:30AM</b>
					<b>01/06/11</b>	<b>3:30AM</b>
					<b>01/07/11</b>	<b>1:00PM</b>
					<b>01/08/11</b>	<b>3:30AM</b>

Arlene Mukoko discussed the topic of youth with the Executive Director for Friends of the Children New York, Dr. Robert Houck. Dr. Houck begins by telling us the economy has affected our youth tremendously. Many of our youth come from disadvantaged areas. Their parents are dealing with losing their house, going to jail, and mental disabilities. Parents need to make a commitment to their children. Children are not getting the nutrition or sleep they need. If the parent is absent, one help for the children is having mentor. We called them "Friends." Dr. Houck says they team a child or "Achiever" with a friend to help them choose the right paths and with their school work. This one-on-one relationship helps the child stay focused. Each mentor has up to 8 children that they meet with on a weekly basis. They also spend time with the child in the classroom as well as other activities like sporting events, plays, and playing in Central Park. Many "problem children" usually get caught back up with school and on the right path after having a mentor. One child we had was very tall and a target for gang recruitment. Dr. Houck says they found him a boarding school in Vermont where he could excel. He came back to NYC and was top of his class. Sometimes the mentoring doesn't help. We've had children go on to jail, but we hope that we instilled something in him that will help in the long run. Essentially, the mentoring is helping turn disruptive children into good students and often has an effect on their classmates. A disruptive student is usually looking for attention and we help him focus that into getting attention for the right reasons. It helps the student adopt a new better type of behavior that will help them participate in class.

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Arlene Mukoko discusses the topic of youth with the Clinical Associate Professor for the NYU School of Medicine in New York City, Edward Fishkin, M.D. Dr. Fishkin begins by saying our youth's #1 problem is inactivity. They also see our parents struggling economically. Kids today are getting adult diseases like high blood pressure, asthma, & obesity. In NYC, there are about 250K children with asthma. Depression is another problem. Obesity is the product of inactivity, high calorie foods, and large portions. Schools don't have physical education that much anymore because of overcrowding, disinterest or funding. Along with obesity, our children have high cholesterol. It's important for our children to change their lifestyles while they are young and parents need to get involved. We need to moderate types of food they eat like foods that are dense in calories and no nutrients. He says his hospital engages children to ride their bike. You don't have to be an athlete to exercise. They are taught to use the bike as transportation. They burn calories and they get to see and meet people in their community. The biking programs even help supply bikes to kids who can't afford them or have bad bikes. By the end of the term, they have ridden 50 miles. He says they had 85 kids last year. This also helps kids with asthma. 1 out of 4 kids has asthma in NYC. The causes are allergies, change in weather, stress, & exercise. A child needs to have a good asthma physician that can run test to determine the trigger. NYC Dept of Health has had a 74% drop in child asthma patients. As for childhood depression, parents need to recognize signs like isolation or grades dropping. They need to talk to the child or get them to talk to someone they trust. Lastly, immunizations are helping children beat diseases. Parents need to be educated on the schedule of children immunizations.

<b>JOY IN OUR TOWN# 1011</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/11/11</b>	<b>1:00PM</b>
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Lisa Buldo discusses the topic of youth with the Program Manager of Operation Hope in New York City, Jose Northover. Mr. Northover begins by talking about how parents need to begin financial talk with their children early. This conversation does not differ that much between demographics and income levels. People often don't want to talk about money. It becomes emotional. They may be ignorant or ashamed of their situation. Society tends to make us focus on other people and trying to keep up with everyone else. Sometimes the problem is traditional. Their parents didn't talk to them so they don't talk to their kids. He says that you need to begin the conversation about something the kids are interested in. Maybe they want a specific shoe or dress. Help them understand the difference between needs and wants. Let the parent determine what they want and the parent determine if it's doable. For example, the parent can pay for a percentage of something the child wants and the child can make up the difference with an allowance. Encourage the child to earn some money by working or helping neighbors. They will be excited about earning money. Mr. Northover says we have to teach them to not to compare each other. Parents need to talk to family members that may have had problems financially and are fine now for advice. Share that with the children. Tell them about your issues. These talks need to happen regularly so that the child understands the importance of money—but not the MOST important. Operation Hope delivers financial service education free of charge to many schools and organizations. We want them to understand the dignity of money and how it can change people. Money facilitates things in your life. For example, if your future is important to you then save money.

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<b>JOY IN OUR TOWN# 1311</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/28/11 03/31/11</b>	<b>11:30AM 3:30AM</b>

Lisa Buldo discusses the topic of youth with the Founder of Hope for the Future Ministries in Long Island, Rev. Diane Dunne. Ms. Dunne begins by saying that many of our children are dealing with homelessness and being embarrassed of that. There is so much peer pressure. If you're homeless, you may be living in a shelter, a car, or someone else's house. They are not being fed properly, getting the education they need, or the parenting they need. They are getting left behind, unless they are an exceptional kid. Homeless kids are the kids that sit next to you in school and church and you never even know it. She says they average age is 9 years old. They suffer from abuse & neglect. They want to be in the park than be at home with the family. They become addicted to controlled substances. Ms. Dunne says one time we had a runaway boy who came from a good family. We worked with him and built a friendship. They need relationships. We encouraged him to call his parents and got reunited and went on to college. One person at a time is all it takes. Giving them support and communication. We also get kids to help us with other children and that teaches them a work ethic. They see worth in themselves. They need encouragement to go back to school. In the city, kids are on the roof tops and subways. In the suburbs, they are usually at other people's homes. There are more resources in the city. I'll see them sleeping in boxes and we'll bring them some food and clothes. Sometimes they just need a hug. She says many of them want to commit suicide. They need direction and communication. Sometimes children need to runaway to see what's out there and make wrong choices. They will often go back home with encouragement. They need connections to shelters, rehabs, education providers....anything to get that stability back in their lives. They need to start at the beginning and love them. See what their interests are and support them. Listen to them. Watch them. Pay attention to what they're doing.

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*Homeless*

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<b>JOY IN OUR TOWN# 0411</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/24/11</b>	<b>11:30AM</b>
					<b>01/25/11</b>	<b>3:30AM</b>
					<b>01/27/11</b>	<b>3:30AM</b>
					<b>01/28/11</b>	<b>1:00PM</b>
					<b>01/29/11</b>	<b>3:30AM</b>
					<b>02/01/11</b>	<b>4:00AM</b>

Arlene Mukoko discussed the topic of homelessness with the President & Founder of Hearts & Minds in New York City, Bill Blackman. Mr. Blackman says that our first step to ending homelessness is addressing poverty. America needs to do all that we can to end poverty. He says we need to bridge the gaps between local communities and other countries. This will make other problems become more “alive.” The government has a big role in ending poverty and homelessness. We have got to provide more shelters and more education for our homeless. This will give them more of a chance to get out of the predicament. There are many programs out there that help people get out of poverty. We need to give the homeless the basic needs. If you look at how we are helping other countries. We can get a good idea of how to help ourselves. Mr. Blackman says we spend so much money on famine relief. We need to spend the money on helping not get to the point of famine.

<b>JOY IN OUR TOWN# 0511</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/31/11</b>	<b>11:30AM</b>
					<b>02/01/11</b>	<b>3:30AM</b>
					<b>02/03/11</b>	<b>3:30AM</b>
					<b>02/04/11</b>	<b>1:00PM</b>
					<b>02/05/11</b>	<b>3:30AM</b>

Arlene Mukoko discussed the topic of homelessness with the Executive Director of Care for the Homeless in New York City, Bobby Watts. Mr. Watts begins by saying many of our homeless are single men and women and are products of substance abuse and mental health problems. The families you see are usually because of financial problems. He says we have always had poverty but not this much homelessness. The government’s retreat from affordable housing has started this. There are approximately 36000 people homeless. These homeless have the same health problems as we do. The mortality rate is higher. You’re on the streets without medical care and exposed to the environment. Pneumonia, cold, & flu are very likely. Many freeze to death. Healthcare is hard to get if you don’t have a home or have mental health problems. Many homeless use the emergency room but it’s usually too late. It is also very costly to society. One thing we try to do is send out medical professionals to the streets to help before it’s too late. We need people to contact the city officials and plead on the homeless’ behalf. They are still human beings. Homelessness is the result of failure in every system. There is a law that says homeless children still attend school, but many times the school they can attend is too far for them to get to. We need programs to help these people find work and in turn, hopefully, afford a home. If we can change our policies and make more services available, it will get better. Help them find their way back to society.

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Arlene Mukoko discussed the topic of homelessness with the Public Relations Manager & Executive Director for the NYC Rescue Mission, Joe Little & Jim VarnHagen. Mr. VarnHagen says that there are many reasons why people become homeless. The most predominant one is that they lose their job. They get to where they can pay rent. Some people are considered chronic homeless because they have been homeless for so many years. No one chooses to be this way. Military often comes back from war and can't adjust back to civilian life and they become homeless. Homeless people need to reach out to a shelter where they can get a bed, food, clothing, medication, and, often, a chapel that can meet their spiritual needs. He says that many shelters in the city have seen a 30% increase over the past couple of years. In recent years, the parks have been cleaned and renovated. The homeless cannot congregate there anymore. They are now scattered around the city. He says that have seen homeless professionals like attorneys, engineering specialist, and businessmen. There is no longer a stereotype. They look like you and I. Mr. Little says that the most important thing that the community can do is acknowledge a homeless person even if you can't give them something. They are looking for humanity and decency. Maybe you can buy them a sandwich. We need people to be interested in helping the homeless. He also says to grab a stack of business cards from a shelter and give it to a homeless person if you see them. Mr. VarnHagen says we can help the homeless one person at a time.

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Wendy Taylor discusses the topic of homelessness with the Executive Director of Mental Health America of Dutchess County, Jacki Brownstein. Ms. Brownstein begins by saying that you can find every single type of person in the homeless community. You have families that have lost their housing. You have veterans that can't assimilate. There are victims of domestic abuse and youth. Poughkeepsie has a very accurate homeless information system that calculates the number of homeless people who visit particular programs. According to that, we have about 1700 homeless individuals per year in Dutchess County. She expects it to grow this year. Many of those are children. In previous years we haven't had a great way of calculating that. The quality of life to individuals has grown. People who are homeless use emergency shelters. Sometimes, when they are full, we send them to hotels. This costs the city a great deal. Jail time and hospitals contribute to the cost of homelessness as well. In Dutchess County, we have 10 year plans. It's encouraged by the federal government. We have specific goals to engage the community. Ms. Brownstein says to prevent homelessness; we need look at those leaving mental health hospitals, criminal facilities, & drug abuse facilities. We need transitional housing for these people. Zoning regulations need to be adjusted for these houses. Rent's can be subsidized. We need to recognize the youth that are risk. People need to get involved in this plan. It's a plan that will show us how to prevent homelessness. It's on the web. She says we need "step" programs for our homeless. The first level is a bed for the night. The next is transitional housing and this is for someone to have support. This will allow them to get themselves together. For rent, you need rent and security payment. That is a big issue. It's important to find ways to deal with this. The next level is permanent supportive housing. We have to have supportive assistance attached to the housing. People with mental health issues are at much higher risk for homelessness. You cannot be healthy mentally without stable housing. People are surprised that we have so many homeless and that number is probably higher.

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*Minorities*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 1011</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/11/11</b>	<b>1:00PM</b>

Wendy Taylor discusses the topic of minorities with the Managing Editor for La Voz Magazine in Poughkeepsie, Mariel Fiori. Ms. Fiori begins by saying that Dutchess County has over 100,000 Hispanic people. 71,000 of those people speak mostly Spanish. In the last 4 years this population has grown 44%. The area is not prepared for non English speaking people. She says that 30 years ago people migrated from Mexico and found a great life. They began calling their family and friends. Many of the immigrants work in agriculture and in restaurants. Most of the population is undocumented and many have low levels of education. The biggest problem is not having access to services because of the language barrier. They don't know what services are available. They don't have access to healthcare or there aren't translators for them. Ms. Fiori says that Hispanic patients won't understand how to take their medication. There are organizations that help bridge the gap like A.H.O.R.A. and S.I.F. They help Hispanics learn to take care of themselves and translate for their neighbors. Poughkeepsie does not have a great system for those who cannot get a license and our roads are not equipped for bikers and pedestrians. The biggest problem for our Hispanic population is having access to resources about healthcare, education, & legal services. Immigration reform is the solution.

<b>JOY IN OUR TOWN# 0411</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/24/11</b>	<b>11:30AM</b>
					<b>01/25/11</b>	<b>3:30AM</b>
					<b>01/27/11</b>	<b>3:30AM</b>
					<b>01/28/11</b>	<b>1:00PM</b>
					<b>01/29/11</b>	<b>3:30AM</b>
					<b>02/01/11</b>	<b>4:00AM</b>

Arlene Mukoko discussed the topic of minorities with the Associate Executive Director & the Coordinator of Immigration Education for the Korean Community Services of Metropolitan New York, Linda Lee & Annie Shin. Ms. Lee begins by saying that we have so many Asians coming into the Queens area. They face many language barriers that prevent them from many services. Ms. Shin says that there is also a huge cultural barrier in the school systems. Ms. Lee goes on to say that people tend to lump all Asian Americans together (Chinese, Vietnamese, Philipino, & Japanese) We need to fight this myth. They all need different needs met. Immigrants begin by seeking services from family & friends. Many of them end up at our services and we try to service as many as we can. They are looking for language and education. Ms. Lee says that many don't want to admit that they need help. The suicide rate among this people is very high as well. There needs to more education on this matter and making them more comfortable talking about their needs. There also needs to be more computer and job training that will help them get ready for possible interviews. Children are always pressured because they become the link between their family and society. They have to communicate for them and many times handle their finances. Ms. Lee also says that their organization helps to refer them to hospitals that have the needs that meet their specific ethnicity. It's challenging because many of them are uninsured. Many times they wait until the problem is too late. Recently a law was passed that made it mandatory that hospitals have translators. Ms. Shin says that the 2000 Census says that there are 200,000 Asian Americans in the city and it's growing. Education programs need help as well. 10 weeks of school for 300 people has been cut to 7 weeks. These people need the education to help themselves. Ms. Lee says that the senior citizens need a lot of help as well. Mental health is a big issue. These people feel isolated and alone because they are in a new country and can't speak the language.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 0811</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>02/21/11</b>	<b>11:30AM</b>
					<b>02/22/11</b>	<b>3:30AM</b>
					<b>02/24/11</b>	<b>3:30AM</b>
					<b>02/25/11</b>	<b>1:00PM</b>
					<b>02/26/11</b>	<b>3:30AM</b>

Arlene Mukoko discusses the topic of minorities with a Family & Immigration Law Specialist for Sanctuary for Families in New York City, Yi-jen Chang, Esq. Ms. Chang begins by talking about domestic violence among immigrants. It's a gender based crime usually by an intimate partner or family member. 85% are female and they are afraid to fight back. It can be physical, strangulation, hitting, deprivation of sleep, forced drugs, sexual abuse, emotional abuse, threatening of children, or isolation. These victims suffer from depression and insomnia. She says you would think that society would take action but typical "stranger" violence is looked at more. They are prosecuted harsher. Immigrants tend to minimize the problem or deny it and that is usually cultural or fear. People always ask why they don't leave. Ms. Chang says we should ask how we can help them leave. As children are witnessing it, it will determine how they act in the future. The economical dependence is the reason many women stay in the relationship. They suffer a language barrier and don't know where they can go for help. We need to educate people to look for the signs of domestic abuse and help them. She says 1 out of 4 cannot speak English. Culturally, they have to face a system that is new to them. They don't know what their role is and they can't get help back home. Some cultures tell them to tolerate it. We need to think about the problem holistically. If a woman needs help, we need to see (if she leaves) where will she go and how will she support herself. Dealing with the immigration status is the first step. With immigrations, unfortunately, they have few places to turn.

<b>JOY IN OUR TOWN# 0611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>02/07/11</b>	<b>11:30AM</b>
					<b>02/08/11</b>	<b>3:30AM</b>
					<b>02/10/11</b>	<b>3:30AM</b>
					<b>02/11/11</b>	<b>1:00PM</b>
					<b>02/12/11</b>	<b>3:30AM</b>

Arlene Mukoko discussed the topic of minorities with the NYC District 7 Council Member, Robert Jackson. One problem is making sure the children receive quality education in the NYC schools. The statistics prove that among the dropout rate and graduation rate among blacks and Latinos. He says there isn't one answer to fixing the problem. There is not totally one department or group that is responsible for closing the achievement gap. Parents have a major responsibility. They need to make sure they are eating, getting sleep, and doing homework. The students have responsibility as well. It is the entire city's responsibility. The dept of education needs to be held accountable while the students are at the school. The dept of education doesn't think the achievement gap is widening. They are taking into account the students who have dropped out. He believes that the numbers are getting larger. People are talking about the impact the cuts are having on our students. The number of students has increased but the funds aren't. Our students are not where they are supposed to be in education. Charter schools play a role and I think parents have a right to decide to send a child there. It's not a huge problem. I disagree with how Charter schools try to take over public school classrooms. Councilman Jackson says that his children all went to different schools differently and parents do have that right. Our government has passed a law to give more precedence to minority and women-owned businesses. Those contracts have increased in the past, but decreased recently. People should go to the comptroller's website to monitor the numbers of these businesses. One difficulty is getting the contracts with the city. The first step is to get certified. You can then qualify for a contract. The council meets all the time and advocates for minorities in all aspects. These issues are talked about in the Black and Latino caucus.

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<b>JOY IN OUR TOWN# 0911</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/07/11</b>	<b>11:30AM</b>

Wendy Taylor discusses the topic of minorities with the President of the Association for Hispanics to Obtain Resources & Assistance in Poughkeepsie, Bernice Rodriguez-Morton. Ms. Rodriguez begins by saying that the Hispanic population has grown tremendously and they have many needs. The majority of Latinos are undocumented. When they come to us, they are in need of legal help, medical assistance, electricity, & education. A.H.O.R.A. has been able to make their services known mostly through networking and word of mouth. They work with many different agencies like United Way and the Dutchess County Resource Commission. The biggest issue for Latinos is not understanding English. We need to bridge the gap between the services and Latinos. Many times they are declined because they don't understand. She says that students are stressed because their parents don't speak English and they cannot help them with school work. There are mentors available to help the students and go to conferences with the parents. The students are embarrassed because their parents don't speak English. We help them find other students dealing with this. There is a great need of bilingual services in the medical field, domestic violence, & social workers for children.

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*Housing*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 0111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/03/11</b>	<b>11:30AM</b>
					<b>01/04/11</b>	<b>3:30AM</b>
					<b>01/06/11</b>	<b>3:30AM</b>
					<b>01/07/11</b>	<b>1:00PM</b>
					<b>01/08/11</b>	<b>3:30AM</b>

Arlene Mukoko discussed the topic of housing with the Program Manager of Neighborhood Housing services of Northern Queens in New York City, Darryl Washington. Mr. Washington says that housing counseling is very important. Buying a house is a major decision and you want to be ready. People should seek housing counseling to help with their budgeting, loans, and what type of mortgage they need. You want to make sure you have savings, a good credit score, and are you ready. Although prices are lower now, if you have an unstable job, you might want to delay buying a house. Mr. Washington says the economy has affected the housing market. Banks are not lending as easily as they used to. Houses don't have as much equity in them as they used to. You will want to have at least 15K saved up before purchasing a home. As for refinancing a mortgage, you may not want to unless there is a dramatic drop in the interest rate. He says refinancing adds years to you mortgage and you have to pay closing costs again. If there is an emergency and refinancing will give you cash out. You have to do what you need to do. You want to think if the house is something you want to pass along to your children some day.

<b>JOY IN OUR TOWN# 0511</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/31/11</b>	<b>11:30AM</b>
					<b>02/01/11</b>	<b>3:30AM</b>
					<b>02/03/11</b>	<b>3:30AM</b>
					<b>02/04/11</b>	<b>1:00PM</b>
					<b>02/05/11</b>	<b>3:30AM</b>

Arlene Mukoko discussed the topic of housing with the Director of Housing for St. Nicks Alliance in New York City, Frank Lang. Mr. Lang begins by saying that NYC has one of the highest costs for housing and high rents. The crisis in 2008 definitely affected our housing market. Value has gone down and now people have a mortgage that is higher than the house is worth. NYC homeowners are being convinced to get high interest loans to make ends meet and it's just something they don't need to do. Central Brooklyn, southeast Queens, & northern Manhattan are the highest in foreclosure. He goes on to say that there is a lack of opportunity to get affordable housing. Rent regulations have allowed for vacancy control. The mayor has a plan to renovate 100k units. Landlords must be made to maintain the units so the people don't have to look for new homes. People can't own a home if they keep moving around. Landlords like this because they can keep increasing the rent. Sometimes they will do things to get the renter to leave like make noise, no heat, take them to court on frivolous actions. Ms. Lang says that the city has done a lot of rezoning lately. They have looked at many old manufacturing areas and land owners are building high-rises. That is why we have so many of those in residential areas. The owners don't like this. The city is allowing for larger homes and this increases value and cost. Many of the units from the 60s and 70s were on a 20 year term for value stabilization. Those are expiring and the costs are going up. Thousands of units are changing. If the city would take the money and invest in more long term affordable housing, it would get better.

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<b>JOY IN OUR TOWN# 0911</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/07/11</b>	<b>11:30AM</b>

Wendy Taylor discusses the topic of housing with Director of Home Ownership Education for Hudson River Housing in Poughkeepsie, Mary Linge. Ms. Linge begins by saying that finding affordable housing is the major issue in Poughkeepsie and all over. This hasn't changed much in the last 5 years. The difference is that the foreclosure rate wasn't as bad. She says that there are several programs available to help people. If you see yourself in a bad situation, you need to reach out to one of these programs immediately. They will sit with you and determine your course of action. Hudson River Housing started a prevention service in 2008 and collaborates with other agencies to provide free services to people in need. The economy is obviously the main reason people become delinquent on their payments. She says that they see their income has been reduced but they aren't reducing their spending to compensate. People have to learn to budget in these times. Not all are eligible for the services. They are only available for your primary residences. Sometimes, if the person has lost their income completely, our advice is to sell the property and we will get them in touch with an affordable real estate agent. Most of the time, they just need to adjust their spending and/or downsize. They need help dealing with the situation and moving on. Ms. Linge does think that it is getting better. The industry is moving forward quickly with the loan process and modifications. Pre-purchase education is the key. An educated first time home buyer will be very successful. They need to understand closing costs and the legal aspects. It's important to know your gross & net income and credit scoring. You want to be paying no more than 30% of your gross income for housing.

