

TRINITY BROADCASTING
NETWORK

WWTO TV
LASALLE, ILLINOIS

QUARTERLY
REPORT

FIRST QUARTER

JANUARY, FEBRUARY,
MARCH
2011

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF THE WWTO TV PROGRAMMING ADDRESSING THE ISSUES AND PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING THE FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE FIRST QUARTER:

JANUARY, FEBRUARY, MARCH 2011

WWTO TV- LASALLE, ILLINOIS PROGRAMS PERTAINING TO LEADING COMMUNITY PROBLEMS FOR THE FIRST QUARTER: JANUARY, FEBRUARY, MARCH, REPRESENTING AREA CONCERNS PULLED FROM VARIOUS SOURCES INCLUDING BUT NOT LIMITED TO CIVIC LEADERS, RESPONSES FROM WWTO TV VIEWERS, PRINT MEDIA, INCLUDING: NEWSPAPERS, MAGAZINES AND OTHER PUBLICATIONS, AND FROM TELEVISION AND RADIO WHENEVER POSSIBLE.

CRIME
YOUTH
SAFETY
HEALTH & MENTAL HEALTH
EDUCATION
CIVIC AFFAIRS

THE QUARTERLY REPORT
LOCAL PRODUCTION TITLES

JOY IN OUR TOWN

PUBLIC AFFAIRS PROGRAM, "JOY IN OUR TOWN" IS AIRED FRIDAY AT 12 NOON, AND RE-AIRED SATURDAY AT 2:30 AM, MONDAY AT 10:30 AM, TUESDAY AT 2:30 AM AND THURSDAY AT 2:30 AM.

PRAISE THE LORD

PUBLIC AFFAIRS PROGRAM, "PRAISE THE LORD" IS AIRED FRIDAY AT 10:30 AM, AND RE-AIRED SATURDAY AT 1:00 AM, TUESDAY AT 1:00 AM AND THURSDAY AT 1:00 AM.

Station Airing Difficulties

WWTO's Studio to Transmitter Link was down most of this quarter, leaving the station unable to air local programming, specifically "Joy In Our Town". The transmission line was replaced on March 24, 2011 and all local programming began airing as scheduled on March 25.

ISSUE

CRIME

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #060910A	28:17	13:02	LCL	PA

AIR DATE & TIME: 1/31/11 @ 10:30 AM, 2/1/11 @ 2:30 AM

Emily Young, host, and Roderick Williams, Executive Director for Illinois, Iowa, and Wisconsin Prison Fellowship, talk about Prison Fellowship and the challenges that face inmates. Emily shares that the Pew Center on the States has a fact sheet out and it says 1 in 38 adults is under correctional control and 1.36 billion is spent on corrections in a year. So really, we're looking at a huge amount of dollars going in and a huge amount of people impacted by the correction institutes and those affected by it. Rod shares one of the main issues that you see now, even from a faith perspective is that you see a lot of people who are, particularly from our vantage point, volunteers that are going in, and we're noticing that guys are not prepared to come out. They're challenged by literacy issues. They're challenged by not being versed in modern technology, which is part of our culture when we come back out. The other issue is the substance abuse. There are a lot of people who are either addicted to the lifestyle of selling drugs or they're people who have substance abuse problems, who basically have been under arrest while they're incarcerated but when they come back out here, because they can't access insurance. Because in most cases they don't have credible identification and those type of things, they can't access the necessary services. He states if you don't have somebody to walk along side of you when you're released from prison, chances are that you're going back into the system again. He also shares when they come out, in the state of Illinois just as an example; employment is a major barrier to successful re-entry. You have a lot of programs that exist out there where they do job readiness, where they do job training, where they will refer you to a job. However, you have so many, you have 250 prisoners, and you have 15 slots open for a job. So it's a major barrier. They also talk about rebuilding the relationships that were impacted when a person was incarcerated.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #060910A	28:17	14:15	LCL	PA