<b>JOY IN OUR TOWN# 0811</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>02/21/11</b>	<b>11:30AM</b>
					<b>02/22/11</b>	<b>3:30AM</b>
					<b>02/24/11</b>	<b>3:30AM</b>
					<b>02/25/11</b>	<b>1:00PM</b>
					<b>02/26/11</b>	<b>3:30AM</b>

Wendy Maragh-Taylor discusses the topic of housing with the Housing Coordinator for the Dutchess County Department of Planning & Development in Poughkeepsie, Anne Saylor. Ms. Saylor begins by saying that the good news about the housing market is that it's not as bad in New York as it is in other states. The average sale of a house is 300K down from 410K. People are suffering from foreclosure. On the other hand, rental market has gone up. Rent has increased 9% since 2006. Everyone knows someone out of a job. That is the problem. People have to rent somewhere to have a home. She says the first step when you see you are having problems is start with your lender. That is difficult but you may have help there. Find research organizations in the area that can help. You will have a better chance reaching out early. She says on the bad sad of the housing problem is the drop of house value, but if you are looking to buy it hasn't been cheaper. The lenders, however, are looking harder at your credit history and income to determine your mortgage. Ms. Saylor says people don't want to deal with that. Look at your situation and clean up problems as soon as possible. Learn to budget. Another issue is the senior population. They are having hard times maintaining their homes and finding people they can trust. You have many seniors that want to downsize and there aren't many options for them. The condos are not accessible many of the times for seniors. The best advice for new home buyers is to give yourself time.

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<b>JOY IN OUR TOWN# 0611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>02/07/11</b>	<b>11:30AM</b>
					<b>02/08/11</b>	<b>3:30AM</b>
					<b>02/10/11</b>	<b>3:30AM</b>
					<b>02/11/11</b>	<b>1:00PM</b>
					<b>02/12/11</b>	<b>3:30AM</b>

Arlene Mukoko discussed the topic of civic affairs with the NYC District 7 Council Member, Robert Jackson. Councilman Jackson begins by telling us about the council. It consists of 51 members each representing different areas. I represent northern Manhattan and about 160K constituents. We are the legislative branch of the NY government. Every year we have to pass a balanced budget. Currently, the budget is about \$73 billion. We also have to pass laws and hold hearings for the community. I have two community offices in my district because it is so large. We deal a lot with housing, education, & noise. My community offices address those issues on a local level. The education committee is the 2<sup>nd</sup> largest committee of all. He says major issues right now are school closings, the new chancellor, the dropout rate, & the achievement gap between blacks and whites. The number one issue is the budget and its negative impact in delivering services. Councilman Jackson says everyone should look at how we can reduce some programs that doesn't impact education overall. I think art, music, and civics are very important in school and these programs get cut. Campaign for fiscal equity is an organization to sue the state because it wasn't guaranteeing students sound education. We did finally win in 13 years. Our governors finally signed into law money to hire teachers in 2005. The Dept of Education has put forth their 5 year capitol plan. He says one example is the new Sunset Park High School in Brooklyn. We are trying to reduce class size. Two things that affect them are qualified teachers and class size. Things have improved but not enough. The department of education has a lot of publicity that makes them look good, but the students aren't showing that much improvement. Look at how many children are going to community college and need help surviving there even at the community college level.

<b>JOY IN OUR TOWN# 1211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/21/11</b>	<b>11:30AM</b>
					<b>03/22/11</b>	<b>3:30AM</b>
					<b>03/24/11</b>	<b>3:30AM</b>
					<b>03/25/11</b>	<b>1:00PM</b>
					<b>03/26/11</b>	<b>3:30AM</b>

Wendy Taylor discusses the topic of civic affairs with the Assistant Majority Leader of the Dutchess County Legislature-District 6 in Poughkeepsie, Angela Flesland. Ms. Flesland begins by saying that the legislature is like a board of directors for a corporation. You have the executive which runs the county and his people who represent about 10000 people throughout Dutchess County. Those areas vary in size. She says there simply isn't as much money as there used to be. People are stretched too far and the government cannot continue to spend the way it is. We have to be able to make sacrifices. I always say that I balance my check book and the government needs to do the same. I don't understand why the government continues to spend what they don't have. There were program reductions and consolidations. For example the Asian and Veterans resources department was made into one department. There were also some restorations like in the Sheriff's office and the school resource offices. We cut office supplies. When you're cutting little things, they add up. The Dutchess County Charter is being reviewed. It's the governing document. This year, when there were budget changing, we had to make changes to the charter as well. Ms. Flesland says we set up a commission to review the charter as a hole to see what changes needed to be made. To others, I would suggest people to be active in your community. Make your community a better place. Want it to be better. My hope for Poughkeepsie is for the employment rate to be better. I want more jobs and services provided. People always ask us for things but they generally don't want to make any sacrifices. It's impossible to provide services without a price. Ms. Flesland says that 90% of the local government is mandated by the federal government.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 1111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/14/11 03/18/11</b>	<b>11:30AM 1:00PM</b>

Wendy Taylor discusses the topic of civic affairs with the Dutchess County Legislator for District 1, James R Doxsey. Mr. Doxsey begins by saying that the legislature is the governing body. We over see budget, bridges, roads, safety, jails, etc. The concern of the Dutchess County jail is important right now. Outsourcing prisoners is due to overcrowding in the jails. We have 100+ prisoners on a daily basis. We have to bring those to other facilities and that is expensive. We also have alternative juvenile facilities as well. He says it's a huge issue right now. The railtrails are going to connect 25 miles of trails in Dutchess County. This is a new project. The Catherine Street Community Center is important to help our youth make the right choices and have things to do after school. Kids in sports stay out of courts. The Dreams of Gold Foundation recognizes skaters who have good grades and helps them achieve goals of figure skating. As for the jail, the question is should we add on or buy additional property. Should we merge with other counties? With the juvenile detention, there is much transportation needed. They can't stay overnight in the school detention facility. Mr. Doxsey says they are complaining about overtime, but they can't manage everything all the time. The economy is making crime go up and there are many extra costs. We recently purchased new voter machines. The new ones will be safer and quicker. As for things I'd like to see happen, I'd like to see the railtrail open at the walkway. He believes the people of Dutchess County and tourists would like to go further than just over the bridge. People can always make their voice heard at meetings. The meetings are not going to be as late and the people will have more time. People can come in and speak on agenda and non-agenda meetings at the beginning of the meetings then go home and prepare for work the next morning.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>700 Club CBN NewsWatch # 010611</b>	<b>1:00:00</b>	<b>6:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>01/06/11</b>	<b>3:00PM</b>

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.

<b>700 Club CBN NewsWatch # 020811</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>02/08/11</b>	<b>3:00PM</b>
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Lori Johnson, CBN News Reporter, asks are you often sad during the winter? People have talked about those blues since before the Civil War. But in the last 30 years, doctors have officially recognized the winter blues as a named, medical condition called Seasonal Affective Disorder, or SAD. The good news is that you can beat it! Decreased sunlight during the winter is the main reason why people develop SAD, because less daylight can disrupt our circadian rhythm, also known as our body clock. Melatonin, a hormone which makes us feel tired, is triggered by darkness and reaches its highest levels at night. People also have increased melatonin levels during the day. On the opposite side, the neurotransmitter serotonin, which is triggered by sunlight, makes us feel happy. But people with SAD have low levels of serotonin. Women are more often affected than men and the disorder is more prevalent in northern climates. **Light therapy** is a very effective treatment and involves sitting in front of a specialized light box for 30 minutes a day. The box needs to have a power of 10,000 lux, which is more than 20 times stronger than the average light bulb. Beware though: Tanning beds are not an acceptable treatment because they emit ultraviolet rays. So say "no" to the tanning bed, but "yes" to the light box. And in addition to the light box, other ways to brighten up your life include: Using higher wattage light bulbs, installing a sky light, sitting closer to the window, trimming branches that block sunlight and simply opening the blinds. If you have SAD and work in a dark environment make it a point to spend a few minutes outside every hour or so. Although it's tempting for people with SAD to reach for their comforter, they should reach for their gym bag instead. Exercise is another great tool for fighting the effects of SAD. A cardiovascular workout pumps oxygen into the brain, making us alert and energetic. Exercise also releases endorphins, neurotransmitters that create a feeling of euphoria. So if you suffer from Seasonal Affective Disorder, or SAD, a few lifestyle changes can help you enjoy winter. And spring will be here before you know it!

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>700 Club CBN NewsWatch # 032211</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>03/22/11</b>	<b>3:00PM</b>

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

<b>Doctor to Doctor # 280</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>01/04/11</b>	<b>12:30PM</b>
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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.

<b>Doctor to Doctor # 284</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>01/11/11</b>	<b>12:30PM</b>
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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 Gerhart** talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. **Dr. Thomas Distefano** talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest, There can be additional years of specialized study. It can take quite a few years to become a doctor.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Doctor to Doctor # 285</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>01/18/11</b>	<b>12:30PM</b>

**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.

<b>Doctor to Doctor # 286</b>	<b>28:30:00</b>	<b>28:30</b>	<b>L</b>	<b>PA/O/E</b>	<b>01/25/11</b>	<b>12:30PM</b>
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**Dr. Eric Braverman** talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. **Dr. Ace Anglin** talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. **Dr. Susan Cole** talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.

<b>Doctor to Doctor # 287</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>02/01/11</b>	<b>12:30PM</b>
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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.

<b>Doctor to Doctor # 288</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>02/08/11</b>	<b>12:30PM</b>
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**Dr. Bettye Alston** talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. **Dr. James Mittelberger** talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. **Dr. David Cawley** talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Doctor to Doctor # 289</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>02/15/11</b>	<b>12:30PM</b>

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

<b>Doctor to Doctor # 290</b>	<b>28:30:00</b>	<b>28:30</b>	<b>L</b>	<b>PA/O/E</b>	<b>02/22/11</b>	<b>12:30PM</b>
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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.

<b>Doctor to Doctor # 291</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>03/08/11</b>	<b>12:30PM</b>
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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.

<b>Doctor to Doctor # 292</b>	<b>28:30:00</b>	<b>28:30</b>	<b>L</b>	<b>PA/O/E</b>	<b>03/15/11</b>	<b>12:30PM</b>
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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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Doctor to Doctor # 293</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>03/22/11</b>	<b>12:30PM</b>

**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.

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

# Trinity Broadcasting Network

***WTBY-TV***

Quarterly Report

**April, May, and June 2011**

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

**Health**

**Families**

**Crime**

**Substance Abuse**

**Economy**

**Civic Affairs**

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

*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 1411</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/04/11</b>	<b>11:30AM</b>
					<b>04/07/11</b>	<b>3:30AM</b>
					<b>04/08/11</b>	<b>1:00PM</b>
					<b>04/09/11</b>	<b>3:30AM</b>
					<b>04/12/11</b>	<b>4:00AM</b>
					<b>04/14/11</b>	<b>4:00AM</b>

Lisa Buldo discusses the topic of health with a Certified Clinical Thermographer for Thermography for Health New York, Tammy Kohlschmidt. Ms. Kohlschmidt begins by saying thermal Imaging is a non-radiation and non-invasive way of looking inside the body to see if disease is forming. It's done with a video camera and the images are your body's heat patterns. You're looking at the temperature changes of your body. If one area is hotter than another, then there is usually disease present. You're measuring you against you. It shows risk factors, inflammation, tumors, lymphatic stagnation, etc. Thermography measured tissues and cells. There is no body compact or radiation. Mammograms measure structure. A tumor has to be there 8 years before the mammogram will detect it and thermograms can detect in 2 years. Thermography assesses the problem early enough to stop it. After your initial scan, you will come back 3 months later for another and they are compared. This establishes a base. Once you feel a problem, it's a symptom. Thermography is a tracking device. Ms. Kohlschmidt says that the thermal image will help determine which is working. Is the tumor shrinking? Men can get thermal imaging as well for the digestive system or the prostate. Thermal imaging can tell you there is a problem but it may not know what the problem is. After you come back again we will see if the treatment is working. It's an annual screening. As a dental hygienist, I see inflammation. I know this is happening in the body as well. After learning about thermography, I realized we can do this all over the body. Many diseases can come from bacteria in the mouth. With cancer there are 3 things to look for. Are the hormones unbalanced? Is the lymphatic system draining? This system drains us of our wastes and toxins and where they become stagnant becomes acidic. The third area is digestion. She says those 3 things will show up in the thermal image. Thermography steers us more toward health. You can see your body change.

<b>JOY IN OUR TOWN# 1511</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/11/11</b>	<b>11:30AM</b>
					<b>04/12/11</b>	<b>3:00AM</b>
					<b>04/14/11</b>	<b>3:30AM</b>
					<b>04/15/11</b>	<b>1:00PM</b>
					<b>04/16/11</b>	<b>3:30AM</b>

Lisa Buldo discusses the topic of health with the founder of Dentistry for Health New York, Dr. Reid Winick. Dr. Winick begins by saying that sustainable dentistry is where we look at the mouth and the body as a whole. If we look at this, the mouth can actually heal on its own. When I was younger, I was diagnosed with Crohn's Disease which is inflammation of the small intestine. Over 15 years, I kept having surgeries and medicine, but they weren't working. I stumbled on these sustainable health ideas and applied them to my own disease. I eventually became very healthy. I decided to apply these principles to dentistry and we have better outcomes. There are different categories of dentists. You have normal "drill and fill" dentists. You have oral surgeons. You have holistic dentist. Sustainable Dentistry takes a more proactive approach. He says the body will benefit and so will the mouth. For example, if a tree isn't getting the right nutrients, it dies. If we give the body the proper nutrients, it will heal. The mouth is like a barometer for the body. We can learn a lot from what's going on in the mouth. Good nutrition for the mouth is the same as having good nutrition for the body. Eat the right foods and supplements. Get sleep and exercise. Everyone knows about strep throat. You get a culture done to discover it. In sustainable dentistry, we do the same thing to find what bacteria are in the mouth. Sometimes it is a nutritional deficiency. You have to have good antioxidants and nutrients to grow strong and reverse diseases. Dr. Winick says that the medical field has found that many chronic diseases are linked to inflammation in the mouth. Gum disease affects insulin levels which can lead to diabetes. If they have good treatment of their mouth, then they would have fewer problems associated with diabetes. For overall health, the pH has to be right. He says so many diseases are caused by a chronic infection and many doctors don't know to check the mouth. Your dentist needs to know to check for bacteria in the mouth.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 1711</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/25/11</b>	<b>11:30AM</b>
					<b>04/26/11</b>	<b>3:30AM</b>
					<b>04/28/11</b>	<b>3:30AM</b>
					<b>04/29/11</b>	<b>1:00PM</b>
					<b>04/30/11</b>	<b>3:30AM</b>
					<b>05/10/11</b>	<b>3:30AM</b>

Lisa Buldo discusses the topic of health with the Board Certified Nutritional Counselor of Revelation Beauty Spa & Wellness Center in Poughkeepsie, Toni Jean Kulpinski. Ms. Kulpinsky says that society has become very “fat-phobia” and we think that fat is so bad for us. Saturated fat is actually very good for us. We need some amounts of saturated fat to incorporate calcium into our bones. Obesity has become a problem because of processed foods. Hydrogenated fats and oil are bad for us and are toxic. You want to stay away from trans fats. Cereals contain these a lot. Genetically modified organisms have been around for 20 years. Simply, they are cloning our food. They are taking organisms and injecting them into others to make them bigger. She says over time these types of foods have a bad affect on our body like infertility, autoimmune diseases, and cancer. We have a bone crisis right now. 50% of your diet should consist of saturated fats from organic and all natural foods. Grass fed cattle are getting many more nutrients like iron, omega 3, and zinc. We were designed to eat these foods. If children are consuming vegetables with pesticides will develop allergies and asthma. Fluoride is a neurotoxin and it can kill brain cells. It’s not as healthy as once thought. You should have a water filter on your shower and kitchen sink to get the fluoride out. You should be consuming half your weight in water every day. We need to get off our artificial sweeteners and exercising every day. She says, as a parent, we need to educate our children at home in the kitchen. Teach them to cook healthy and that will develop over time and to their friends and children. Always remember that food is medicine. You don’t have to always be on medication. The body uses real food to stay healthy. This is a good positive change for mental and physical health. Greens have many healing properties. We should be taking supplements that are from food to fill in any gaps.

<b>JOY IN OUR TOWN# 1911</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/09/11</b>	<b>11:30AM</b>
					<b>05/10/11</b>	<b>3:30AM</b>
					<b>05/12/11</b>	<b>3:30AM</b>
					<b>05/13/11</b>	<b>1:00PM</b>
					<b>05/14/11</b>	<b>3:30AM</b>

Arlene discusses the topic of health with the Co-Founder & Director of the Peggy Lillis Memorial Foundation in New York City, Christian John Lillis. Mr. Lillis begins by saying that C.diff is a natural bacteria that is caused by feces. It’s related to botulism and tetanus. By itself, it’s not that dangerous but humans can ingest the spores and become sick. Once it’s ingested and the person is taking any kind of antibiotics, it can develop into a toxin. This will grow and damage the colon. The connection between botulism and tetanus is that they look similar under a microscope and are naturally occurring. Tetanus and botulism are bacterial infections. Tetanus can get into a wound that can lead to an infection. Botulism is similar but used in Botox. C.diff occurs mostly in medical facilities. It is very hard to control. It’s spread by being on surfacing then to the mouth. Then they usually get an infection. It’s invisible. Many of the preventions used on well know similar diseases like staff infections don’t work on C.diff. The only thing that works is bleach. Once someone is diagnosis, it’s treated with antibiotics. For severe cases, treatment can lead to the removal of the colon. For milder cases that won’t go away, they might have to have a stool transplant. Preventing C.diff is easy. There needs to be more cleaning and hand washing. My mother probably picked it up visiting someone at the hospital. If you are at a medical facility, ask them to wash their hands in front of you. They mean well, but they are overworked and forget. Be gentle, but firm and remind them. Most of the doctors appreciate the reminder. If you’re in running from patient to patient you forget. If you educate people on C.diff, you will save lives. The foundation is involved in public education. We have seminars where doctors speak and encourage families to speak to each other. We are working with doctors to have articles put in magazines and website. C.diff is largely preventable. We want this disease to be a reported disease.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/02/11</b> <b>06/03/11</b> <b>06/04/11</b> <b>06/07/11</b> <b>06/09/11</b>	<b>3:30AM</b> <b>1:00PM</b> <b>3:30AM</b> <b>4:00AM</b> <b>4:00AM</b>

Lisa Buldo discusses the topic of health with the Medical Director of P.A.T.H. Medical in New York City, Dr. Eric Braverman. Dr. Braverman says that as we age, we slow down and we aren't able to keep up with our families. We lose cognitive ability. We need more stability. We get more anxiety over little things. We lose the ability to sleep correctly and we get more general pain. All of those things together are part of our brain chemistry and that hinders our ability to love. We have to raise dopamine for energy and give out more love. He says we have to raise acetylcholine to raise the ability to concentrate and expand our memory. This will help you in your family relationships. There are many things that our bodies need to work at our full capacity and fulfill relationships. The right foods, vitamins, nutrients, & exercises are all important. We have to get at least 7 hours of sleep. As for spouse compatibility, we are all striving for that. Dr. Braverman thinks we have to bridge that gap between both people. To be more compatible with your spouse, you have to have your hormones in balance. Vision is key in compatibility. People have to have structure in their life to have a stable marriage. Communication is very important too. There is a pneumatic device called LOVERS. This is Loyalty, Openness, Value & Trust, Empathy, Respect, and Stability of Commitment. We have to study our brain chemistry in order to switch "things" around when you're a husband, wife, mother, or father. Everyone needs a higher power connection to lean on when we do fail each other. We have to learn to forgive each other. Parents need to have sex. This removes all the mental problems with each other's exes. The problem is that you get older your sex drive declines. Taking a few natural hormones can correct this. He says we have to get sex back to 3 times a week at least. Sex is the reboot to our brain chemistry.

<b>700 Club CBN NewsWatch # 061611</b>	<b>1:00:00</b>	<b>6:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>06/16/11</b>	<b>3:00PM</b>
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Lori Johnson, CBN News Reporter, says if you're trying to eat healthy, perhaps you have heard to stay away from processed foods. While that's great advice, it seems many people are confused about what exactly constitutes processed food. If you can't identify them, it's hard to cut processed foods out of your diet. And although most people know processed foods are bad for them, it's often unclear what makes them so dangerous to a person's health. Remember - processed foods are foods that have been altered from their natural state. Have you ever wondered why a pre-packaged food stays fresh for months, when the same food made from scratch grows moldy in just days? It's because food manufacturers use man-made ingredients that prolong a product's shelf life. Unfortunately, they may have the opposite effect on peoples' health. Trans fats are commonly found in commercially fried food and packaged foods, especially baked goods. But you won't see the phrase, "trans fat" in the list of ingredients. Instead, look for the word, "hydrogenated." And beware of labels claiming no trans fats. They're often still in there, because the Food and Drug Administration allows food with up to a half-gram of trans fat per serving to be labeled "trans fat free." The problem is, those servings can be small so we eat many servings, and those half-grams add-up. Vending machines are often loaded with processed foods. In addition to trans fats, they often contain too much salt, which can cause heart problems and creates a craving for even more salt. Another addictive ingredient you'll find in processed foods is high fructose corn syrup, which is linked to obesity and diabetes. Although high fructose corn syrup manufacturers contend it's nutritionally the same as sugar, others say it's worse. Also on the list are other syrups and sweeteners like dextrose, glucose, lactose and maltose. And speaking of chemical names, here's another one to watch out for: monosodium glutamate, or MSG for short. Food manufacturers like it because it adds flavor. But doctors dislike it because it causes high insulin secretion. Believe it or not, even white flour is a processed food. Its soft texture and mild taste is created by removing the most nutritious parts of the wheat berry, the bran and the germ. The starch leftover is digested too fast in the body and can lead to weight gain, diabetes, heart disease and cancer. By contrast, whole wheat flour includes the entire wheat berry, which is digested slowly, making us feel full longer. Although identifying processed foods and removing them from our diet isn't easy, it may be less troubling than dealing with the health problems they could create

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Doctor to Doctor # 295</b>	<b>28:30:00</b>	<b>28:30</b>	<b>L</b>	<b>PA/O/E</b>	<b>04/05/11</b>	<b>12:30PM</b>

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

<b>Doctor to Doctor # 296</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>04/12/11</b>	<b>12:30PM</b>
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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.

<b>Doctor to Doctor # 297</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>04/26/11</b>	<b>12:30PM</b>
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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.

<b>Doctor to Doctor # 298</b>	<b>28:30:00</b>	<b>28:30</b>	<b>L</b>	<b>PA/O/E</b>	<b>05/03/11</b>	<b>12:30PM</b>
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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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Doctor to Doctor # 299</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>05/10/11</b>	<b>12:30PM</b>

**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.

<b>Doctor to Doctor # 300</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>05/17/11</b>	<b>12:30PM</b>
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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.

<b>Doctor to Doctor # 301</b>	<b>28:30:00</b>	<b>28:30</b>	<b>L</b>	<b>PA/O/E</b>	<b>05/24/11</b>	<b>12:30PM</b>
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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.

<b>Doctor to Doctor # 302</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>05/31/11</b>	<b>12:30PM</b>
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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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Doctor to Doctor # 303</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>06/07/11</b>	<b>12:30PM</b>

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

<b>Doctor to Doctor # 304</b>	<b>28:30:00</b>	<b>28:30</b>	<b>L</b>	<b>PA/O/E</b>	<b>06/14/11</b>	<b>12:30PM</b>
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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.

<b>Doctor to Doctor # 305</b>	<b>28:30:00</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>06/21/11</b>	<b>12:30PM</b>
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**Dr. Valerie Saxon** talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. **Dr. Bill Williams** talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. **Dr. Dale Peterson** talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.

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*Families*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 1411</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/04/11</b>	<b>11:30AM</b>
					<b>04/07/11</b>	<b>3:30AM</b>
					<b>04/08/11</b>	<b>1:00PM</b>
					<b>04/09/11</b>	<b>3:30AM</b>
					<b>04/12/11</b>	<b>4:00AM</b>
					<b>04/14/11</b>	<b>4:00AM</b>

Lisa Buldo discusses the topic of families with the Co-Author of *Smart Parenting for Smart Kids* in New York City, Dr. Eileen Kennedy-Moore. Dr. Eileen begins by saying the ability to manage our family and our emotions are basic life skills. Children will learn these things beginning in the family and take it through their lives. Emotion coaching is a way for parents to speak to their children and really understand each other. She says there was a study where parents and children were brought into a room. The children were given puzzles that were deliberately too hard and the parents were watched for how they interacted. There were 3 styles discovered. One message was just to get over the fact they couldn't solve the puzzle. The second was very understanding. They can see the child is frustrated but they didn't seem too concerned with the kids' emotions. The last was emotion coaching. They understood the child's problem and they help him cope with not solving it. The interesting thing is that the researchers followed the children for 5 years and found that they were smarter, better social life, and better physical health. As parents we want to protect our children. We need to step back and let them struggle some. Dr. Eileen says we need to let them do things for themselves or we're saying they can't handle certain situations. Families today are struggling with economic issues. The world is complicated and parents become anxious. We stop trusting our children to do simple tasks like homework or chores. We're saying that the child's work isn't good enough. We need to talk about values with our children. Self-esteem is tricky. It has to be earned and not given. We can't convince kids to feel good about themselves to be successful. Children today have less freedom outside the home than inside. We give them the sense that the world is dangerous. We have to prepare them to go out into the world. We need to have compassion and see the world through our children's eyes. We need to have faith in our children's ability to grow and learn. We don't need to take over.

<b>JOY IN OUR TOWN# 1711</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/25/11</b>	<b>11:30AM</b>
					<b>04/26/11</b>	<b>3:30AM</b>
					<b>04/28/11</b>	<b>3:30AM</b>
					<b>04/29/11</b>	<b>1:00PM</b>
					<b>04/30/11</b>	<b>3:30AM</b>
					<b>05/10/11</b>	<b>3:30AM</b>

Lisa Buldo discusses the topic of families with the Presidents of Bureau of The Marriage Mentoring Network in Poughkeepsie, Gene & Marsha Redd. Mr. Redd begins by saying that one challenge that families are facing right now is time management. We don't think about how were spending our time with our families. Parents are dealing with the rapid acceleration of technology. Parents are letting their children spend too much time on the computer. They are being influenced. Ms. Redd says that parents aren't finding the time to monitor what their children are doing. She says that parents take for granted what they are learning in the world. It's importance that parents are showing the children kindness, love, compassion, patience, etc. The kids are watching and reflect. Mr. Redd says that parents are the DNA. Everyone takes something from their parents. Mr. Redd says that statistics haven't shown spike in divorce since the economic turn and that's a good thing. That doesn't mean that the marriages are happy though. Some of the parents are taking out the stress on each other unfortunately. What doesn't kill you makes you stronger. Ms. Redd says that couples need to provide a safe environment for each other. They need to communicate. They need to learn more and more about each other. Talk about what they are doing and determine if it's hurting the children. In-Laws play a big role in families. They are the "fans" of the parents usually, but they shouldn't be making decisions. Ms. Redd says if your spouse is prioritizing the in-law over you, then join them and he/she will appreciate that. Marriage is really about getting to know yourself. You have to confront your true you among the spouse. You really learn what love is when you have a child and makes you realize what kind of love you're giving your spouse. Your spouse should get the best love. Mr. Redd says, if you think you made a mistake in marriage, communicate with each other and determine what each other want. This might help you get back to a better place.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2011</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/16/11</b>	<b>11:30AM</b>
					<b>05/17/11</b>	<b>3:30AM</b>
					<b>05/20/11</b>	<b>1:00PM</b>
					<b>05/21/11</b>	<b>3:30AM</b>

Arlene Mukoko discusses the topic of families with the President of Faith Community Developers in Long Island, Michael Talbert. Mr. Talbert begins by saying that the biggest challenge for single parents is having to do everything. They have to clean the house, pay bills, get the children to school, etc. This creates stress. Single parenting is sometimes chosen and not chosen. We don't foresee the problems. There needs to be a stress reliever. You have to look at them solution-oriented. As a single parent, you're making sure your children are up and ready for school and they have transportation to and from school. Do they have a babysitter? Can this family function? You get up every morning with a plan. He says to plan a strong family, you have to have values like loving people, loving yourself, discipline, order in the home, etc. When you remove these, the family is lost. The biggest challenge for the children is in the home. They are being stressed. They have low self-esteem. This leads to gangs. The child is trying to do the best he can with what he has. As for social media, if you can't communicate verbally then use technology to talk to your kids. Verbal contact is difficult sometimes and creates stress. Mr. Talbert says to find out what works for your family. If someone sticks to the plan, it will work. Sometimes single parents feel guilty. You want to forgive yourself and the person that might have caused you to be a single parent. You have to teach your child to forgive. You have to be able to love yourself and, in turn, love others. The children are the recipient of negative behavior. It's also difficult for single parents to own their own home. There are programs out there that will help parents plan to own their home. That is an American dream that can be achieved. We started a program that shows the parents the steps to be financially safe. You have to show them their abilities and love. Children handle bad situations a different way. The lack of knowledge, people making wrong choices and not having information are three ways families are struggling.

<b>JOY IN OUR TOWN# 2111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/23/11</b>	<b>1:00PM</b>
					<b>05/24/11</b>	<b>3:30AM</b>
					<b>05/26/11</b>	<b>3:30AM</b>
					<b>05/27/11</b>	<b>1:00PM</b>
					<b>05/28/11</b>	<b>3:30AM</b>

Arlene Mukoko discusses the topic of families with the author of "Project: Happily Ever After, Alisa Bowman. Ms. Bowman begins by saying that having a baby definitely changes a marriage. Babies are time consuming. They are stressful, especially if they get sick, have sleep issues, and all of these things are very common. They take up a lot of physical energy and require a lot of communication between mom and dad, which may not have been going on before the baby, and that might have been okay, but now the mom and dad have to share roles, share responsibilities, figure out who's going to clean up the messes. You're married. Your spouse might be your best friend, but he's also more than your best friend, so there is supposed to be stuff going on in the bedroom, but if you're not communicating that can end, so your relationship can just fall apart. You can baby proof your marriage before the baby even comes. Ms. Bowman says that you can talk about your expectations, about who is going to do what. It's hard to plan out exactly what's going to happen because you don't know what kind of baby you're going to get, but you can talk about what you are going to do when there are middle of the night feedings. Is the man going to take at least one feeding, even if she's breastfeeding? In order to ensure quality time together, try to have a babysitter. Maybe it's family, maybe it's a good friend, and maybe you trade with another couple. You need to have time. Try to keep the bedroom stuff going. You need to have quality time. It's important to touch, to hug, to kiss. These are things that naturally happen in a healthy relationship and tend to go out of the relationship when you're stressed. Quality time is possible after you have kids, but you have to make it a priority. What do you need in your life to be your best you? Most people have something in their lives that they love that you need. If you're not having that in your life, you're going to be angry and resentful, and then your children won't be happy. So feed yourself first.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/27/11</b> <b>06/28/11</b> <b>05/23/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>3:30AM</b>

Wendy Taylor discusses the topic of family with the Ecclesial Leadership Team of Worldwide Marriage Encounter in Poughkeepsie, Peter & Sheila Oprysko. Mr. Oprysko begins by saying that the biggest difference in marriage today is that we just have more going on and it's more fast-paced. As a result, we get stressed. Ms. Oprskyo says we have families, jobs, and friends. Time becomes an issue. We are trying to make sure the family is taken care of. Mr. Oprysko says anything can be a challenge if you let it. People need to communicate to make things easier. Ms. Oprskyo says communication is not just talk. It's listening as well. Mr. Oprysko says you have to know that what the other is saying is important. In marriage, there are expectations. You have to talk about what's going on in your lives. Children recognize what is going on with your marriage as well. Values for your children should come from the home. It will help them in their lives. Spending time together is very important as well. You have to make choices to do this. Do things that are fulfilling. Ms. Oprskyo says it means that you will put your personal needs aside. Mr. Oprysko says it's about making decisions that include each other. Ms. Oprskyo says you have to make the decision to love. Do things for the other person. Mr. Oprysko says you have to be invested in the other person first. The communication will be stronger. You have to have romance. Make the other person know they are important. Ms. Oprskyo says you have to be aware that there will be problems in your lives. Ms. Oprskyo says we believe that the love of spouse is important for the children to see. Mr. Oprysko says if the heart is healthy than the family is healthy. Provide positivity. For those who are just starting their marriage, don't think about what you're NOT going to do. Being prepared is knowing that there will be problems and knowing how to handle them. Mr. Oprysko says you have to be open to learning. Recognize that marriage is work. Ms. Oprskyo says if someone realizes that their marriage isn't very good they need to talk about it and figure out what the next step is for them. Sometimes the problem is just miscommunication. Worldwide Marriage Encounter is a weekend for couples where we teach communication skills. We help them build an intimate and responsible relationship. It helps strengthen marriage. It allows them to talk about areas they don't usually. Ms. Oprskyo says the weekend is different for every couple because it's so private. The couples shared parts of their relationship. Hopefully they will come to the point where they can deepen their relationship. Mr. Oprysko says don't give up on marriage. It does take work.

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*Crime*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 1811</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/02/11</b>	<b>11:30AM</b>
					<b>05/03/11</b>	<b>3:30AM</b>
					<b>05/05/11</b>	<b>3:30AM</b>
					<b>05/06/11</b>	<b>1:00PM</b>
					<b>05/07/11</b>	<b>3:30AM</b>
					<b>05/10/11</b>	<b>4:00AM</b>

Arlene discusses the topic of crime with the Judge Richard Weinberg from the Midtown Community Court in New York City. Judge Weinberg begins by saying that prostitution is a crime. It's an agreement between the sex worker and the "John" for sexual activity for money. Sex trafficking is when a victim is being forced either psychologically or physically to engage in this conduct. Regardless, everyone in this is committing a crime. The job of law enforcement is to determine who the victims are and who are doing it of their own freewill. The police are looking at massage parlors, houses of prostitution, street walkers, and one night hotel rooms. They focus on these places. Midtown Community Court sees about 80% of these situations in the city. It was started in 1983 to be a model for other courts. It's a problem solving court. If there is a social issue or problem, we have a program to help stop it. We are the only court that provides program to get people out of prostitution and protect the community. He says we have programs in many different languages. Since many of the sex workers are victims, the state has passed legislation to allow these crimes to be banished from their record. This will give them a fresh start. The city has desks at many of the main travel hubs to watch young people coming into the city and keep the "pimps" from reaching them. These pimps use psychological abuse and drugs to control them. They cut off their connection with family and friends. They change their name. They treat them like property. The government tries to make cases against these traffickers and it's hard. Their hands are usually clean. After the person comes to court, they are interrogated to find if they are a victim. Judge Weinberg says that the city is involved in this and there are organizations that help as well. We want to get these people out of this lifestyle. The NYPD does much undercover to look for this work and they are doing a tremendous job. The city government and law enforcement has a meeting every month to discuss what's going on and if changes need to be made.

<b>JOY IN OUR TOWN# 2111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/23/11</b>	<b>1:00PM</b>
					<b>05/24/11</b>	<b>3:30AM</b>
					<b>05/26/11</b>	<b>3:30AM</b>
					<b>05/27/11</b>	<b>1:00PM</b>
					<b>05/28/11</b>	<b>3:30AM</b>

Arlene Mukoko discusses the topic of crime with a Emergency Medical Technician from Bedford Stuyvesant Volunteer Ambulance Corps in New York City, Carl Meyer. Mr. Meyer says that a case is classified as a homicide based off of the frame of mind that a person is in, contempt, if they meant to do it or not. You have different classifications. If a person knowingly kills someone, it is considered a homicide. A non-criminal homicide is when you don't mean to kill a person, like if you're driving in a car and you hit someone and kill them. A homicide is 25 years to life. I think that the economy plays a part in the homicide rates. When people don't have jobs, they do what they have to do. Mr. Meyer thinks that the city has tried to make the community safer. I was traveling down Sutphin Boulevard, and there was a patrol car out every three blocks just to make their presence known. There was nothing going on. I would suggest that people take a self defense course and walk in groups when going to the subway. If you're by yourself, maybe talk to someone on your cell phone, just to let them know where you're at all times. Maybe carry a flashlight. As an EMT, I work closely with the police department, the fire department. Right now, I am traveling around doing work with some youths. As a volunteer, he says that he gets to donate his time and his energy. I always thought that helping people was interesting. There's no feeling like knowing what you learn can help a person stay alive. There's really no way to prepare yourself to respond to a homicide case. Homicide situations vary. The public can prepare themselves for emergencies by learning CPR and first aid. In New York City, the Police Department, the Fire Department, and EMS all work closely together. Prevention has to start at home with parents. They need to communicate with their children. When kids have nothing to do and nowhere to go, they go to the streets. That's where problems come in. New York City has great programs that can help children.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/02/11</b>	<b>3:30AM</b>
					<b>06/03/11</b>	<b>1:00PM</b>
					<b>06/04/11</b>	<b>3:30AM</b>
					<b>06/07/11</b>	<b>4:00AM</b>
					<b>06/09/11</b>	<b>4:00AM</b>

Arlene Mukoko discusses the topic of crime with a Per Diem Staff Member of the Phage Piggy Back: Striver House in New York City, Willie Thomas. Mr. Thomas begins by saying that according to NY Law, the purpose of incarceration is to remove an offender of the state law from society. Once they are rehabilitated (if they have been) they can return to the community. This is sometimes a very hard task. It's very difficult for people to give offenders and second chance and many times that all the former prisoners want. It's very difficult to find a job or go to school. Some colleges won't admit them. It takes a lot of hard work and patience to fit in. They have to network. They have to socialize and communicate. They have to better their skills. He thinks they need to develop interpersonal skills. They road to a job is not found by looking in the newspaper. They have to make connections and find people that can help them meet people. The point of rehabilitation is to help these people learn skills that are marketable and get their GED. Some facilities offer good transitional services. New York State recently has moved more from rehabilitation and to retribution. They have done away with college programs knowing that the more education a person has, the less likely they are to go back to criminal activity. Mr. Thomas says that he works mostly with substance abuser and young people. The young people need to know they need to stay in school to stay on the right path. The community needs to know as someone is coming back into society to have an open mind. They need to know that person is doing their best. A former incarcerated person needs to believe in a higher power and education to be successful. Many times with young people, the lack of family role models is the problem. He says that they are sometimes moving around through the foster care system and they don't trust anyone. Employment opportunities and housing are the top 2 problems these people face coming out. The shelters won't take them sometimes. Very few people are willing to give these people a chance to take care of themselves.

<b>JOY IN OUR TOWN# 2311</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/06/11</b>	<b>11:30AM</b>
					<b>06/07/11</b>	<b>3:30AM</b>
					<b>06/09/11</b>	<b>3:30AM</b>
					<b>06/10/11</b>	<b>1:00PM</b>
					<b>06/11/11</b>	<b>3:30AM</b>

Arlene Mukoko discusses Guardian Angels--Poughkeepsie with Regional Organizer Larry Fauntleroy. Larry said that human trafficking is when someone is actually taken from where they're at against their will, whether it is forced or coerced. What's happening in the suburbs in a lot of the malls today is that they're doing it with young girls from the ages of 13 and up. The history has been that usually it's been older women and older girls, young girls, and they were taken to Europe and areas like that, but now they're looking at younger girls because there is a trend with young girls hanging out in the malls or going to the malls in groups, and these individuals are very skilled in their techniques at befriending these individuals. Larry said that this benefits the trafficker financially and to the victim it's disastrous. It also happens to boys, but girls are bigger targets. The malls make this a big problem in the suburbs. Larry said that they go to the Poughkeepsie mall once a month, giving out information to the community and talking to people about this issue. He said that the mall security had no knowledge of it. They had to educate them about what to look for and what the signs were, in reference to if you see a bunch of kids, and someone is talking to them, look at how comfortable they seem talking to that adult. If you see it again, alert mall security. Larry said that people generally have a feeling when things are not right, and they generally encourage people to go on that feeling and take the first step and contact mall security. We as society are not prepared for this kind of trauma. They're just talking about it, about funding and not enough funding and incorporating it with other areas of trauma, incidents, and to do something about it. Larry said that to protect themselves a child or a teen should be careful about who approaches them at any time. He said that we've already gotten to the point where the parents knows not to put their child's name on their clothes and stuff like that, but there are young kids now who want to wear jewelry with their name on it. That's not a good idea because what you're doing is you're telling someone who doesn't know you who you are, and that's a contact right there. The community needs to heighten the awareness about it. Government needs to make it more public so that people can be more aware of it.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2411</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/13/11</b>	<b>11:30AM</b>
					<b>06/14/11</b>	<b>3:30AM</b>
					<b>06/16/11</b>	<b>3:30AM</b>
					<b>06/17/11</b>	<b>1:00PM</b>
					<b>06/18/11</b>	<b>3:30AM</b>

Arlene Mukoko discusses the topic of crime with the Founder of The Euphrates Project, Sandra Manuel-Mccutcheon, & Founder of Purpose At Heart, Darlene Gilliam. Ms. Mccutcheon begins by saying that the first step for a recently released prisoner is transitioning back to the community. They need to get resources and contact with their families. They need to determine what their need are. Ms. Gilliam says the community needs to come together and have effective transitioning programs. Ms. Mccutcheon says they need to talk about where they are going to live. They don't have an address. In the past, they have been transitioning before they get out. They make a plan. Who can be their support and how can they get medications if needed? We had conferences that bring the community and law enforcement together to make plans. Prisoner re-entry is fairly new. Ms. Gilliam says the community has to be made aware of this process. Hopefully they will feel the need to help. Ms. Mccutcheon says faith-based programs are important as well. Their hearts are hardened in prison. They need to be open to a higher power. They need people to talk to them and tell them their story. Hopefully these will be success stories about their life, family and work. Faith-based organizations tend to have patience and mercy. Prisoners have done so much to get in trouble. They think there isn't any hope for them. Ms. Gilliam says jobs are very difficult to find. There are many organizations that prepare them for interviews and job-training. They learn how to dress. Since the prisoner's level of education is usually low, they really look for the basic jobs that don't require that much. Hopefully, they can work their way up if they have the drive. Skills programs are important too. For example, there are programs to help them deal with their children or anger management. Ms. Mccutcheon says the most important thing when they come out is that they need to feel wanted. They need to understand family relationship. They also need to understand that there will be many ups and downs during the process. Ms. Gilliam says we encourage them to get connected with a church that offers counseling so you can bring the family back together. There are more mental health services as well as drug counseling available. The drug courts are also being very productive. Ms. Gilliam says purpose of Heart helps youth understand what has happened with their family member being in jail. We help them stay children and learn to growth properly.

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

*Substance Abuse*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 1611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/22/11</b>	<b>1:00PM</b>

Lisa Buldo discusses the topic of substance abuse with the Director, Bureau of Recovery Services of NYS OASAS in New York City, Lureen McNeil. Ms. McNeil begins by talking about how she had a serious addiction problem for 14 years and began taking methadone to treat it. As for substance abuse and recovery, there is a recovery framework and a treatment framework. Treatment framework is where a person has hit bottom and is going to a facility to stop the addiction. There is a dose of treatment and then a graduation. They expect you to live a drugfree life. People recover differently though. The recovery framework fills in all the gaps of the treatment framework. People need ongoing support. This came into prominence under the Bush administration. Faith is important in recovery. Faith institutions work with the state services to provide this. Ms. McNeil says people don't need to lose hope. People recover differently. My recovery is sustained by faith and spirituality. I've seen people that have been addicted for 30 years or more and are now recovering. People go through different stages of addiction. There's denial, contemplation, action, & maintenance. When you go to someone that has a problem, they won't hear you. You have to give that person a lot of information. Let them know you care. Let them know what the process of addiction is. Let them know the results of addiction. Let them know what kinds of services are available and that there is hope. Find a recovery coach. She says the person can always call when they notice this is happening. There are outpatient programs, detox, inpatient programs (28 day programs), long term residential programs and recovery supports. Not everyone goes into treatment programs. The people that hurt the most are the families. The most popular drugs are alcohol and marijuana for young people. Most of the people coming into our programs are marijuana addicts.

<b>JOY IN OUR TOWN# 1811</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/02/11</b>	<b>11:30AM</b>
					<b>05/03/11</b>	<b>3:30AM</b>
					<b>05/05/11</b>	<b>3:30AM</b>
					<b>05/06/11</b>	<b>1:00PM</b>
					<b>05/07/11</b>	<b>3:30AM</b>
					<b>05/10/11</b>	<b>4:00AM</b>

Lisa Buldo discusses the topic of substance abuse with the Administrator of Research Development & Training of Narco Freedom Inc. in New York City, Dr. Janet Lerner. She begins by saying that methadone is a synthetic opioid. It's used in the treatment of heroin addicts. This is to help wean people off heroin in a controlled manner. Methadone treatment is a medical model. The emphasis is on monitoring the medication and the patient. It's to assure the person using it is getting over services they may need. Opioid addicted client have many resources available. She says there is a resource called the buprenorphine or suboxone treatments. These are a mildly similar to methadone, but are much more expensive. The other difference is that Methadone treatment comes with services and support. The others are just prescriptions and we find that people get them and try to sell them to others to use. There is also naltrexone which blocks the receptors in the body from desiring the high. People who take heroin feel normal for the first time in their lives. They have low hormones levels. They are anxious. The heroine relaxes them. Dr. Lerner says the problem with methadone is that you will probably be on it for the rest of your life or something similar. Patients on methadone were filled with so much pain and problems before. They can now deal with it better but the drug only deals with what maintains the problem. We need to deal with the cause. Trauma is a huge cause and therapy usually helps. We need to get that help to people. People don't know that is a huge problem. As for drug free treatment is that it's not enough. She says if they don't get the treatment, they won't be able to maintain a drug free life. There was a man that had relapsed after 21 years of sobriety because his mother died. She was his only support. That is one thing that makes the support groups important. Methadone is not the same as pain management. People get addicted to it and overdose. It needs to be more monitored. If a person is on methadone and pain medication, the doctors need to monitor closely. These people need mental health services as well. We need to make sure these services are available to help them maintain a better lifestyle.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2011</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/16/11</b> <b>05/17/11</b> <b>05/20/11</b> <b>05/21/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>1:00PM</b> <b>3:30AM</b>

Arlene Mukoko discusses the topic of substance abuse with the Senior Director of Health & Human Services for MusiCares in New York City, DeeDee Acquisto. Mrs. Acquisto begins by saying that substance abuse is any use of a substance whether it's drugs or alcohol that affect major portions of your life. It involves your work life and family life. It's done to the detriment of a person's life. We see it a lot in the music business. People in the music business are working in an environment where substance abuse is encouraged. You're talking about bars. The music business tends to "turn their head" when it comes to this. There is a lot of tolerance for this behavior. One of the biggest impediments for someone who is trying to get over substance abuse is the fact that they will have to work in this environment if they want to continue this career. For example, a person who goes into rehab for an eating disorder then comes out and is forced to work at a bakery. When people get into to substance abuse and they are in this environment, as they come out of it, they need to rely on something. That's where spirituality plays a part. They need to believe in something other than themselves whether it's religion or just a group of people. This adds support and helps them deal with the challenges. Musicians feel like they are the only sober one out there. Ms. Acquisto says that they need to connect with other sober musicians. To find these groups is important but it is a challenge. They can trade experiences and help each other. As for recognizing signs, it's difficult in the music industry because of their schedule. Look for signs like they are bringing in less money, missing appointment, physical indications like weight-loss, red eyes and slurred speech. A family member will usually know because they are different. We see band members and managers that tell us about people that are acting different. WE see people who haven't been able to help themselves. She says many times they need detox and medication to ease them through withdrawal. Resources for the family are available. There is family therapy and family counseling. These families are dealing with the consequences of the abuser. Many times these people get a mentor or sponsor to help them through getting over substance abuse. Obviously, they have dealt with it and have advice. They help them find alternative ways to deal with this environment. When people fail to learn and doing the things to keep them sober, they get isolated.

<b>JOY IN OUR TOWN# 2611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/27/11</b> <b>06/28/11</b> <b>05/23/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>3:30AM</b>
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Lisa Buldo discusses the topic of substance abuse with the Executive Producer of "Modern Day Miracles," John Luppó. Mr. Luppó begins by saying that substance abuse or addiction is the over use of illegal or legal drugs where you can't stop. It's the definition of insanity. It's doing something over and over and trying to get a different result. He says some parts of addiction are hereditary. If that gene is in the family than you are more likely to develop it. It's similar to cancer running in a family. There are signs to look for. When you see how a family member's personality has changed, things are missing in the house, hiding bottles, not able to keep up with their responsibilities. Co-dependent means you have to have some to feel a certain way. Denial is where someone doesn't want to admit they have a problem. He says they will make excuses for themselves. Family members can be in denial too. They don't want to believe. An enabler is usually family members wanting to help, but they are really hurting them. They're not giving them the attention they need. Tough love can be the best love. If you see a loved one with this problem, have an intervention. Let me know you want to help them. Find a detox or rehab or outpatient therapy. Mr. Luppó says you can also go to family therapy. The first step for someone who has an addiction is to realize you have a problem. Then you can take the proper protocol. Stop hanging with people you used to drink or do drugs with. Don't hang in those places. On a daily basis you should have someone to talk to. Use them as support. Do service to help others recovering. Find some sort of spirituality to find support that is greater than yourself. I've always wanted to do a movie about drugs and alcohol addiction. I did Modern Day Miracles in response to friends who had passed away. I was sober for about 2 years and felt it was time to make this movie. I interview 10-12 different people about their lives from past, to present, to now. They explain their trials and triumph. Addiction is not prejudice against anyone. It's a universal problem. This movie is being used in rehabs and in other companies' drug awareness programs. We are now going into high schools to talk to kids. Lastly, Mr. Luppó says that the best thing is to make these problems aware to either friends or family. You're hurting yourself and your family.

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*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 1511</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/11/11</b>	<b>11:30AM</b>
					<b>04/12/11</b>	<b>3:00AM</b>
					<b>04/14/11</b>	<b>3:30AM</b>
					<b>04/15/11</b>	<b>1:00PM</b>
					<b>04/16/11</b>	<b>3:30AM</b>

Lisa Buldo discusses the topic of economy with the CEO of Renaissance Community Development Corporation Center, Thomas Reddick. Mr. Reddick begins by saying that we see so much in the city and surrounding areas that people are in need of many things like food, housing, & jobs. The economy is affecting so much. It is said that it is getting better, but the trickledown effect is very slow. He says that the unemployment rate has gotten so bad. People are leaving the city and businesses are closing. There are many houses up for foreclosure. People aren't being "choosey" in jobs right now. Our young people might not understand everything, but they are seeing it in their parents and schools. They are looking for ways to supplement the losses. Organizations have to work together. We need to work with our schools and find activities for our young people to have something to do after school. Mr. Reddick says that healthcare has been affected too. Hospitals have been closing or becoming overcrowded. They aren't getting the proper care they need. Resources are available for people like food pantries and organizations that help people find housing. People need to look for resource departments that have computer access. Many job applications and housing applications are online. You need to find your local community centers for direction. The greater the population affects how the economy is going to be in it.

<b>JOY IN OUR TOWN# 1611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/22/11</b>	<b>1:00PM</b>
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Lisa Buldo discusses the topic of economy with the Public Relations Director of Good Counsel Homes in Poughkeepsie, Joe Quattrocchi. Mr. Quattrocchi begins by saying that Fear is one thing that really keeps someone from breaking out of the economic troubles. People need to find other people. People need to find resources to help them do productive things. He says we all need to be productive. One needs to find some sort of life skill program to help them get back on the right track. Help with budgeting, education, and empowering them. People need to start saving. A third of your money should be saved. It's a first step. If you know that you're on the right track and you're able to do something productive, saving helps. Mr. Quattrocchi says to get out of "stinking thinking." We work mostly with single women and one of the biggest constraints during economic troubles is dealing with a child. One needs to locate a good childcare facility. This will help them find education and work. Family is very important to rely on. Many people don't have that. You are more vulnerable. Sometimes they are exploited. He says that education is key and gaining self esteem and skills. To help teach budgeting, we'll take our women shopping and show them how to save money.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 1911</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/09/11</b>	<b>11:30AM</b>
					<b>05/10/11</b>	<b>3:30AM</b>
					<b>05/12/11</b>	<b>3:30AM</b>
					<b>05/13/11</b>	<b>1:00PM</b>
					<b>05/14/11</b>	<b>3:30AM</b>

Arlene Mukoko discusses the topic of economy with the Long Island President & the National Board Member of National Coalition of 100 Black Women in New York City, Julie Dade-Howard & Janet Raiford. Mrs. Dade begins by saying that that the economy has affected everyone, but you can double the statistics for women of color. It affects women as individuals, their families, and communities. I don't know of any family that is not a two paycheck family. We have been moving our way up the ladder, but we are subject to layoffs and lower salaries. Mrs. Raiford adds that women of color are often heads of households. Those women have been impacted. There is a difference in income and wealth. The economy has devastated the wealth that we are trying to gain. She says that this economic downturn is more difficult than in the past. Women of color came to the north for economic improvement. Now we are finding that we're moving out of the cities and the north. Mrs. Dade says we can have hope for opportunities. We see discussion in government where they are services senior women and working women. There has been much discussion of cutbacks in Medicare and job training programs. This won't be good. There are some job opportunities in the retail area coming up. The percentage of individuals working in the IT field does not have that many women of color working. Electronic medical area is booming right now as well. There is funding for hospitals to move from paper to electronic, but they don't have the manpower yet. We need to look at that. Mrs. Raiford says that the downturn has affected 50 and over more, but there is hope. There are opportunities for growth in healthcare. Everyone knows someone having a problem with employment or their holding on to their house. Mrs. Dade says that our children are aware when we're having financial problems. It's important that we be truthful with our children. We need to prepare for the world of work. We need to make sure we're looking at different career paths. Parents need to explain where the money is being spent. Mrs. Raiford says that The National Coalition of 100 Black Women does have a strong desire to help the children of hurting families. Statistics say that by the time a girl is age 20, there is a 50% chance she'll have a child. We develop plans for them. They have interrupted educations and career path. The first step to take if you're laid off is to always be networking. You have to think about connecting to people and developing skills for different careers. You need to let people know you're looking for work.

<b>JOY IN OUR TOWN# 2511</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/20/11</b>	<b>13:30AM</b>
					<b>06/21/11</b>	<b>3:30AM</b>
					<b>06/23/11</b>	<b>3:30AM</b>
					<b>06/24/11</b>	<b>1:00PM</b>
					<b>06/25/11</b>	<b>3:30AM</b>

Wendy Taylor discusses the topic of economy with the Consulting Partner for the Hudson Valley Regional Council in Poughkeepsie, Simon Gruber. Mr. Gruber begins by saying the Hudson Valley, like many places, needs good jobs and we need growth to meet the demand for new jobs. There is much work to specifically advance certain areas. Many companies are doing research in more "green" infrastructures. All the cities in this area are struggling but what it promising is that we're seeing people moving back to rural areas. They are commuting and cutting down on car travel. We need to rebuild the infrastructure of our transportation, sewers, and water. Poughkeepsie has strengths in that because we are along the Hudson River. We are near NYC. That generates jobs. We have a good train system and educational system. The local food industry is getting better. Mr. Gruber says our colleges are an important part of a growing economy. We need to rebuild our bridges. We struggle with high taxes and costs. Our governor has made a great start in reducing the number of governmental entities. The Green Infrastructure plan focuses mostly on water and how it affects our community. Pipes and concrete obviously begin to wear out. We want to go back to using natural principles. It will be less expensive in the long run. We need to manage our storm water ideas like rain barrels that catch the water from the roof. We want to plant more trees for their roots. He says many of these things can be done by individuals. We are going to eventually have to do something because many of these cities' sewers are not working correctly. If we invest in a solution like this like creating more parks, you will not only help the water problem, but revitalize the beauty of the community and raise property values.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2311</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/06/11</b>	<b>11:30AM</b>
					<b>06/07/11</b>	<b>3:30AM</b>
					<b>06/09/11</b>	<b>3:30AM</b>
					<b>06/10/11</b>	<b>1:00PM</b>
					<b>06/11/11</b>	<b>3:30AM</b>

Arlene Mukoko discusses civic affairs & rent regulation with Assemblyman Jeffrey Dinowitz. Jeffrey said that an assembly member is sort-of like the state's equivalent of a member of Congress, of a representative of Congress. They pass laws in Albany, which could be on a number of issues or the state budget. They work hard in their communities on every issue you could imagine, and they do a lot of work for individual constituents. Despite the fact that some people consider it a part-time job, because they are only in Albany part-time, it's a full time job probably twice over, working with constituents, going to meetings, dealing with organizations. Dealing with every issue in the communities that we represent plus the work in Albany, and I love it. Rent stabilization and rent control were first through those apartments that are regulated by the state and by the city, so there are many different categories of apartment, but in particular rent control and rent stabilization. Rent controlled apartments (and they are getting fewer and fewer in number as time goes on) I think there might only be 30,000 to 40,000 apartments left, but those are built pre-1997 and have been occupied since the 1960s, so the only people who are going to live in rent controlled apartments are probably older people. Once somebody moves out a rent controlled apartment, it no longer will be rent controlled, it will be rent stabilized. Rent controlled apartments, the people have no leases. The rent goes up automatically 7.5% every year which is higher than the rate of inflation. Plus, they get other increases: fuel surcharges and things like that. Rent stabilization, which covers a much larger number of apartments, is also shrinking in number because the laws that have been passed in the last 10 years weaken tenants' rights. In rent stabilized apartments, people are entitled to a lease renewal. The percentage of rent increase each year is dictated by the rent guidelines board. Each year, this group that are appointed by the mayor, nine of them, decide what the rent increases in stabilized apartments are going to be for the next year, starting October 1<sup>st</sup>, and it always goes up. It never goes down, but there are many ways that people get rent increases over and above that, so in recent years, because of weakening provisions passed mostly in the 90s, the number of stabilized apartments have diminished in New York City. Rents have gone up by huge amounts. The way the law is written, an apartment can easily double in rent in just a few years time. Rent controlled apartments, and they are getting fewer and fewer in number. In the buildings that are stabilized, rents are limited, but they go up a lot. Hopefully, ultimately, there will be a way to come to an agreement. This is very important for New York City and other communities in the state.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2411</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/13/11</b>	<b>11:30AM</b>
					<b>06/14/11</b>	<b>3:30AM</b>
					<b>06/16/11</b>	<b>3:30AM</b>
					<b>06/17/11</b>	<b>1:00PM</b>
					<b>06/18/11</b>	<b>3:30AM</b>

Arlene Mukoko discusses the topic of civic affairs & education reform with New York City District 81, Assemblyman Jeffrey Dinowitz. Assemblyman Dinowitz begins by saying that the education system is very troubling right now. The mayor has made an effort to make major changes. Unfortunately, the children aren't progressing that well. We're not only competing with other states but other countries as well and statistics show that our children aren't doing that well. Math, Reading and Science are not what they *should* be. On the state level, we have increased funding. We increased money for building schools and operating expenses. They funding is important but it will not solve everything. Recently our reading scores were really good but we found that the tests given were much easier than other places. He says given the harder tests, the students couldn't compete. We have seen the results we should be. I feel that we have to spend our money more wisely. Too much money goes down the drain. We spend too much on no bid contracts and consultants. Unfortunately, the heads of the education aren't monitored. I also feel that the curriculum is not what it should be. We can't just focus on test scores. We need to just teach them. The principle, teachers, and school depend on these tests. Everything else seems to take a back seat. These tests are only on math and reading. Assmblyman Dinowitz says some schools don't even teach long division. We need real math. He says this affects their futures. For example, many kids now can't even get into Bronx Science College because they don't have the knowledge. When I was going to school, everyone could get in. Even when my kids were applying, it was better. We need to let the teachers teach and teach every subject and not focus only on these tests. I believe we need another mayor who is going to be focused on curriculum and not use those test scores to determine a principles or teachers job. We gave mayoral control to education. We don't have to fire teachers. We need to find who the bad teachers are and the good teachers. The reason for tenure was to take politics out of school. Now it's last in, first out. If we have to layoff, it should be determined by how the teacher is doing and not by these tests. We need to correctly evaluate the teachers. Principles do abuse their power and they can put too much pressure on the teachers. There is a serious concern right now if this type of layoffs took place.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2511</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/20/11</b>	<b>3:30AM</b>
					<b>06/21/11</b>	<b>3:30AM</b>
					<b>06/23/11</b>	<b>3:30AM</b>
					<b>06/24/11</b>	<b>1:00PM</b>
					<b>06/25/11</b>	<b>3:30AM</b>

Wendy Taylor discusses the topic of civic affairs with the 3rd Ward Council Member of Poughkeepsie, Robert L Mallory, Jr. Mr. Mallory begins by saying that the common council for Poughkeepsie is a legislative body for the government. We represent the 8 Wards of Poughkeepsie. We allocate passed ordinance and review laws. It differs from other government areas like district assemblies in the fact that we are on a much smaller scale. Assemblies usually represent large cities. My role is to work with the 3<sup>rd</sup> Ward. I address quality of life and crime. I incorporate that with the entire city of Poughkeepsie. I receive information from the community. The 3<sup>rd</sup> Ward is located in the north side of Poughkeepsie near the Walk Over the Hudson. There is an election process for the council. You have to be elected. You can serve up to 4 years. The council helps the city's economy. We are having economic growth. We have tourism beginning with the Walkway. We are always working on buses from the city to Poughkeepsie. It's important for tourists to come and see the beauty of our city. Mr. Mallory says we have many people from other countries as well. The walkway has brought people from all over the world. The Walkway is a product of community support, local politicians, volunteers, and fundraising. Now we have something very beautiful. The Railtrails are another connection to economy and tourism. We are connecting many cities with beautiful trails of about 26 miles. The residents are mixed in their responses. We are addressing the needs of parking and transportation. We are dealing with overcrowding. It is a boom for local businesses. As things improve, more residents will accept it. He says the city is looking to do more development along the waterfront. We also want a bus hub. We are also looking into expanding the walkway near the Faulkner Watershed. The community can always make their voices heard through phone, email, or and the council meetings. These are the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month. The community needs to voice their problems and solutions. One area we need to be improving is our roads and pedestrian walkways. Poughkeepsie is changing for the better. We are looking for more community involvement. This helps us address any growing pains. Poughkeepsie has very strong diversity and community activities.

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# Trinity Broadcasting Network

***WTBY-TV***

Quarterly Report

**July, August, and September 2011**

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

**Health**

**Youth**

**Education**

**Environment**

**Seniors**

**(Un) Employment**

**Electoral Affairs**

**Civic Affairs**

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor # 307	28:30:00	28:30	REC	PA/O/E	07/05/11	12:30PM

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

Doctor to Doctor # 308	28:30:00	28:30	REC	PA/O/E	04/12/11	12:30PM
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**Dr. Mike Ronsisvalle** talked about stressed out marriages. Circumstances in a marriage change and that causes stress, which can lead to fading love. It's very common to disconnect from the very person we pledge to spend the rest of our lives with and make critical mistakes. It's important to commit to the commitment and be humble in the marriage. **Jessica Setnick** talked about calories. It is a measurement of how much energy your body could make after eating a particular food. Calories are the same, but the nutrients are not. Each person is different in the amount of calories needed and burned. It's important to eat a variety of healthy food and focus on what you are getting for your calories. **Dr. James Mittelberger** talked about hospice care. It empowers people to be able to make choices that allow them to have a good death. It provides an array of services for people facing life threatening illnesses. It also provides bereavement programs to continue to support the family after death.

Doctor to Doctor # 309	28:30:00	28:30	REC	PA/O/E	04/26/11	12:30PM
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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	28:30:00	28:30	REC	PA/O/E	05/03/11	12:30PM
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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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor # 311	28:30:00	28:30	REC	PA/O/E	05/10/11	12:30PM

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

Doctor to Doctor # 314	28:30:00	28:30	REC	PA/O/E	05/17/11	12:30PM
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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.

Doctor to Doctor # 315	28:30:00	28:30	REC	PA/O/E	05/24/11	12:30PM
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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	28:30:00	28:30	L	PA/O/E	05/31/11	12:30PM
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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. Reid 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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor # 317	28:30:00	28:30	REC	PA/O/E	06/07/11	12:30PM

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

Doctor to Doctor # 318	28:30:00	28:30	REC	PA/O/E	06/14/11	12:30PM
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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.

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*Youth*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2711</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/07/11</b> <b>07/08/11</b> <b>07/09/11</b> <b>07/12/11</b>	<b>3:30AM</b> <b>1:00PM</b> <b>3:30AM</b> <b>4:00AM</b>

Wendy Taylor discusses the topic of youth with Adriane Arnado, Community Educator, and Elaine Trumpetto, Executive Director at the Council on Addiction in Poughkeepsie, NY. First the women talk about what addiction is. Elaine, Executive Director at the Council on Addiction, Prevention, and Education in Poughkeepsie (CAPE), says that addiction is a brain disease influenced by two factors, genetic and environmental, that can mistakenly be viewed as a choice. She says that about twice a year, they produce a newsletter on issues, and one of which they are taking a stab at this year is on the stigma that surrounds addiction, which is listed in the DSM4 Manual, where providers go to determined diagnoses. She said that addiction is a disease that affects both adults and adolescents. Elaine says that negative images are associated with alcoholics and substance abusers. Elaine says that this is prevalent among young people. She says that parents are concerned about presenting information that will lead their children to be involved in bad things. She echoes what Adriane said, that parents and kids need correct information. Elaine says that there are two community educators who go out at no cost to the community. She says that 50% of the staff are satellite based in school districts. It's called The Student's Assistance Program. Trained people do referral, counseling, and education. A relatively new program called the Marathon Project is a distance running program which pairs at risk kids with adult mentors, and together they learn how to run, either a half K or a full K, which will hopefully teach them coping strategies. Adriane says that they teach the younger kids about goal setting, decision making, and how drugs could affect their future, and they try to tell the high schoolers and middle schoolers what the correct information is. Elaine says that communication across all sectors is very important.

<b>JOY IN OUR TOWN# 3011</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/25/11</b> <b>07/26/11</b> <b>07/28/11</b> <b>07/29/11</b> <b>07/30/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>3:30AM</b> <b>1:00PM</b> <b>3:30AM</b>
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Lisa Buldo discusses the topic of youth with the Founder & Executive Director of The Rebecca Center in New York City, John Carpentre. Mr. Carpentre begins by saying that Music Therapy involves a music therapist using music experiences with their clients to facilitate health and well-being. What they decide to use depends on that client. There are 4 methods. Improvisation is one where they are creating music together. Recreative is where the therapist will bring in a familiar song and they will recreate the song depending on what the child needs. The third method is song-writing where they engage in that process. The relationship process is where the therapy takes place. We use music to determine goals and treatments. For example, we work with children with autism. We have many different musical instruments that require no training. The therapist will improvise music that is reflecting the emotions of the child. He says this creates a musical portrait. Then the therapist will get the child to engage in an instrument that he/she feels comfortable with. This may just be a sensory experience. This will create a relationship. These therapists are very helpful to young people and are located many places from schools to hospitals. Many kids are being diagnosed with autism right now, but many of these children are being misdiagnosed. Sometimes these children may just have a sensory issue. A typical music therapy session would consist of a child coming in and we let them explore the room and instruments. We improvise with an instrument to let them know we're here and see how they react. We try to shape what they're doing on the instruments. The parents are usually very supportive of this treatment. We've had them call and say that their child will play with others now.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 3211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/08/11</b>	<b>11:30AM</b>
					<b>08/09/11</b>	<b>3:30AM</b>
					<b>08/11/11</b>	<b>3:30AM</b>
					<b>08/12/11</b>	<b>1:00PM</b>
					<b>08/13/11</b>	<b>2:30AM</b>
					<b>08/18/11</b>	<b>4:00AM</b>

Lisa Buldo discusses the topic of youth with the Artistic Director of the Adaptive Arts Theater Company in New York City, Marielle Duke. Ms. Duke begins by saying that people with autism can be affected differently. Some people with autism can't speak at all and some can control their speech. They have problems with imagination, communication, and social interaction. Spectrum is based on the severity. Some have really high intelligence but not imagination. It's important to make people aware of this disease. It's estimated that 1 out of 10 people has this problem. People need to understand why a child doesn't look you in the eye or they use pictures to communicate. There are two main ways that schools are trying to help with these children. She says that the first is TEACH and that uses structure and routine to attack skill sets and behavioral issues. Many autistic children have behavioral issues. The other is DIR floor time model and they work with the social needs of the children. If that student needs to move around, they can. If you have a child that can't look people in the eye, then we'll play a game where they pass a ball back and forth. You have to look at the person to do that. Theater lets them have fun while learning. If you enter a school using the behavioral method, then you will see schedules and rules and maps many places and this helps the children with their structure. You will repeat things until they understand. If you're in a social based school, they will try to determine why a student is misbehaving. Ms. Duke says they will follow the child and allow them to help themselves. For example, we work in a school where they had two groups of children—one with a more severe case of autism and one with less. Our first goal was to get them to sit through a movie. After working with these children in a theater setting for about 5 hours, they were able to sit through a 1 ½ theater performance. She says that the Adaptive Arts Theater Company began after me and a friend decided we wanted to do theater that helped people. We wanted to help children enjoy theater.

<b>JOY IN OUR TOWN# 3311</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/15/11</b>	<b>11:00AM</b>
					<b>08/16/11</b>	<b>3:30AM</b>
					<b>08/18/11</b>	<b>3:30AM</b>
					<b>08/19/11</b>	<b>1:00PM</b>
					<b>08/20/11</b>	<b>3:30AM</b>
					<b>09/01/11</b>	<b>4:30AM</b>

Lisa Buldo discusses the topic of youth with the President of Unleashed in New York City, Stacey Radin. Ms. Radin begins by saying that middle school age girls are becoming the forgotten age. Younger kids are getting tons of attention with their schooling and afterschool programs. High school girls are getting much attention too. Middle school age girls are really developing their personalities and dealing with a lot and need attention too. They are dealing with their bodies and bullying, etc. They are trying to understand who they are. Sometimes this lowers their self-esteem. These girls are anywhere from 5<sup>th</sup> grade to 8<sup>th</sup> grade. The underlying issues are very similar all over the world. We need to teach them to be powerful. These girls are misunderstood mostly. Adults tend not to take them seriously. We need to engage them. Girls think they're irresponsible. Ms. Radin says that the "feminist movement" is not over. We want to advance the idea of women in the workplace. Women are still trying to get paid the same as men and they need to be in leadership roles. If we start younger, then they will have a better chance. These schools have to believe in the power of girls. The girls are learning to be social and create change. The girls are made to understand social issues and they learn more about who they are. They realize that it's not just about them. They work in teams and create goals. They build relationships and engage others. Most of these girls care about animal welfare. We learn that most girls are attracted to helping puppies. They learn that they care about other causes as well. The changes in the schools are amazing. Girls who are shy, have a voice now. Ethnicities come together. Girls who were bullied can completely ignore it now. Sisterhood develops. Lastly, the girls need to learn what they are interested in and know that they are our future.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 3611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/05/11</b>	<b>11:30AM</b>
					<b>09/06/11</b>	<b>3:30AM</b>
					<b>09/08/11</b>	<b>3:30AM</b>
					<b>09/09/11</b>	<b>1:00PM</b>
					<b>09/10/11</b>	<b>3:30AM</b>
					<b>09/15/11</b>	<b>4:00AM</b>
					<b>09/22/11</b>	<b>4:30AM</b>
					<b>09/27/11</b>	<b>2:00AM</b>

Monique Pridgeon discusses the topic of youth with the Executive Producer of “Prayer Walk” A Documentary, Arthur Jones, and the founder of Prayer Walk in New York City, Viola Hemmingway. Mr. Jones begins by saying that the biggest problem with our youth is that they don’t have a sense of direction. They just “hang out” on the street. They don’t have anywhere to go or people to look up to. There is a lack of people taking interest in our youth in the city. I believe minorities are mostly affected and it doesn’t seem important. The murder rate in the city is about %118 over the murder rate in the whole country. Ms. Hemmingway says that our youth doesn’t have much to do with their time so they are on the streets. We don’t have enough programs to keep the children occupied. They can’t find jobs. They have been in “the system” so they are looked down on. There used to be “second chance” programs, but, with the cutbacks, those programs are gone. I have been speaking with the young people. I ask them why they want to take someone’s life. Many of them do it because they need money. Some of the violence is gang-related. Ms. Hemmingway says that it will take the whole community to make it better. A bullet doesn’t care who you are. We have so many parents that won’t let you correct their children. What can we do for kids out of school? Society gives up on them because they have been in the system. We have to put time into helping our kids. She says that she became involved in this because her son was shot walking on the street. She’s always had the idea that something great can always come from something bad. I have always liked to walk. One day I was walking and I was thinking about everything that had happened. I was hearing of other children that have been hurt. I decided to have people walk with me and talk. This evolved into the Prayer Walk.

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*Education*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2811</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/11/11</b>	<b>11:30AM</b>
					<b>07/12/11</b>	<b>3:30AM</b>
					<b>07/14/11</b>	<b>3:30AM</b>
					<b>07/15/11</b>	<b>1:00PM</b>
					<b>07/16/11</b>	<b>3:30AM</b>
					<b>07/26/11</b>	<b>4:30AM</b>

Wendy Taylor discusses the topic of education with the Youth Educator of the Relatives as Parents Program in Poughkeepsie, NY, Allison Reidy. Ms. Reidy begins by saying that one of the most important things in dealing with children's education is remaining as positive as possible. Whenever you have to deal with something that is negative, try to follow it up with something positive. It's important to keep the children involved in the discussions. It lets them know they are important and have opinions. Some parents are more controlling and others can say they need help. We deal with many that do need help. With education, you have to deal with making sure homework is done. What's going on outside of school? Are they being fed properly? Are they getting enough sleep? With children that "act out," you have to find that core problem. At that point, you can start fixing things. She goes on to say that it's about making them feel safe and letting them flourish in their environment and not worrying about the daily stresses of life. They need positive adults in their life. Today's technology is affecting our children. Technology is great. It's good that children know how things works. When it comes to video games, television, and computers, the children are just sitting down. This is where obesity comes into play. Ms. Reidy says you can't just dismiss technology. Everything is good in moderation. I try to use technology to help educate, but not to forge the basics. Technology is helping people learn about things better like bullying. The problem is some of the caregivers are getting it. Spending 5 minutes with a kid, you'll learn how much more about this they know than yourself. There are support groups for the caregivers and the children. One program we had featured an organization that taught internet cyber safety. She says that this is really important to make the children aware. As adults, we have to keep our mind open to different aspects of a child's life. You can truly positively influence a child's life.

<b>JOY IN OUR TOWN# 3411</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/22/11</b>	<b>11:30AM</b>
					<b>08/23/11</b>	<b>3:30AM</b>
					<b>08/25/11</b>	<b>3:30AM</b>
					<b>08/26/11</b>	<b>1:00PM</b>
					<b>08/27/11</b>	<b>3:30AM</b>
					<b>09/01/11</b>	<b>4:00AM</b>
					<b>09/08/11</b>	<b>4:30AM</b>

Lisa Buldo discusses the topic of education with the CEO of the Harrison Hale Community Educational Resource Center, Mr. Harrison Hale. Mr. Hale begins by saying that education is paramount to him. He says knowledge is power. It gives youth the edge they need. He gives current teachers much kudos because they have less and less to work with. He thinks drop outs are from a lack of interest, and mentorships. He believes if each of us would help reach out, no one would be left behind. He says that the importance of after school programs is that kids don't go home to an empty home. They have someone to be around. They have councilors that get them directly from the bus, take them to the café for a hot meal, then to the rec center for homework and recreation. It forces a sense of community to happen as well. It's positive in every sense of the word. Kids tend to misbehave because of a lack of things to do. Mr. Hale says to find out information about these programs go to your schools guidance counselor or even look in the yellow pages to find them. Good Tip! Just get involved!! They even are teaching kids and families to grow their own veggies in these after school programs. So they are good for the family too. Set Our Kids up for Success!

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 3911</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/26/11</b> <b>09/27/11</b> <b>09/29/11</b> <b>09/30/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>3:30AM</b> <b>1:00PM</b>

Arlene Mukoko discusses the topic of education with the Principal & Founder of the Learning Tree Multi-Cultural School in New York City, Nicole Bailey. Ms. Bailey begins by saying that having a multi-cultural curriculum is crucial to our education system. We are a country with people from all over the world. We need to know about these cultures to understand them and teach them. We need to understand why people act different ways. A multi-cultural education would include many languages and teaches about their culture and religion. Our system is trying to add these programs but they need to “think outside the box.” We need to start at preschool age with language and getting along with other children. She believes that the 3<sup>rd</sup> Grade is very pivotal. This is a level where the children start comprehending in a different way. They are feeling better about themselves. We can give them more in terms of academics and socially at this point. Unfortunately, when you compare us to other countries, it’s really bad. We start too late. You can teach them as soon as they begin walking. Children in other countries are doing this. Children should be able to recognize early on. They should understand numbers and words. I don’t want to say that play time is not important. Other countries expose education and language at an early age. They are learning our language, but we are not theirs. Ms. Bailey says that China is doing this much better. We have many Asian children at our school and they are more focused on receiving knowledge. They are always learning even when they are being entertained. At our school, we look at how they are thinking. Take Math for example. Kids are afraid of it. See where the child is interested. Maybe they are interested in sports. Relate it to that. They need to feel they have a loving and safe place to learn.

<b>JOY IN OUR TOWN# 3811</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/19/11</b> <b>09/20/11</b> <b>09/22/11</b> <b>09/23/11</b> <b>09/24/11</b> <b>09/29/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>3:30AM</b> <b>1:00PM</b> <b>3:30AM</b> <b>4:00AM</b>
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Arlene Mukoko discusses the topic of education with the Executive Vice President of Working in Support of Education, David Anderson. Mr. Anderson begins by saying that over the last 25 years, the economy has changed the way companies operate and that necessitating a whole new set of skills needed. Companies operate on a global basis now. They compete for the needs of technology. They are dealing with complex business issues. They are competing for consumer’s dollars. It used to be okay for you to focus on writing, reading, and math. Now they need to think more critically about business issues, computer skills, and collaboratively. They have to think creatively. He says that they get the student to think critically. Also, with math, the teacher used to give them a problem to solve. Now, they have to solve a problem in a group. It involves working in a team. Students need to have life skills. As a country, we don’t have the life skills to be successful. Students should be financially stable and they should learn that in the classroom to manage their money correctly. It’s important to learn this before college. Studies show that students felt they didn’t fill prepared for college or the workforce. We promote college readiness and workforce readiness. New standards are being introduced in the high schools. Mr. Anderson says that new classes need to be formed and teaching styles need to be implemented into current classes to achieve this. It’s important to have programs that develop skill sets. Students have to learn about a specific issue and compete with other schools. Through that competition, they learn collaborative skills. We give the students a chance to learn at a college level in high school. He says that these programs can be integrated into their current curriculum. Community organizations can get involved in these programs. These programs can be fun for the students and their parents. We want to help young adults learn how to manage their money.

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<b>JOY IN OUR TOWN# 3811</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/19/11</b>	<b>11:30AM</b>
					<b>09/20/11</b>	<b>3:30AM</b>
					<b>09/22/11</b>	<b>3:30AM</b>
					<b>09/23/11</b>	<b>1:00PM</b>
					<b>09/24/11</b>	<b>3:30AM</b>
					<b>09/29/11</b>	<b>4:00AM</b>

Arlene Mukoko discusses the topic of education with the Assistant Principal of the Stephen Decatur Middle School, Dr. Kevin Bond. Dr. Bond begins by saying that the state of educational system on New York City is doing fairly well. We have increased our ELA scores. We are trying to bring in more of the community and parental boards. Our government seems to be working together more so our students won't be lost. He says that we are focused on bringing them up to where they need to be so they can be functional in society. When I came on board at the school, we were a failing school and we were able to turn that around with positive initiatives. We want our teachers to know they are an integral part of the education process. We want them to make an investment in our students. You have to put in the time and bring in the parents to help. We need the students to have the tools at home and at school to get their work done. Before we came aboard, the students weren't going to class and the parents weren't involved. Behavioral problems were a big part of the issue. We decided to start a uniform policy. It's been statistically proven that students learn better and they are more focused on their work when they don't have to worry about their clothing. Since the students have taken their minds off name brand sneakers and clothes, they work on their academics more. All students want to learn. They tend to stop participating after they get through the middle school years. We are seeing more parents at the Stephen Decatur Middle School. They have come on trips and let the students come to their job to see what they do. This will help them learn what they want to do when they grow up. I just remembered what the third "A" was to success. "Academics" is because we have to get our students where they need to be. Attendance is important because they need to be at school so we can teach them. Attitude is important because we need them in the right frame of mind to learn. They need to know that they are at school to learn from their educators. I grew up loving education and knowing that I'm going to work in that. Education needs to start as young as possible.

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<i>Environment</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	<b>JOY IN OUR TOWN# 2711</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/07/11</b> <b>07/08/11</b> <b>07/09/11</b> <b>07/12/11</b>	<b>3:30AM</b> <b>1:00PM</b> <b>3:30AM</b> <b>4:00AM</b>

Wendy Taylor discusses the topic of the environment with Elizabeth Higgins, Program Coordinator of Ashoken Watershed Stream Management Program in Poughkeepsie, NY, who says that many people are concerned with climate change. She says that there are changes in weather patterns. She mentions that globally dry areas are getting drier, and wet areas are getting wetter. She says that in their area, there were more frequent heavy rains. She says that she believes that the Midwest and the South were experiencing similar patterns. Elizabeth says that New York is seeing flooding. She says that most homeowner's insurance policies do not cover flood damage. Elizabeth talks about how people need to be aware of where they live. She recommends not buying or building in a flood prone area. Elizabeth mentions that the way you construct your house can affect how much damage it sustains, like whether or not it is elevated. She says that people need to make sure that stuff is secured and not keep their valuables in the lower levels of the house. Elizabeth says that the federal government does make some programs available to help homeowners if the destruction is due to a federally declared disaster. A lot of those programs are loans, not grants, and the federal government won't fix everything and will maybe only put things back to the way they were before the disaster. She explains that a town has to be significantly economically affected in the eyes of the federal government for them to help. Elizabeth says that if a person has a second home, they should get flood insurance because a second home is not covered by the government in the event of a federally declared disaster. She says that the government subsidizes the cost of flood insurance so that people can help themselves after assessing their risk. Wendy Taylor wraps up and thanks the viewers.

	<b>JOY IN OUR TOWN# 3211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/08/11</b> <b>08/09/11</b> <b>08/11/11</b> <b>08/12/11</b> <b>08/13/11</b> <b>08/18/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>3:30AM</b> <b>1:00PM</b> <b>2:30AM</b> <b>4:00AM</b>
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Lisa Buldo discusses the topic of environment with the President of the NYC Community Garden Coalition, Karen Washington. Ms. Washington begins by saying at one time, NYC had over 150 vacant lots so communities decided to get together and do something about that. Community gardens are the lungs to the city. They provide fresh air. They provide activities for our seniors and our youth. They are inspiration in terms of hope for our neighborhoods. They get people to grow food. Right now, food is such a topic and people are wondering how to start a garden. If you have 10 people that are up for it and you have a vacant lot that is not going to be used for anything, then you need to obtain a license for it from organizations like ours. She says in the late 70s, there was a vacant lot in the lower east side that was full of garbage and people tend to think that when there is garbage around, then the people must be garbage. You can turn it into something that is beautiful. At the beginning, it was to beautify the neighborhoods. There is a term called urban agriculture and that basically means inner city growing food. We work with the government to insure that community gardens are protected and are the framework for our communities. As community gardens, we don't use any chemicals and we work a lot with composting—using dead plants to grow others. We also have animals like chickens and pigs and we use their waste as compost. We also do rainwater harvesting. We are at the fore front of environment protection. Community gardens are the reflection of the community and you'll see vegetables from all different backgrounds. She says, most gardens have a structure called a casita and around it we have gutters and we catch the rain.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 3111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/01/11</b>	<b>11:30AM</b>
					<b>08/02/11</b>	<b>3:30AM</b>
					<b>08/04/11</b>	<b>3:30AM</b>
					<b>08/05/11</b>	<b>1:00PM</b>
					<b>08/06/11</b>	<b>3:30AM</b>
					<b>08/18/11</b>	<b>4:30AM</b>

Lisa Buldo discusses the topic of environment with the Local Gardener of Manhattan Rooftop Garden Project in New York City, Laura Yip. Ms. Yip begins by saying that there can be different types of rooftop gardens. Rooftop gardening is a challenge in the city. Depending on how large the container is limits the space for the plants roots. If you're growing containers, those containers can get colder and hotter easier. You can develop a small barrier that will divide the plants from the root. Many buildings have plants that can absorb water and light quickly and this will help keep the building cool. Using containers, you want to keep the plants the right size for the plant. As a beginner, you want to use the biggest containers you can get on the roof. She says this will help with the problem of the ground being too hot or cold. Tomatoes are a good start for beginning gardeners. Gardening by itself is a huge health benefit. You're outside in touch with nature. Ms. Yip says it provides psychological benefits as well. If you're growing organic vegetables, then you know what you've put in it. You can control what you're eating. Once you're used to growing fresh vegetables, you can help promote buying from local farmers during the winter when you can't. When I moved to a place where I knew I could begin gardening, I realized there wasn't that much information for me in the city. There are challenges to rooftop gardening. So I began to blog to help others. One big challenge is pigeons. You have to protect your vegetables from them. Bird-netting is good to keep them out. She says they will dig in your pots. To retain water, it's good to mulch everything and this can keep the pigeons out of the dirt. The first step to rooftop gardening is to see if you have access and are allowed on the roof. You may have to put material under your containers to keep them from damaging the roof. Ask your landlord first. You have to get used to your environment and see what works best for your garden. This promotes spending time with your family. It's a great educational experience for the children.

<b>JOY IN OUR TOWN# 3711</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/12/11</b>	<b>11:30AM</b>
					<b>09/13/11</b>	<b>3:30AM</b>
					<b>09/15/11</b>	<b>3:30AM</b>
					<b>09/16/11</b>	<b>1:00PM</b>
					<b>09/17/11</b>	<b>3:30AM</b>
					<b>09/22/11</b>	<b>4:00AM</b>
					<b>09/29/11</b>	<b>4:30AM</b>

Monique Pridgeon discusses the topic of environment with the President of Riverkeeper, Inc. in New York City, Paul Gallay. Mr. Gallay begins by saying that New York City drinking water is one of the greatest engineering achievements in the history of our country. We consume about 1.3 billion gallons of drinking water every day and it comes from a series of reservoirs located upstate. New York City drinking water is not filtered. In order to keep from having to filter it, you have to keep it clean at the source. You have to keep bacteria, street run-off, factory discharge, etc away from it. We are mostly concerned with the extraction of natural gas poisoning the water. We don't need to filter the water because the quality is so good. We just have to keep stuff away from the water. In 1997, there was a water protection agreement passed where many organizations have come together in order to protect the water at its source. He says by doing so, we would have to build expensive filtration plants. We are protecting the land around the reservoir. We are increasing protection of the waste water treatment plant to make sure the water is clean. We all have to be involved protecting our water supply. We want the water protection act to be in affect forever. We want to make sure that NYC invests in land that will make the water quality pristine. We want the city to invest in upstate communities so they will keep their waste water clean. We make sure the city maintains this quality. Being part of an organization like ours means you're helping the community and your environment and the economy. By keeping the water clean, people will move into the area.

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*Seniors*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2811</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/11/11</b>	<b>11:30AM</b>
					<b>07/12/11</b>	<b>3:30AM</b>
					<b>07/14/11</b>	<b>3:30AM</b>
					<b>07/15/11</b>	<b>1:00PM</b>
					<b>07/16/11</b>	<b>3:30AM</b>
					<b>07/26/11</b>	<b>4:30AM</b>

Wendy Taylor discusses the topic of seniors with the Coordinator of the Relatives as Parents Program in Poughkeepsie, NY, Jennifer Patterson. Ms. Patterson begins by saying that the number of relatives caring for other’s children has been going up lately. Grandparents are always asking for help and information. One of the biggest reasons for this is that the parents are in prison for different reasons like addictions, neglect, abuse, too young, or not able to handle the responsibility. One of the biggest challenges for the grandparents is it’s been many years since they’ve raised a child and the times have changed. She says they are running across things they have never experienced. They don’t know how to handle it and the children realize that. Sometimes they take advantage of that. There are behavioral problems. In our program, we see many grandparents who have strong relationships with the children and others that do not. Sometimes the children are resentful. Those children are usually older. Teens are hard to deal with anyways. Some cases, they still have contact with their parents, but the parents are not capable. Other times, it becomes a legal matter to keep the children separated from the biological parent. Ms. Patterson says that less than half of the people we see have had an amicable decision to let the grandparents become the child’s caregiver. It becomes a long and drawn out fight and is very emotionally draining. Most of the time, it’s more than just one child in this battle. Another big challenge is financial struggles. The older caregivers are not ready to take on another person with their income, especially with the economy the way it is. These grandparents have custody of these children so they can make decision on their schooling. We help them with these decisions. If you speak out, you can usually find the support and advice you need from us. The schools are more than willing to help. Caregivers need to research and find if their area has these types of programs to get the support they need.

<b>JOY IN OUR TOWN# 3611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/05/11</b>	<b>11:30AM</b>
					<b>09/06/11</b>	<b>3:30AM</b>
					<b>09/08/11</b>	<b>3:30AM</b>
					<b>09/09/11</b>	<b>1:00PM</b>
					<b>09/10/11</b>	<b>3:30AM</b>
					<b>09/15/11</b>	<b>4:00AM</b>
					<b>09/22/11</b>	<b>4:30AM</b>
					<b>09/27/11</b>	<b>2:00AM</b>

Monique Pridgeon discusses the topic of seniors with the Executive Director, Dustee Hullinger, and the Director of Senior Crafts, Bill Sattan, of Gifted Hands NYC. Mr. Sattan begins by saying that being a senior himself, as you age you tend to go within yourself. Getting involved in programs like arts and crafts is good for your hands and minds. It keeps them involved with the community. You have to constantly stimulate your brain. Volunteer work is important for seniors too. Seniors tend to associate with people of the same age. It’s important to mingle with younger people and experience new experiences. I also say to expose yourself to younger thinking. As we age, we lose friends. He says that seniors need to find a senior center and programs that are meaningful to them. They don’t need to become dormant. Crafts stimulate your mind and inner-being. They create things and it’s a sense of accomplishment. We have people come in from all over to help and many young people. Seniors feel like they shouldn’t exercise. Mr. Sattan says many seniors lose their motor functions and eyesight. I encourage them to look toward a goal. I ask them to go above and beyond. Seniors tend to “shut down” and, if you lose it, you lose it. It’s convenient for seniors to give up. Doing programs and arts and crafts will limber an older person up. It’s all about the accomplishment. Ms. Hullinger says that Gifted Hands began when I had an accident. I went to a conference that really opened my mind. It took that as a sign to move forward. I went to volunteer at a shelter. The mission is to reach out to people that have been traumatized by life. We want to keep the mind working and get people out of the box.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 3511</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/29/11</b>	<b>11:30AM</b>
					<b>08/30/11</b>	<b>3:30AM</b>
					<b>09/01/11</b>	<b>3:30AM</b>
					<b>09/02/11</b>	<b>1:00PM</b>
					<b>09/03/11</b>	<b>3:30AM</b>
					<b>09/08/11</b>	<b>4:00AM</b>
					<b>09/15/11</b>	<b>4:30AM</b>

Monique Pridgeon discusses the topic of seniors with the Director of Programs of the New York Foundation for Senior Citizens, Kevin Queen. Mr. Queen begins by saying that housing has become a challenge for senior citizens today because it has become so expensive and they have so many other expenses like medication. It has been very difficult for them to live the same way they are used to. Seniors are facing health issues and the economy is becoming overwhelming. For many seniors, maintaining their apartment or house becomes difficult. They become lonely if they are living alone or apart from family. He says that shopping, laundry, and other tasks become difficult. Due to rent, they need to find housing that is more affordable. Fortunately, many of them are remaining in the city because the city offers so much transportation and organizations to help them. They use organizations like ours to help them remain here. Many senior citizens from all over move to NYC. He says home-sharing is a very helpful program where senior citizens are matched up with hosts that have space in their homes and need help to meet expenses. It helps both sides of the equation. Sometimes, the host can help the senior with some of their chores to compensate them. They receive companionship and it helps with loneliness. The families of the seniors usually fell very good about the program because there is a very safe and extensive screening process. It's done by training social workers who learn about each side and match them up based on their lifestyles and what they need. We also ask for 3 letters of recommendation. Transportation for the seniors in the city is very helpful. Mr. Queen says there are many organizations that provide transportation for them. The NYFSC provides a wealth of knowledge and help for seniors. I think the community is becoming more and more aware of these issues.

<b>JOY IN OUR TOWN# 3911</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/26/11</b>	<b>11:30AM</b>
					<b>09/27/11</b>	<b>3:30AM</b>
					<b>09/29/11</b>	<b>3:30AM</b>
					<b>09/30/11</b>	<b>1:00PM</b>

Arlene Mukoko discusses the topic of seniors with the Director of Early Stage Services of the New York City Alzheimer's Association, Paulette Michaud. Ms. Michaud begins by saying that Alzheimer's disease is a degenerative brain disease that declines memory and function. It is because of the death of brain cells. Primarily, it's a disease of the elderly. Lately, we've seen it a little more in other ages. We are seeing a lot of women that are in their 50s. Age is a high risk factor. There are 5.4 million people with Alzheimer's. There are about 200K people in the younger stages. In New York City, we have about 250K people with it. Some people aren't diagnosed early enough because they think it's just part of getting older. There are many older people living alone and they don't go to the doctor. She says there isn't a direct cause yet. We have looked at stress and diet and other areas. Once we reach that point, maybe we can get a cure. One of the early stages of Alzheimer's is memory loss, but it is much more severe. For example, we all lose our glasses and keys. With a person with Alzheimer's, they forget what to do with the keys once they find them. We're talking about memory loss that affects our day to day functioning. In an addition to memory loss, a person may not know how to use an ATM anymore or they can't use the computer. That's different from just forgetting. It may take someone longer to do a task. Ms. Michaud says she has clients call her and say they think they have it because they are forgetting names. Doctors are looking deeper. They are looking at the frequency of this. Once they determine this, they will have the person go to a memory center. When a person is diagnosed, the family is affected too. There is denial at first. She says that symptoms may appear and disappear throughout the disease. At present, there are 4 medications offered. None of them are a cure, but they may help maintain the symptoms. She says she has a man that said his thinking is sharper because of the medication.

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

<i>Employment</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	<b>JOY IN OUR TOWN# 2911</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/18/11</b>	<b>11:30AM</b>
						<b>07/19/11</b>	<b>3:30AM</b>
						<b>07/21/11</b>	<b>3:30AM</b>
						<b>07/22/11</b>	<b>1:00PM</b>
						<b>07/23/11</b>	<b>3:30AM</b>
						<b>07/26/11</b>	<b>4:00AM</b>

Lisa Buldo discusses the topic of employment with the NYC 14<sup>th</sup> District Council Member, Fernando Cabrera. Councilman Cabrera begins by saying that summer youth employment is the opportunity for young people to get experience while they're out of school. They learn what they are interested in and learn the importance of work. They will learn that nothing is free. They develop skills, how to dress, and ethics. This year, the budget is hurting our employment opportunities. The federal and state government has implemented laws that are cutting the programs. Summers are notorious for children to get into trouble. This will keep them busy while educating them. They will work in hospitals, parks, almost every government agency, and nonprofits. New Yorkers benefit as well. Councilman Cabrera says for every dollar spent on the program, we get 8 dollars back. Kids like to spend they will usually spend the money they make. They can work in almost every setting you can think of. This happens in all our boroughs. There is a lottery system to decide who gets into the programs. The more education, the more keys they will have to open doors. The first step is for the kid to fill out the application on line. Most school guidance counselors will know the procedures as well. In addition to summer youth employment, we need after school programs to help our children learn what they want to do when they're older. Councilman Cabrera says they will learn what they want and do not want to do. This will help the parents as well. They won't have to have babysitters and worrying where their kids are. Some of the schools allow them to earn credits toward their academics. One success story that comes to mind is a young person that worked in our office. We have seen how he has grown and now has a promising career. We have to help one another. The government cannot do everything themselves. The disciplines and skills they learn will transfer over to their schooling. I also like to tell our children to seek their dreams. They can achieve anything.

	<b>JOY IN OUR TOWN# 3111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/01/11</b>	<b>11:30AM</b>
						<b>08/02/11</b>	<b>3:30AM</b>
						<b>08/04/11</b>	<b>3:30AM</b>
						<b>08/05/11</b>	<b>1:00PM</b>
						<b>08/06/11</b>	<b>3:30AM</b>
						<b>08/18/11</b>	<b>4:30AM</b>

Lisa Buldo discusses the topic of employment with an Executive Resume Writer in New York City, Perry Newman. Mr. Newman begins by saying that resumes have changed over the past years. People who haven't written in a while probably have something called a "fact sheet" with names and places. Resumes are now a marketing document. You have to find out what the "buyer is buying." Employers are looking for many different things. They "create" a profile for what they are looking for. They aren't looking for what you've done in the past. They want to see if they can do what they need them to do in the future. If you're a recent graduate, you don't have much experience. You need to differentiate yourself. You need to highlight how well you have done certain skills. He says if you're re-entering the job force, you need to determine what skills you have and how they compare to what is needed now. You may have to go back to school. If you prepare a resume correctly, then you will gain self-confidence. You will realize you have something to offer. Many people come in thinking negatively. Marketing document is something that an employer will see things "jump" out at them. They skim these resumes. They will look for certain things. If these facts are apparent at the beginning, you have a better chance. Stay away from mundane topics. It needs useful information. Know your audience—the employer. Mr. Newman says that social media is very important today. It's the finishing touch to your resume. When an employer narrows resumes down, they are probably going to go to the internet to look for this person. You want to "sell" yourself with social media. As for online resumes, they are very boring. I suggest for people to add different categories at the end of their resumes. These resumes are scanning for certain words. Cover letters aren't so important now unless they are asked for. Make sure your resume says what you need to say with having a cover letter. Put the time into the resume. Send a simple letter of introduction.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 3011</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/25/11</b>	<b>11:30AM</b>
					<b>07/26/11</b>	<b>3:30AM</b>
					<b>07/28/11</b>	<b>3:30AM</b>
					<b>07/29/11</b>	<b>1:00PM</b>
					<b>07/30/11</b>	<b>3:30AM</b>

Lisa Buldo discusses the topic of employment with a Business Counselor from the Local Development of East New York, Santos Morales. Mr. Santos begins by saying that the country has gone through many issues recently and consumer spending has gone down. When that decreases, companies lay off people. You see a high rate of unemployment. The housing “bubble” and the war have been the biggest contributors. The housing “bubble” has made people not able to afford their homes anymore. When you can’t afford to pay your mortgage or buy other needs, companies have to cut costs too. The current unemployment rate in the US is 9.3% and NYC is 8.6%. It will definitely take time to get better. He says since 2007 about 6mil people have lost jobs and only a 1/3 of that have new jobs been created. Since many have lost their jobs, many people are starting their own businesses. A start-up rate is the amount of new businesses being formed. Right now, the start-up rate is about 340 per 100K. We are ranked at around 16 of the states. Latinos and immigrants lead in the number to start up their own business and becoming entrepreneurs. They are more likely than a citizen. Blacks and whites have decreased. To go from unemployment to self-employment has many factors. If you don’t have a job, you’re going to look for ideas to sustain your life. People realize they have skills they have forgotten. They start using those to make money. For example, some people who can bake well may start their own bakery. Also service oriented businesses are leading too. Mr. Santos says these are cleaning business, daycare, or construction. The first step to starting the business is forming your business idea. Is it feasible that you can start the business? Do you have the money and the skills? Make a self-assessment. You have to have the experience to start the business. There are many resources for people wanting to start a business. The federal SBA website is helpful. On the local level, you should seek a business coach or advisor. You need to determine your target market. Together you can make a business plan. .

<b>JOY IN OUR TOWN# 3511</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/29/11</b>	<b>11:30AM</b>
					<b>08/30/11</b>	<b>3:30AM</b>
					<b>09/01/11</b>	<b>3:30AM</b>
					<b>09/02/11</b>	<b>1:00PM</b>
					<b>09/03/11</b>	<b>3:30AM</b>
					<b>09/08/11</b>	<b>4:00AM</b>
					<b>09/15/11</b>	<b>4:30AM</b>

Lisa Buldo discusses the topic of employment with the Outreach & Transitions Coordinator, Ms. Sully Diaz, and the Director of Career Development, Mr. Lenin Gross, of the Learning Disabilities Association of New York City. Ms. Diaz begins by saying that the employment problems today are affecting people with learning disabilities tremendously. These people tend to fall to the bottom of the pyramid. The unemployment rate for these people is about 17%. Mr. Gross says finding them employment is very difficult. Companies do not want to make the effort to accommodate them. Learning disabilities is a very broad term. It encompasses many different forms. Most of the ones we work with are usually average but tend to have difficulties in some areas like reading, math, organizational, and social skills. They may have one or a combination. She says that one that is most prominent is dyslexia and this is considered a reading problem. They don’t know how to express themselves. Dycalculia is one that deals mostly with math. Dysgraphia is a problem with writing and now that is being helped by using a computer. The first step to help someone with this problem is doing an evaluation. You need to learn where their struggles and strengths are. After that, we will develop an individualized plan. Mr. Gross says that there is plenty of knowledge and organizations for this, but people don’t know where to find it. People are embarrassed to say they have a learning disability. There are easier areas for a person to undertake like entrepreneurship. They become their own boss.

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*Electoral  
Affairs*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 3311</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/15/11</b>	<b>11:00AM</b>
					<b>08/16/11</b>	<b>3:30AM</b>
					<b>08/18/11</b>	<b>3:30AM</b>
					<b>08/19/11</b>	<b>1:00PM</b>
					<b>08/20/11</b>	<b>3:30AM</b>
					<b>09/01/11</b>	<b>4:30AM</b>

Lisa Buldo discusses the topic of electoral affairs with a candidate for NYS Assembly District 54, Rafael Espinal. Mr. Espinal begins by saying that the function of the NYS Assembly is comprised on 150 members who represent different areas. My area is in Brooklyn like Bushwick and Bedstuy. I represent about 200,000 people. We also have an office in the district. People come in with their problems and we try to help. We want our community to be taken care of. He says that education is one of his top priorities because he was raised in this district and he was educated there. Our education system has really been lax lately. We don't have enough programs for the kids. Some schools have afterschool programs, but we need to incorporate those programs during school as well. Most kids don't want to go to afterschool programs. They are usually in low-quality neighborhoods. We need to utilize the space we already have. I was an adult literacy teacher. There are many people that get lost in the education system. These adults are usually very motivated. We need programs to help them have the chance for a career. There are adults out there that didn't have the opportunity to go to school. Voting is a huge priority of mine. It's how your voice is heard. The first step is to vote. This way, your representative knows who you are. You can go to open meetings. These meetings cover everything from crime to park cleanup. You can help out local non-profit organizations. I have always been very active in the education system because I want to help kids. He says that teachers need to take that approach to empower our children and not just see it as a job. District 54 needs someone that is going to dedicate themselves to their district and take care of their neighbors. We need to receive the services we deserve. Lastly, the community needs to stay involved in the decisions that are made for it.

<b>JOY IN OUR TOWN# 3411</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/22/11</b>	<b>11:30AM</b>
					<b>08/23/11</b>	<b>3:30AM</b>
					<b>08/25/11</b>	<b>3:30AM</b>
					<b>08/26/11</b>	<b>1:00PM</b>
					<b>08/27/11</b>	<b>3:30AM</b>
					<b>09/01/11</b>	<b>4:00AM</b>
					<b>09/08/11</b>	<b>4:30AM</b>

Lisa Buldo discusses the topic of electoral affairs with a candidate for NYS Assembly District 54, Ms. Deidra Towns. First Lisa says that WTBY does not endorse any candidate. Ms. Towns begins by saying that the NY state assembly is responsible for creating legislation for the laws that govern the people. A big part of this is the budget. Money is tight right now so it's very important to her how they divvy up the money. District 54 is located in sections of Brooklyn. Education is one of her top priorities. It prepares young people for their futures. Her vision is a place to provide stellar education. She is not for Charter schools, mainly because they only represent about 5% of the children. The other 95% of children in the public schools is where she feels we should be focusing. Her take on GED type programs for adults is that it is very important. She says that people have to retrain themselves to work in today's job markets. We do not have an industrial based economy anymore. It's turned in to a "What you Know" industry. It's very important to her to bring green jobs in to the 54<sup>th</sup> district community. She believes green technology will advance and bring more job opportunities. Ms. Towns says that she would be looking to bring these types of jobs to her area. Job development is crucial right now. Tax revenue is down because jobs are down. She thinks jobs should be kept in the United States. She wants to bring a program to her district called the business incubator, to help with the development of small businesses. She feels education is very important to be a well rounded human being. The more we understand, the more we can do. She was born in to a family of public servers, from teachers, preachers, doctors and politicians. It's very important for the public to be involved and engage with the government. VOTE! She thanks everyone very much for allowing her on.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 3711</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/12/11</b>	<b>11:30AM</b>
					<b>09/13/11</b>	<b>3:30AM</b>
					<b>09/15/11</b>	<b>3:30AM</b>
					<b>09/16/11</b>	<b>1:00PM</b>
					<b>09/17/11</b>	<b>3:30AM</b>
					<b>09/22/11</b>	<b>4:00AM</b>
					<b>09/29/11</b>	<b>4:30AM</b>

Lisa Buldo discusses the topic of electoral affairs with the NYC Council Member of District 28, Ruben Wills. Mr. Wills begins by saying that the role of a councilmember is very diverse. We are responsible for the budget of the city and making sure the essential services are maintained. We are responsible for our district and any problems. We are responsible for whatever will improve the quality of life for our district. District 28 is the best district in the city and it contains Jamaica, Ozone Park, & Richmond Hill. We have a mix of ethnicities from Caribbean to South Asian. We have some of the greatest shopping and restaurant areas are the best in the city. The biggest focus for our district right now is the quality of life and there are many ways that the community can be educated and involved with their government. We listen to our community in different ways to find out what they are saying. This can be anywhere people gather like school meetings, churches, and even barber shops. We want to make sure that they understand what's going on in their government. We engage the community in different ways. Voting is one of the most important rights that we have. People who do not vote give up their ability to complain. The districts that have people who vote are usually the districts that get the resources. Mr. Wills says that the people who vote are the ones who call and make their voice heard. It doesn't take more than a ½ hour to vote. This can fundamentally change your life. The communities need to get involved in the civic organizations and block organizations. Go to the houses or worship and get them involved too. Find out who your representatives are and contact them. Gather people on your block and start having meetings. It takes more than just one person. Getting involved doesn't mean you have to attend every meeting but someone from the group might. We had a situation where a block had a black out and one of the leaders from the block organization was on the phone with me first thing to get this resolved until 4AM. She understands that it was her responsibility to get something done. Lisa wraps up the interview and thanks our guests and viewers.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 2911</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/18/11</b>	<b>11:30AM</b>
					<b>07/19/11</b>	<b>3:30AM</b>
					<b>07/21/11</b>	<b>3:30AM</b>
					<b>07/22/11</b>	<b>1:00PM</b>
					<b>07/23/11</b>	<b>3:30AM</b>
					<b>07/26/11</b>	<b>4:00AM</b>

Lisa Buldo discusses the topic of civic affairs with the NYC 14<sup>th</sup> District Council Member, Fernando Cabrera. Councilman Cabrera begins by saying that the role of a council member is responsible for passing bills and what laws are passed with the approval of the mayor. We are responsible for the NYC budget. We have the fourth largest budget in America. The council members are responsible for their district. They have to address the public's problems. District 14 parts of the Bronx like University and Morris Heights. It's considered one of the poorest districts. We have a high unemployment rate and our children need a lot of help. NYC's education system is huge. It's considered a system that is coming back into success, but slowly. When we're compared to other NY areas, we are way behind. Councilman Cabrera says we have got to see more of a change. The current budget affects education reform. The public needs to know that we are going to go through some hard times for the next 3 years. We will have teacher layoffs and larger class sizes. The state has already told us to bring those numbers down. Imagine having 30 students in your classroom. Teachers can't teach correctly. The students can't learn the material as well. We have got to support our teachers. We shouldn't have to lay off teachers. We're spending too much money other areas. The community needs to speak up. They need to call the mayor's office and their council members. If the phones are ringing, they will know that the public wants the best for their children. Councilman Cabrera says after school programs are very important as well. Our district will be the first to have after school programs for every student. We have too many gangs and youth crime right now. These crimes take place during 3pm to 6pm. If we keep them busy, this won't be. The mayor is calling for teachers that are coming in last, they will be the first to go. This isn't right. We have to voice our opinion. We need to vote on the issues. Lisa wraps up the interview and thanks our guests and viewers.

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# Trinity Broadcasting Network

***WTBY-TV***

Quarterly Report

**October, November, and December 2011**

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

**Health**

**Public Safety**

**Transportation**

**Gangs**

**Housing**

**Civic Affairs**

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

*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 4011</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/03/11</b>	<b>11:30AM</b>
					<b>10/04/11</b>	<b>3:30AM</b>
					<b>10/06/11</b>	<b>3:30AM</b>
					<b>10/07/11</b>	<b>1:00PM</b>
					<b>10/08/11</b>	<b>3:30AM</b>
					<b>10/13/11</b>	<b>4:00AM</b>
					<b>10/18/11</b>	<b>4:30AM</b>
					<b>10/25/11</b>	<b>2:00AM</b>

Arlene Mukoko discusses the topic of health with a member of the US Rugby team in New York City, Phaidra Knight. Ms. Knight begins by saying that we keep children healthy and active by letting them move. We have to let them play. As parents, we have to make them put down the video games. We have to be disciplinary. You employ chores around the house. Have them clean the sidewalks. Give them their time for video and tv. There are many interactive and family games you can do. Kids are people and we have to be honest with them. Tell them that we have to take care of our environment so that will motivate them to clean up around the house. Respect them. Create real picture for kids. This preserves good energy and civility. Parents have to be an example. Little things can make a huge impact. Kids are following the examples that are being set. Being in other countries, you can see that kids are very different. They are more well-mannered. People eat smaller portions. There isn't as much waste. We create a lot of waste. She repeats that respect is the key. Respect others and respect yourself. One success story is a girl who came out to the rugby program. She was overweight and shy. I told her to just do what she could. She started slow and got faster. By the end, she was flying through everything. She had asthma. We taught her how to train with that problem. She began to love it. She has impacted me greatly. I devote whatever time I can to her. That took her less than a year. She has lost weight and her asthma is much better.

<b>JOY IN OUR TOWN# 4111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/10/11</b>	<b>11:30AM</b>
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					<b>10/13/11</b>	<b>3:30AM</b>
					<b>10/14/11</b>	<b>1:00PM</b>
					<b>10/15/11</b>	<b>3:30AM</b>
					<b>10/18/11</b>	<b>4:00AM</b>
					<b>10/20/11</b>	<b>4:30AM</b>

Lisa Buldo discusses the topic of health with the Project Coordinator of the Winslow Therapeutic Riding Center in Poughkeepsie, NY, Martha Underwood. Hippotherapy is physical, occupational, or speech therapy designed to use the horse to treat a particular disability. Therapeutic riding is where we teach a person how to ride, balance, and all the things that riders do in a therapeutic setting. Therapeutic riding has been around forever, but it was formalized in the 1950s and then, in the 1960s, the North America Riding for the Handicapped Association was formed. One example is someone with cerebral palsy can gain strength from riding. The horse mimics a human's gate. If your legs are paralyzed, you still get the movement underneath you. We have people who are rehabilitating from a stroke and your regular therapist can't believe how much she's changed since riding. The horse does not look at you differently like you have braces or you're overweight. Children with autism have problems with relating to people and, since the horse isn't judging and offering kindness, they are able to translate that to people. We have many volunteers that help with our lessons and they get to know our kids. Sometimes they can get community service credit. One success story I'd like to share is a young woman who, 6 months ago, couldn't manage the buckles on the saddles. The problem was the fine motor skills and the frustration. Now she can do it all herself. When people see this they tell her how proud they are of her. She recently spoke her first sentence. We have sisters that come and one has a disability, but, for a half an hour, they are the same. We've seen a lot of speech to come out of the kids. We are working towards have a speech and occupational therapist on staff. We've learned sign language and using more computers. I got connected with Winslow because I thought I could give back. We help children from 5 to 85 with any disability. The families of the people get involved too.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 4211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/17/11</b> <b>10/18/11</b> <b>10/20/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>3:30AM</b>

Lisa Buldo discusses the topic of health with the Founders of Xtreme Charities in New York City, Kevin McCullough & Stephen Baldwin. Mr. McCullough begins by saying that you hear a lot right now in the news about this 4300 uninsured people that are trying to provide for their families. The current system isn't working on this. Insurance companies are covering. There are caps now. You have an old system that isn't geared to the patient and a new system that isn't answering the problems. Our society does things with health care that we don't with any other form of insurance. When you have car insurance, you don't by a policy that changes the sparkplugs. With health care, we make it this humongous thing that we think is going to take care of everything. We have to make it where we can control your costs depending on how you're living your life. We will be able to eliminate fraud. Mr. Baldwin says that we differ, as a country, with what we have to offer people. In the past, we've done the best we can, but now it's different. For example, I've been an actor and my guild's insurance has covered 80% of everything, but, in the last few months, that has changed dramatically. It affects everyone. We decided that something has to be done and that's where our project came into play. He says that this started when the big health care companies decided to go with the legislation and forget about the private sector. It's guaranteed money for them. There were others in the industry that wanted to continue to provide quality health care. We began to meet these people and thought what if we could reinvent the health care equation. This group came together as the Cares Project. These people have knowledge of different areas of health care like technology or medication. Our goal is to be able to offer health care to everyone.

<b>JOY IN OUR TOWN# 4711</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/21/11</b> <b>11/22/11</b> <b>11/25/11</b> <b>11/29/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>1:00PM</b> <b>2:00AM</b>
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Monique Pridgeon discusses the topic of health with the Administrator of the Selfhelp Community Services in New York City, Phyllis Wahrmann. Ms. Wahrmann begins by saying it's important for people to know what it is to help stop the spread. AIDS is the progressed stage of HIV. When a person has HIV, they will start having symptoms of other diseases. She says they may experience sores in their mouth or pneumonia. Their T-Cell count drops as well. Normal count is 500. When it drops to 200 or below, it is considered AIDS. In 2011, this is still a major issue especially among African Americans. In 2008, we had 1 million people with HIV. Two hundred thousand know they have it. Half a million of those are African American. 24% of those do not know they have the disease. This is because of socio-economic factors or they don't have access to quality health care. The stigma that is associated with the disease makes them reluctant to get tested. There is a lot of misconception on how HIV is transmitted. Currently, research says that more African Americans between the age of 18 and 35 are the most affected. We do not have enough support systems for this people and their families. Advancement in medication has come a long way to help them live longer, but their body becomes weakened to fight other diseases. She says we can't say enough to get tested and perhaps start treatment earlier. Our hope is to find a cure. I read last night, that they may have found a vaccine. Ms. Wahrmann says one person comes to mind that Selfhelp has helped. We work to educate people. We had a man come to them that was going to the hospital frequently. He didn't like taking the medication and he didn't have the support. His T-Cell count was 4! We were able to work with him and his doctor. We made sure he was taking his medication and eating well. He is living a more vibrant life and has an appreciation for life. Our goal is to get information out there and help people make positive decisions.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 4811</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/28/11 11/29/11</b>	<b>11:30AM 3:30AM</b>

Monique Pridgeon discusses the topic of health with an Endodontic Specialist in New York City, Dr. Leona Wilkins. Dr. Wilkins begins by saying that a person with decaying teeth and hasn't gone to a dentist will need an Endodontic procedure to remove the decay and diseased bacteria. Then they put a filling and crown and that will save the tooth. She says a person should visit a dentist twice a year. If you haven't done that and you are going back to correct things, you would need to go every three months. A child should start as soon as the first teeth come in. We suggest that mothers clean babies' gums with a cloth even before the teeth come in. This will also get the child used to going to the dentist. Permanent teeth start coming at age 6. Your first molars come in behind the baby teeth. Sometimes that tooth can come in decayed depending on whether the parent took care of the teeth before. She goes on to talk more about Endodontic procedures. Say a person has had a root canal and they have a crown and bridge. We don't want to disturb that by putting a hole in the tooth. We would have to do surgery and go under the tooth and gums. Sometimes a decayed tooth can be fatal. If the teeth are grossly decayed, that means there are a lot of bacteria and that can get into your body. Endocarditis is where this bacteria gets into your heart valves. It can destroy the heart very quickly. This can happen in young people too. Oral cancer starts from sores on your tongue. People take oral care for granted. They go to the general doctor but not the dentist. The teeth are very important. After you have had this procedure, you must have a crown. We have removed much of the tooth and the crown protects it. If you cannot afford oral care, one should look into their community for places that offer free services. There are charity programs. You can also go to dental schools and they are very affordable.

<b>Doctor to Doctor # 320</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>10/04/11</b>	<b>12:30PM</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 Verghese** talked about the brain. Generalized anxiety begins in the brain and can include different centers of it. It can cause headaches, tremors, insomnia, phobias and sweating. If symptoms last more than 6 months, then seek medical help.

<b>Doctor to Doctor # 321</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>10/11/11</b>	<b>12:30PM</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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Doctor to Doctor # 322</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>10/18/11</b>	<b>12:30PM</b>

**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>Doctor to Doctor # 323</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>10/25/11</b>	<b>12:30PM</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.

<b>Doctor to Doctor # 324</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>11/15/11</b>	<b>12:30PM</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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>Doctor to Doctor # 326</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>11/22/11</b>	<b>12:30PM</b>

**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>11/29/11</b>	<b>12:30PM</b>
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**Dr. Betty 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.

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*Public  
Safety*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 4111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/10/11</b>	<b>11:30AM</b>
					<b>10/11/11</b>	<b>3:30AM</b>
					<b>10/13/11</b>	<b>3:30AM</b>
					<b>10/14/11</b>	<b>1:00PM</b>
					<b>10/15/11</b>	<b>3:30AM</b>
					<b>10/18/11</b>	<b>4:00AM</b>
					<b>10/20/11</b>	<b>4:30AM</b>

Lisa Buldo discusses the topic of public safety with the Founder of the Center for Anti-Violence Education in New York City, Annie Ellman. Ms. Ellman begins by saying that the #1 thing a woman should know when walking alone is to develop a sense of awareness. You don't want to be taken by surprise. You don't want to be on a cell phone or listening to music. You need to take in what is around you. You need to be able and willing to make a loud noise if need be. Women are at risk at home mostly. It's been proven that a lot of the violence is happening at home. They don't realize there is something they can do. We all deserve to be respected and feel special. If you are being abuse, you have to speak to someone and not feel alone. Women are embarrassed so they don't say anything. We always tell them that it's not their fault and they need to get out of the situation. Taking a self defense class is a wonderful opportunity and it increases strategies that you can use. The first step is to know how to make a loud noise and "take up space." You need to be noticed and let people know there is something going on. She says that it will also empower you and take the other by surprise. You can yell STOP or NO! You can also just make a loud noise like UGGHSH! This will be much unexpected. By doing this, many situations the attacker wants to get away. They are counting on the fact that it will be easy. This is all taught in a self defense class. These classes can be challenging but they can be strengthening and help you release stress. The Center of Anti-Violence we create and implement violence prevention programs throughout the city. We have programs for teen women, girls, and we do work in schools and shelters, etc. We are often asked to work with young women. Women are at risk of being harassed in the street. Non-profits call us and ask us to come to their center or church and talk to them. The first thing they learn is that no one deserves to be disrespected or violated. Ms. Ellman says the first thing we teach is to speak up. Be aware of getting away and make a big scene.

<b>JOY IN OUR TOWN# 4311</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/20/11</b>	<b>4:00AM</b>
					<b>10/21/11</b>	<b>1:00PM</b>
					<b>10/22/11</b>	<b>3:30AM</b>
					<b>10/25/11</b>	<b>4:00AM</b>

Monique Pridgeon discusses the topic of public safety with the members of the New York Fire Safety Institute in New York City, James Bullock, Robert O'Brien, & Vincent Fiorentino. Mr. Fiorentino says that we see more residential fires in the city because of cooking and electrical issues. The buildings are older and they can't handle the amount of people. There is a new fire code in place that works with renovations and new construction to have certain codes, but this doesn't pertain to other buildings. It's all part of life safety. Mr. Fiorentino says that some families don't know how many doors it takes to get out of their own building. Fire safety is taken for granted. Mr. O'Brien says that you should know your surroundings when you go on vacation or are in an unfamiliar surroundings. Know how many doors you have to go through to get out. Walk down the exit and see where it goes. When there is commotion, you'll never find it. Mr. Fiorentino says that water can only be used in certain fires. The three major types of fire are A. Ordinary Combustibles, B. Flammable liquids, & C. Electrical. This type of extinguisher will cover all three. Mr. O'Brien says you'll see this type more often. Mr. Fiorentino attempts to show how to properly put out a fire using the BullEx fire simulator. First, pull the pin. Second, aim at the base of fire and sweep across. Once the fire is out, still finish using the entire extinguisher. Mr. Fiorentino says that training and preparedness are keys. It's amazing how many people don't know what to do. Share what you know with family and friends. You can't put a prize on saving a life. He says we all have success stories with the people we've helped. Mr. Bullock says that there is a law that says that every building has to have a fire safety plan and the buildings are sending out. People don't read them. It comes to their mail every year.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 4611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/14/11</b>	<b>11:30AM</b>
					<b>11/15/11</b>	<b>2:00AM</b>
					<b>11/17/11</b>	<b>3:30AM</b>
					<b>11/18/11</b>	<b>1:00PM</b>
					<b>11/19/11</b>	<b>3:30AM</b>
					<b>11/22/11</b>	<b>2:00AM</b>

Lisa Buldo discusses the topic of Public Safety with the Project Director of the Senior Medicare Patrol in New York, Charles Clarkson, Esq. Mr. Clarkson begins by saying that medical fraud is someone trying to cheat the Medicare program. Fraud, waste, and abuse can all be summed up by not following accepted practices. If you bill Medicare, but you don't perform the services, that's fraud. If you order unneeded services, that's abuse and waste. Everyone on the medical field participate in Medicare fraud. In the 60's when Medicare started, everyone trusted the medical professionals. You just submit a claim and Medicare would pay. Medicare doesn't know if you didn't get the services claimed unless the individual tells us. The senior population is most at risk. He says that they are isolated, frail, and their memory isn't as good. They are a target. We were set up to help these people. Medicare loses 60 billion dollars a year in fraud. We are in economic troubles right now. That's why it's happening. We always tell our people that you have to protect your Medicare number. You have to check you Medicare statement and make sure you were there that day and if the service and the amount is right. We want people to keep track. Keep a calendar of when you go to match against the statement. One problem we have is prescription fraud. We had one person who went to 87 pharmacies to get pills. Mr. Clarkson says that these pharmacists are not always speaking to one another and keeping up with how much you get. Try to use only one pharmacist. When you go to the pharmacy, make sure the medication you're getting is actually what you need and is doing what it's supposed to. Ten percent of all medication is counterfeit. The pharmacy may not know. Check the color, the size, and the marking are the same. If drugs have bad odors or bad taste, check it out. If you suspect healthcare fraud, call us. We can get the facts and help you.

<b>JOY IN OUR TOWN# 5011</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/26/11</b> <b>12/30/11</b>	<b>11:30AM</b> <b>1:00PM</b>
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Wendy Taylor discusses the topic of public safety with the 4<sup>th</sup> Ward Councilmember in Poughkeepsie, Lee David Klein. Mr. Klein begins by saying that Poughkeepsie is a very safe place to live and our crime stats have gone down tremendously—almost 50%. Crime can occur anywhere, unfortunately. The efforts to deal with that is up to our policy makers. We have a great police department and I have been a lawyer and judge. I'm very familiar with them. They are dedicated to their profession. They are focus on maintaining quality of life. They maintain a close relationship with the Mayor. DWI is a major problem here. The numbers have not gone down, but this happens everywhere. Domestic Violence isn't something that happens here anymore than anywhere else. We have had more violent types of crimes like shootings and robberies. He says that they usually are gang related or gang wannabe related. The city is addressing that. No matter what neighborhood, it will raise concerns, but it happens everywhere. The police make sure to instill confidence in them. It's hard to prevent everything. When people are intent on doing something, they are going to do something when the police aren't there. Those are challenges here and everywhere. The city is working with the federal government to focus on drug trade and violence. We are very aware among the young people. Mr. Klein says that the community isn't always educated on the idea of crime. We had a series of brake-ins recently. It was understood that these homes were unlocked. Take precautions. It has to do with communications as well. The police encourage the community to have meetings to educate each other on what's going on. The police are there to help. He says that the community can get more information on crime from websites and contact their local police department or their representative. They can set up a meeting. The Mayor's office is always open. Communication is key.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 5211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/23/11</b>	<b>1:00PM</b>

Wendy Taylor discusses the topic of public safety with the President of the Dutchess County Volunteer Firemen’s Association, Vinny Galvin. Mr. Galvin begins by saying that the newest idea in fire safety right now is the new cigarette bill that mandated that all cigarettes use this new paper that goes out if the person drops it. This happens when people smoke in the house and fall asleep. That starts a lot of fires. The safest thing you can do to save your life is maintaining your smoke detector. People are lazy and don’t think about them. They should be on the every floor and in the bedrooms. They should be 12 inches from the ceiling and away from windows and bathrooms. They should be away from the kitchen as well. People need to check the red button on the detector. Don’t use a match. Vacuum and clean them once in a while. The chirping means the battery is going down. They last for about 7 years. If they turn yellow, get a new one. We generally get more calls in the winter time. People are using fireplaces and stoves more. You need to get your chimney cleaned. It builds up and starts burning itself. You have to open the flue in the chimney. Carbon Monoxide can come from this. He says that people need to check their lights they use for decorating. Remember if you use a live tree; make sure to water it so they don’t dry out. They can catch fire very easily. Everyone should also have an escape plan. You need to have a place to meet. Know how to get out from different places. You don’t need to go back in the house for anything. Smoke inhalation will knock you out. Smoke is not your friend. Mr. Galvin says that there are resources available for people to get information. In October, we have Fire Prevention week where we go out to the schools and teach fire safety. We teach them to stop, drop, and roll. You can’t run. It’s important to teach the children because they will carry on the education. Lastly, he says the most important thing to remember is to be careful and support your volunteers because they are trying to save lives.

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Transportation

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 4211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/17/11</b> <b>10/18/11</b> <b>10/20/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>3:30AM</b>

Lisa Buldo discusses the topic of transportation with the Pedestrian Advocacy Manger of Transportation Alternatives in New York City, Jennifer Godzeno. Ms. Godzeno begins by saying that the city is safer than ever for pedestrians and cyclists. There are more walking and bike paths and plazas. This makes it safer and more pleasant for these people. We have seen the city expand and add bike lanes on 1<sup>st</sup> and 2<sup>nd</sup> Avenues. This will create a network for pedestrians and bikers to move about the city more safely. We also have Times Square which has many streets closed to cars to provide for tourists to walk about. She says before this improvement, we have walkers in the streets which is not safe. We have more tourists walking around and shopping. As we become more pedestrian-friendly, you will see more people walking around. Statistics show that 20% of the traveling we have to do in the city is less than a mile, meaning people would rather walk to their destination. People just need to watch the traffic, wear good shoes, and be safe. Much of the safety depends on the drivers. They need to watch the signs and speed limit. Across the city, we have many neighborhoods that are safe for pedestrians. We have programs that have made it safer around schools and for senior neighborhoods. The city has adopted many of our recommendations for these areas that have high volumes of seniors and schools. In the Bronx, we have a new 20MPH speed zone. We hope to see that adopted in the city as well. Ms. Godzeno says that New York City has the lowest casualty rate for pedestrians. Complete and safe streets are important to our citizens. As you get more citizens walking and biking, this will let the drivers know your presence. Another improvement we have seen is the count-down clocks to cross the street. This allows you to know how much time you have to cross.

<b>JOY IN OUR TOWN# 4311</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/20/11</b> <b>10/21/11</b> <b>10/22/11</b> <b>10/25/11</b>	<b>4:00AM</b> <b>1:00PM</b> <b>3:30AM</b> <b>4:00AM</b>
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Monique Pridgeon discusses the topic of transportation with the Founder of Parking Pal in New York City, Louis Camporeale. Mr. Camporeale begins by saying that if you are a car owner, then you are under siege. The city is writing more and more tickets. He says that, on 09/19/51, they installed the first parking meter. On 09/19/11, the last parking meter was removed and now we have the muni-meters. In essence, this will allow more on-street parking and the maintenance is easier. They can adjust the rates easier. He says that a controversy whether or not you can use that receipt if you move spots. The receipt shows what meter you purchased. I don't suggest you try it. I usually try to pass that ticket on to someone else parking if I'm leaving. You can park at a broken parking meter and there are meters in the other boroughs. He says you are entitled to an hour. Just write the time you parked on a piece of paper and put it on the dash. Also, if you can fit two cars in one spot, then both can park there. Mr. Camporeale says that there is a parking ticket season. This is basically tourist season. People are coming in to see the decorations and shows. More tickets are given on the day after Thanksgiving than any other day. Many spots are moving away from the sidewalk to make room for bike lanes. Some like it. Some don't. I don't believe it has improved transportation because it's taken away spots. Bikes do not have to park at a meter. Just lock it up. The bridge and tunnel fare hikes have really deterred people from driving into the city. There has been a definite drop in cars coming in. I question where does the money go? People need to be outraged by this. Mr. Camporeale says that there are peak and off-peak hours. Basically, the transportation department charges whatever they feel they can get away with. Parking Pal has been helping people know their rights. There is a lot of misinformation and the city takes advantage of that. People need to understand and fight the tickets. People think it is impossible to fight the ticket. It's always in your best interest to look at the ticket and make sure it's accurate.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 4511</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/07/11</b> <b>11/15/11</b> <b>11/17/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>4:00AM</b>

Lisa Buldo discusses the topic of transportation with the Executive Director of the Permanent Citizens Advisory Committee to the MTA in New York City, Bill Henderson. Mr. Henderson begins by saying that the current status of the city's transportation system is fragile. It's not so much the operation, but the financing because of the economy. There could be better maintenance of the stations. There could be more service. Many people think that when you pay for a ticket, that pays for the transit. Only about 60% pays for that trip. Other money comes in by taxes and fees. The MTA is set up by the state and the chairman and board are appointed by the government. They also run the Metro-North system as well. Everybody depends on transit at some point. People that drive also depend on them to keep as many people off the road. He says that the service isn't what they'd like. It's a love-hate relationship. I think the funding they are given, they are doing pretty well. Recently they talked about cutting service around the holidays to save money. The subway system started in 1904 and was a success. The fare was a nickel. They realized they would need more money so the state took over. We didn't have many buses then. Mr. Henderson says that they were privately run. After WWII people stopped using them as much. The buses began to be taken over by the state well to help with money. NYC's transit system is 24 hours a day some way. That is a big difference from other cities. There are about 5 million trips taken on the subway each day. There are about 2.6 million bus trips. Weekends are obviously lower. If you put those people on the road, the city wouldn't work. There will be more electronic media used in the transit system. The PCAC hopes to use this as well. For example, we will use webinars where people can make their voice heard. The MTA website has so much information for the riders also.

<b>JOY IN OUR TOWN# 5111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/16/11</b>	<b>1:00PM</b>
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Wendy Taylor discusses the topic of transportation with the Founder & President of Blue Belt Janicik in Poughkeepsie, NY, Colleen Janicik. Ms. Janicik begins by saying that she has seen change in biking in the Poughkeepsie area in the last few years with the bike lanes and bike trails and the "Walkway over the Hudson." People are using bikes more on the streets to run errands. I live on Route 44 and I see people all the time that are doing things incorrectly. Drivers need to know the rules of the road as well as bikers. Bicycles are allowed to be on the road and need to be on the right side of the road. Many people don't know that. You can go to our website and see a list of these types of rules and you can go to the DMV as well. Any bike safety website would have these. She goes on to say that we have a huge obesity problem today and biking will help that. It eliminates toxic fumes from the vehicles and keeps the environment clean. It also helps in transportation costs. She feels that the city has made more provisions for bikers recently by adding the "Rail Trails." Ms. Janicik says that motorists need to realize that they have to share the road. They need to educate themselves on bike safety. If they see a cyclist in an intersection, they need to realize they have the right to be there. That biker need to give a signal. The motorists need to be aware of their surroundings. I became involved in this because my son lost his life biking. He was wearing all the proper gear, but the driver wasn't aware of his surroundings. The mission of my organization is education. Motorists HAVE to share road and bikers HAVE to be respectful of motorists. We had a bike ride over the Walkway to bring awareness and we're part of the Bikers Club of America. We want to make people aware. It comes down to parents teaching their children and hopefully these issues will fade away over the generations. Make believe when you're on a bike like you're in a car.

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<b>JOY IN OUR TOWN# 5211</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/23/11</b>	<b>1:00PM</b>

Wendy Taylor discusses the topic of transportation with the Transportation Program Administrator for the Poughkeepsie-Dutchess County Transportation Council, Mark Debal. Mr. Debal begins by saying that PDCTC is responsible for the planning program for transportation. We look at roads, bridges, sidewalks, etc. and plan accordingly. We are doing great, but we are trying to improve. The economy has made that hard. The federal funding status has forced us to delay projects. We are working on resurfacing some areas in Poughkeepsie, but we are waiting for adequate funding and support. Mr. Debal says that another area we have been working on is called Corridor Plans. We look at a 5 mile strip. We look at the bridges, traffic signal timing, intersections, etc and see what needs improvement. We try to reduce delay and increase safety. We are really working on preserving what we have right now. There are a number of interchanges on Route 9E that need work and aren't designed properly, but we have to wait on budget to make changes. These are large projects and take time. He says that challenges are funding and time. We need federal assistance. The community can definitely get involved in these decisions. We want their support and ideas. We hold workshops for people to attend. We have a quarterly newsletter. The communities really made the sidewalk studies in the town of Rhinebeck and helped get them fixed. Sometimes there is "push-back." We have to work with the New York State DOT, Poughkeepsie Bus System, and the Metro-North in order to make the right decisions. He thinks many people are looking at the fact that there are many different types of transportation now like biking. These organizations are looking at these when they are making decisions now. That didn't happen in the past. For example, they are adding a larger shoulder on the road. All the agencies are aware of the areas that need improvement and are working on it. I suggest the viewers look at our website for times they can come voice their opinion.

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# Gangs

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 4011</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/03/11</b>	<b>11:30AM</b>
					<b>10/04/11</b>	<b>3:30AM</b>
					<b>10/06/11</b>	<b>3:30AM</b>
					<b>10/07/11</b>	<b>1:00PM</b>
					<b>10/08/11</b>	<b>3:30AM</b>
					<b>10/13/11</b>	<b>4:00AM</b>
					<b>10/18/11</b>	<b>4:30AM</b>
<b>10/25/11</b>	<b>2:00AM</b>					

Arlene Mukoko discusses the topic of gangs with the Area Director of Young Life Harlem in New York City, Aswan Morris. Mr. Morris begins by saying that gangs used to be just kids on the street. They are just groups of people and not just young people. Many of the ones I work with often stress the brotherhood or sisterhood. It's togetherness. They will protect them. It's a false sense. Gangs are everywhere. It gets more attention in the city. They try to help each other. Any group of together people would think that why. The problem is the way and means they go about doing this. It's not a negative thing at the core. They are just try to survive. They do try too hard to defend their area. Gangs are all different based on the individuals. Some are more aggressive and don't tolerate anyone. The members begin to follow the leaders. Gangs are similar in that they all have a thirst to be together. He says they are broken on the inside. Some focus on money, clothing, and territory. Street violence is not always gang-related. The media portrays that. Violence might have someone that is a gang member but the crime doesn't have to be. These happen in lower income and social areas. That seems to always be related to gangs and that's incorrect. When territory or leadership is the focus and someone feels disrespected, then they will go back to the gang members for retaliation. We can't always differentiate between them. One of the hardest topics is how to get out of a gang and can you. You always fill a sense of attachment. I've worked with many kids and they say their "appetites" have changed. Mr. Morris says that's when they begin to separate themselves. There are enemies out there that won't forget. It becomes like the gang members think you are abandoning them like their families have. They don't get why you are leaving. It's because they realize the feelings are false.

<b>JOY IN OUR TOWN# 4411</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/24/11</b>	<b>11:30AM</b>
					<b>10/25/11</b>	<b>3:30AM</b>
					<b>10/27/11</b>	<b>3:30AM</b>
					<b>10/28/11</b>	<b>1:00PM</b>
					<b>10/29/11</b>	<b>3:30AM</b>
					<b>11/17/11</b>	<b>4:30AM</b>

Monique Pridgeon discusses the topic of gangs with members of Young Life Red Hook in New York City, Meghan Ryan & Lavoisier Cornerstone. Ms. Ryan begins by saying that she sees more informal gangs lately. These are groups of kids who have grown up together and they care for one another. You'll see in these teams and they have each other's back. They look out for each other. Mr. Cornerstone says you'll see more organization with formal gangs. You'll see girls and boys in these teams. Ms. Ryan says that kids in urban neighborhoods want to feel they have worth. In other areas, you'll find kids who find their worth in their grades or athletics. In urban areas, they feel like they have to be a good fighter or bully. I think it all comes from a place where they want to feel loved and together. Mr. Cornerstone says the biggest benefit is the approval they get from the gang members. It's affirmation. They are the fathers and brothers they don't have. You feel a sense of manhood. Ms. Ryan says that the disadvantage is that the men leading don't have the right leadership skills. Their values are not helpful for kids. They can't nurture and they probably weren't nurtured. Kids grow up thinking that they are born to fight. They think they are supposed to go to jail. Mr. Cornerstone says they think this is the way it is and they see this on tv. Ms. Ryan says they don't aspire because the people around them don't aspire to do anything else. As soon as you let them know that they are better than the neighborhood they are in, they usually begin to believe that. The kids need to see that there is a better way of life. They've been let down by many people. They need to know that people are committed to them and will be there for them. Mr. Cornerstone says that we need to look for opportunities to approach these children and show them you care for them. We see kids who are tough kids on the street. We need to look them in the eye and say "How you doing?" There are many organizations around the city trying to help this situation. The hardest to reach kids are the hardest find.

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<b>JOY IN OUR TOWN# 4511</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/07/11</b> <b>11/15/11</b> <b>11/17/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>4:00AM</b>

Lisa Buldo discusses the topic of gangs with the Executive Director of Long Island Teen Challenge near New York City, Rev. William Ramos, Jr. We take children who are dealing with gangs and other stress off the streets. We help them make the right choices. Gang affiliation forms when a young person needs to feel accepted. People who are looking for different things like how to approach life and they make bad choices. These people are full of anger. Gangs are more apparent in big cities. I've met many gang members and I ask why you joined the gang. It always comes back to being accepted and not knowing what to do. He says that big cities have a magnet of gang related issues. In our society, gangs have been more organized. They're after territories. They are after selling drugs for money. You have prison gangs, street gangs, biker gangs, etc. They form a pack and they try to protect it. They protect their areas. There is deterioration in society and family when it comes to gangs. Street violence is not always gang-related. You have to understand where these gangs are coming from and how to approach them. One success story I have is a young girl who was in a gang and she called our office. She began to live her life in a positive way and what her destiny was. She stayed with us for a year and then went to college. She went from the streets to college. Female gang members usually come from abusive homes. They generally go after the same things in a gang. He says that there are about a million gang members in society. The first step to getting them out is to get them away from that environment.

<b>JOY IN OUR TOWN# 5111</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/16/11</b>	<b>1:00PM</b>
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Wendy Taylor discusses the topic of gangs with the Teen Director for Kingston Boys & Girls Club in Dutchess County, Dennis Washington. Mr. Washington begins by saying that there isn't a universal definition of what a "gang" is. It varies from state to state. Some consider it 4 or more acting in unlawful activity. The purpose of a gang is to make money. Gangs in small towns usually come from larger cities expanding. They bring their drug-trade into these towns. They call it "untapped" area. They connect with people in the towns and grow from there. He says that parents need to be on guard. You don't have to look far. Gangs advertise their colors, tattoos, etc. That's their marketing tool to pull in youth. The child might hide these from the parent. The parent needs to watch the kids their children are hanging with. They may be dropping school or sports they use to be involved with. Look for any activity that's negative. Look for aggressive responses. These are signs they're taking a different path. They need to look for bruises. Many gangs have to have beatings as initiation. Get them involved in singing, dancing, sports, church, etc. They need to be involved in after school programs. Violent crimes among 10 to 17 year olds peak after school. You want to be involved in everything they do. If you can't attend functions, send another adult. Kids need a sense of competence and belonging. This is a key development. We once had a member that grew up to be a member of the Harlem Globe Trotters. I love when people grow up in the programs and come back to volunteer their time to help other kids. They want to put back into the community. It's Education all the way. We are pushing to get kids through school. We're tapping in to music, dance, and the arts. We've found this to be very successful. Parents need to be educated on their kids. We need to know their kids wants and desires.

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Housing

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 4411</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/24/11</b>	<b>11:30AM</b>
					<b>10/25/11</b>	<b>3:30AM</b>
					<b>10/27/11</b>	<b>3:30AM</b>
					<b>10/28/11</b>	<b>1:00PM</b>
					<b>10/29/11</b>	<b>3:30AM</b>
					<b>11/17/11</b>	<b>4:30AM</b>

Monique Pridgeon discusses the topic of housing with the Director of the Metropolitan Council on Housing in New York City, Mario Mazzoni. Mr. Mazzoni begins by saying that the biggest issue in New York City is that the tenants cannot afford the rent. Every year, almost \$300K of eviction notices are brought by the landlords. This has been going on for decades. As for their rights, many tenants have won their cases. There is a law that all the tenants' rights have to be posted in the building. There is a tenants' rights hotline available. We want the tenants to know their rights so they won't be taken advantage of. He says there is a "handbook" available with the laws listed but it's huge and most people don't even know it's available or can't take the time to look through it all. This is very unfair. When you go to housing court, you don't have the right to a lawyer as in other cases, so some can't afford them. The court does not appoint one. One of the basic rights that tenants don't know is they can sue their landlord if they don't repair things they should. There is a tenant "blacklist." When you rent, your name is sold to a list that future landlords can get when they are deciding whether to have you move in or not. It's not always accurate. Some people who have won their case are still on the list. This practice keeps them from getting approved and they don't find out about this until they're denied. We are beginning to bring them to courts for selling this information. This process is legal. We want to prevent people from using it incorrectly. Mr. Mazzoni says that housing court has to be a place where a tenant can feel safe asserting their rights. If you have a system where every tenant that goes to court where they are condemned before they come, it doesn't work. The rent in NYC is expensive because of the demand to live in the city. The protection against high rent is disappearing. People usually can't afford to buy in Manhattan, so they lose that sense of stability. It's not that expensive to run housing in NYC, but they add the cost of profit and that makes it expensive. The organizations that are trying to provide affordable housing are also trying to make an unlimited amount of profit. It should be about the tenants.

<b>JOY IN OUR TOWN# 4611</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/14/11</b>	<b>11:30AM</b>
					<b>11/15/11</b>	<b>2:00AM</b>
					<b>11/17/11</b>	<b>3:30AM</b>
					<b>11/18/11</b>	<b>1:00PM</b>
					<b>11/19/11</b>	<b>3:30AM</b>
					<b>11/22/11</b>	<b>2:00AM</b>

Lisa Buldo discusses the topic of housing with the Founder & Program Director of the East River Development Alliance in New York City, Bishop Mitchell Taylor & Erasma Monticciolo. Ms. Monticciolo begins by saying that people in New York City don't realize the rights they have as tenants and they don't have the access to the information that provides that. One example is that tenants have the rights to a safe, clean space. They have the right to organize. If they feel their landlord isn't doing all they could, they can come together. She says that many are in rent arrears and this means they are late on rent. We have seen about 300 people in the past year that are in rent arrears. They have difficulty with their income. Unemployment is at 8.7%. Some are older and have to deal with health issues. Bishop Taylor says that the bad economy right now is what is fueling these problems. Housing is being impacted the most. It's the most expensive commodity to maintain. NYC is very expensive. People who have been fine are now having problems keeping up with their housing costs. She says that organizations are providing education on these problems. We look at their household and help them budget and plan. Bishop Taylor says quotes that rich people have financial plans and poor people need financial plans. To manage your money, you need someone to help sometimes. We are about stabilizing financially unstable families. Ms. Monticciolo says that the demand for our services has increased by 35%. Bishop Taylor says that ERDA was founded to address NYC citizens in public housing and their problems. 51% of those people are unemployed. 3% of those have a bachelor's degree. We created it to help residents break the cycle and help people help themselves. We have employment services, college services, financial services, and tenant advocacy. When folks get in crises, they come to us.

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<b>JOY IN OUR TOWN# 4711</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/21/11</b> <b>11/22/11</b> <b>11/25/11</b> <b>11/29/11</b>	<b>11:30AM</b> <b>3:30AM</b> <b>1:00PM</b> <b>2:00AM</b>

Monique Pridgeon discusses the topic of housing with the Tenant Organizer for the Housing Conservation Coordinators in New York City, Bennett Baumer. Mr. Baumer begins by saying that in NYC we have rent regulation that affects about 200 million tenants. We have Section 8 and public housing. In Hell's Kitchen, we have the Clinton Special District. That was formed to protect the architectural aspects of the area. It has anti-demolition provisions. The buildings are very old and you can't use demolition to evict tenants. Hell's Kitchen has experienced much rent deregulation. This means they can evict a tenant and the rent can be very high. This means that rent rises. If you want to rent a one bedroom, it would be about \$2500. At one point, they wanted to build a stadium on the West Side, but that ultimately failed. We felt it would be a bad idea because stadiums are generally bad developments. They only attract for a specific season and then sit idle for the other times. They pretty much destroy street life and stop activity in that area. 80% of NYC residents are renters. The reason mortgage crisis has affected developers and landlords. He says buyers have bought condos in our area for 70 million and now they aren't worth that, but they still have to pay for the upkeep. This was done to evict the tenants and jack up the rent. Many of the buildings have been lost due to the economy and pricing. It didn't really hit the average person wanting to rent other than the cost. It hit the buyers the hardest. Those people can't afford to pay the debt on the buildings so they lose them. We have a big problem with "illegal hotels." Mr. Baumer says the average cost of a hotel in the city is over \$200. People coming into the city are always looking for lower cost hotels and we DO need them. Landlords are finding it more lucrative to rent out rooms to tourists wanting to stay in the city, especially single-room occupancy apartments. There is a need for lower cost hotels but not to balance it on the back of our renters. Some people can't afford to pay their rent. There are some grants and charities available. You should seek legal representation.

<b>JOY IN OUR TOWN# 4811</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/28/11</b> <b>11/29/11</b>	<b>11:30AM</b> <b>3:30AM</b>
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Monique Pridgeon discusses the topic of housing with the President of the Faith Community Developers in New York, Bishop Michael Talbert. Bishop Talbert begins by saying that the housing crisis can mean opportunities for some and devastation for others. We should look at it as a blessing in disguise. The opportunities to get people back in the houses are where our concern should be. The houses are here. They are unoccupied. We have to make them affordable to people. In past years we have become "overdraft" and the banks finally said enough. This is what started it all. It's been going on for 18 years but has become more apparent in the last 6 years. Unemployment has gotten worse. When you create more jobs, people are happier and can provide for their family. People still have the dream and it's possible. We just have to keep it from becoming a nightmare. If I was looking to buy a house, I wouldn't give up on the dream. Failure is not final. Mortgages are as low as they have ever been. People have to keep believe that it is possible. Housing can be affordable with budgeting. There are many houses that are vacant. There is federal help now to get people into those homes. He says that people need to understand their credit scores. When we were younger, 700 was a good score, but it seems now that 800 is the best. What happened that that had to change? When you look at housing and people getting back into houses, you have to look at what's stopping them and become more persistent in getting into houses. We have to create ways to do this. Turn a crisis into an opportunity. Many homes are in foreclosure. We shouldn't have this since people can get into homes. People are not financially educated about home ownership. People need to shift from renting. It needs to be incorporated into education. People have to realize with owning a home, you are the one that has to fix everything. Recently, I read that children that come out of homeownership are less likely to drop out of school. Home-owning give you a since of independency that renting won't. Renter's mentality is "this is where I live and it can be taken." Renting has no guarantee. Homeownership tells you this is mine and I can do what I have to do to keep it. We need to teach the next generation this.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>JOY IN OUR TOWN# 4911</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/02/11 12/05/11</b>	<b>1:00PM 11:30AM</b>

Monique Pridgeon discusses the topic of civic affairs with the Nassau County Comptroller in New York, George Maragos. They focus on health care & pension. Mr. Maragos begins by saying that Nassau County is located in Long Island right outside of New York City. He then goes on to say that the roll of a Comptroller is to oversee the county's finances and make sure everything is budgeted correctly. I make sure money isn't wasted. I have to audit the departments from time to time. I have a finance background and decided to run for office. I work closely with the Mayor. We have a legislature of 19 members that help govern the county. We have a population of 1.4 million people and budget of 6 million. He says that the state of our health care is a mess. Our premiums have gone up 13%. That has been going on for 5 years. We are moderating down 5% for next year, but that's still too high. The number of cases with people without health insurance has increased 25%. Unemployment has contributed to that and it adds burden on taxpayers. Nationally, there are 50 million without health insurance. That is why Medicaid has gone up. There's nothing in place to moderate that and we don't talk about it enough. States are focused so much on unemployment and budgets. Companies are not providing healthcare like they should. Some larger companies go to the government and get an exemption to keep from providing it. We are seeing companies move away from 401K and Pensions as well. Mr. Maragos says that we need to concentrate on making everyone has healthcare. We need healthcare reform. We don't have it with these types of rate increases. Companies are looking for help but aren't receiving it. The community needs to make their voice known and draw attention to this problem. Another issue in Nassau County is labor costs. Workers Compensation insurance and Disability Insurance costs have sky-rocketed as well. Other programs that we are working on currently are stream-lining our government. We are faced with a public who are over-taxed and we want to help them keep their homes. One success story is that we have managed to balance the budget and not raise property tax in the past 3 years. We are the only county that has done that. We also have one of the lowest unemployment rates at 7.2%. We have exceptional public schools that many people take advantage of.

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Monique Pridgeon discusses the topic of civic affairs with the Nassau County Comptroller in New York, George Maragos. They focus on unemployment & the economy. Mr. Margos begins by saying that he's not optimistic about the economy. There aren't sufficient programs to bring down the unemployment. We have counties and states that have higher unemployment than us. We have 2 million New Yorkers who are unemployed and 25 million Americans unemployed and that is disgraceful. This is very severe. Many have been unemployed for over a year. It is higher in minorities. We cannot continue to have this type of unemployment. Our population is growing and we don't have the programs that can take that on. We need to be energy independent in 10 years. If we succeed, we can save in imported oil. He says that our government hasn't given enough priority on these issues. They fight with each other too much. Our goal is to create 2 million jobs in the next 2 years. We hear talk but no actions. Mr. Margos says we have to make our economy competitive and have manufacturing regulations that will bring jobs. We have to be energy independent in the next 10 years. We have to have healthcare reform. Right now, he see that we are being "out-educated" by other countries. We continue to spend money on education, but we aren't getting results. We are 26<sup>th</sup> in the world as far as education. We have 8<sup>th</sup> graders that only 36% up to their level. The employers on the other end are looking for employees who will like their job. That is one reason companies look for employees overseas. They can't find the local skilled employees. Lastly, he pleads that people need to vote. You need to research the candidates and vote for the one that you think will do the best. You can't complain about policies if you haven't voted on them. We need to get rid of "career politicians." We have town square meeting frequently and people need to come to these. He says he got into this field because he was tired of seeing our government not get things done. He wants to make a difference in the lives of his constituents. Things only get better if we have good leadership.

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

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<b>JOY IN OUR TOWN# 5011</b>	<b>28:50</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/26/11 12/30/11</b>	<b>11:30AM 1:00PM</b>

Wendy Taylor discusses the topic of civic affairs with the 4<sup>th</sup> Ward Councilmember in Poughkeepsie, Lee David Klein. Mr. Klein begins by explaining that the Common Council is the Legislative body of government for Poughkeepsie. There are 8 Wards in Poughkeepsie and each has a representative. The 4<sup>th</sup> Ward is in the southwest quarter of the city. It runs from Willboro Blvd to Vassar Medical Campus. It's largely residential. It has no city parks. As council members, we listen to our communities' concerns from sidewalk management to fallen trees. For example, we had many broken streets from the weather and we had to get it repaved. We deal with the crime problems in the communities. Most of the crime is property damage and theft. I live in my Ward. We had a water main break near my house recently due to the weather erosion. I had to deal with that as well. We don't have any fiscal issues that are specific to my Ward. The problems are all over the city, state, and nation. We recently had a rating of businesses and the state was rated second worst. He says we are lucky that we have IBM here to offer many jobs. Our governors have always addressed these issues and tried to help the situation. The greatest resource is human resource. The city has gained population sense the last census. We are at 32,000. The federal government has made an effort to fund the states and so on. Now things are tightening up considerably. We have been affected by that greatly. Mandates for retirement and health benefits are a big topic right now. County Executive Steinhaus and Mayor Thazyik have been doing very well to consolidate and streamline services while reduce spending. Mr. Klein says that some people understand these issues and other don't. It's up to our government to make everyone aware and educated. Human nature tells us that we want to help each other and that is more so in the elected offices. Unfortunately, there are times that they have to say no. Our governor has been very forceful about fiscal responsibility and we have to educate our communities about this. Most people understand there is a change that the solid days are not upon anymore. We have to maintain our quality of life and a sense of stability. He explains that the public sector is the government and the private sector is the communities. We need to enhance the private sector like businesses and retail. That enhances our tax base. We don't want empty business buildings. The tax revenue pays for this enhancement. Non-profits can take these spaces and that enhances the community. We are trying to do this and are succeeding.

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