AIR DATE & TIME: 1/31/11 @ 10:30 AM, 2/1/11 @ 2:30 AM

Rod Williams, who is the Executive Director for Illinois, Iowa and Wisconsin Prison Fellowship, talks with Emily Young, about the cost of incarceration and the problems that inmates face with being released from prison. In the state of Illinois, there is a prison population of about 48,000 prisoners. When we talk about recidivism, there are six communities where 33% of the prison population that is released goes back to. There are about 460,000 thousand children that have a parent that is incarcerated nationwide. Ninety thousand of those children exist in the state of Illinois. Prison Fellowship through our Angel Tree Ministry, we're able to minister to 20,000 of those kids or over 20,000 of those kids. We stay between 20-25,000 kids each year that we're reaching but that's just the tip of the iceberg. Rod asks how do we change it if we don't start spending more money on the prevention and intervention than we are in terms of incarcerating people. We're spending more time and spending more money incarcerating people than we are on education right now. Men are geared to work, men like to achieve but what happens when they're working for the state institution, they're behind prison walls. They're fabricating houses; they're actually building houses for individuals who are going to occupy those homes on the outside. They're learning plumbing, electrical, all of these things that will help employ them when they're released from incarceration, but when they get out, they can't find a job. They can't become a viable taxpayer; they can't find a job to take care of their families. Every aspect of their reintegration back into society is punitive. If they're in a public housing unit because they are a male and have this felony conviction, they are no longer allowed to go back into public housing. If they don't have a residential placement back in the community, they cannot get out. So either they stay until their total sentence is exhausted or they try to find some way or some facility to go but here again if they're released into a state facility, meaning a halfway house on the outside, the minute that they get out they have to go out and secure a job. If they don't secure a job, the state is charging them. Rod also shares about mentorship and volunteering in the prisons and to inmates.

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

ISSUE

YOUTH

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #081110A	29:47	14:23	LCL	PA

AIR DATE & TIME: 2/1/11 @ 3:00 AM, 2/10/11 @ 2:30 AM

Emily Young talks with Diane Farrell, who is Director of Clinical Operations for North Central Behavioral Health about eating disorders and how that relates to young people. Eating disorders are relatively rare it's about one every hundred thousand people. When we think about it, we're really thinking about our culture and our society versus worldwide. It really is a western culture type of problem. Many times they come from our culture's emphasis on being thin and being overly thin. There is healthy weight, there is healthy thinness, and then there is unhealthy thinness. The good focus is on being healthy and maintaining a healthy weight versus the ultra thin. An eating disorder has an emotional component to it where a healthy thin person there isn't that emotional baggage that they're carrying around with them. The average age is getting a little younger. We're beginning to see it crop up in middle school or the tween girls, the 9-12 year olds are beginning to show some evidence of this. And again there is that emotional component to it where food is tied to something emotional. For young girls with anorexia who struggle with that ultra thinness, many times that is a result of control and loss. Its not so much about being ultra thin even that may be on the surface part of it, there are deeper issues at play and those are maintaining some control so young girls usually or young people have very little control in their life. The only thing that they can control is what they eat. That's kind of their way of acting out, breaking rules or not having to give in to every rule so they begin to control what they are eating and become real unhealthy about that. The other component is loss. Many times an eating disorder starts in a young person after a loss. These again can be a variety of normal life events like an older sibling going off to college, death of a grandparent. That can trigger in these young girls that loss of control and again so the only thing that they can control is what they're eating and their exercise. She shares about the three types of eating disorders and what parents can look for to see if their child has an eating disorder.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #111010C	28:30	15:29	LCL	PA

AIR DATE & TIME: 1/7/11 @ 12:00 PM, 1/10/11 @ 10:30 AM

Christy Barnes, Special Project Coordinator of the Thirteenth Judicial Circuit Family Violence Prevention Council, talks with Emily Young about cyber bullying. She explains that cyber bullying is pretty much an extension of the same old bullying that we've kind of all come to know as what people consider normal part of school years where kids will single out one and pick on them and abuse them. Cyber bullying is a whole other avenue for inflicting pain on kids. It is an avenue that allows the bully to feel so much freer in the hurtful things that they say and do. That is definitely causing a lot of problems for young kids right now. Everybody is trying to have the availability to use cell phones and computers, and those have allowed kids to have a whole other avenue where they feel protected and they feel free to say the things that they want to say. It gives them a very broad audience. Those same bullies, who would be able to confront you in a hallway and the hurtful things that they say to their victim, are heard by several or maybe 10 or 20 kids. Now they can post these things either by texting or they can put them on a social networking site and reach just an enormous audience. Stopping it definitely needs to start at home and we need to talk with our kids and say these things are not acceptable. They wouldn't be acceptable if you were verbally speaking to somebody and they're not acceptable to text on a cell phone. They're not acceptable to post on face book or on MySpace. It has to be a continuation of the training though. If those kids aren't getting that training at home initially that leaves us wondering how we can stop it after it's already begun. Schools are doing some things. There's definitely some very progressive programs to stop bullying at the schools. Christie shares that our educators rely on our laws though and unfortunately, Illinois is not very progressive in their laws with regards to bullying or cyber bullying. In fact, if you look back in statistics 2007, 2008 are pretty much the years we're able to look back on statistic wise. Illinois was ranked the third worst state in our country with regard to bullying laws. So we haven't progressed from that point. And that leaves our schools concerned that if they intervene, what are their legal ramifications. They need some guidelines to be able to work within.

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YOUTH	Joy In Our Town #111010C	28:30	11:31	LCL	PA

AIR DATE & TIME: 1/7/11 @ 12:00 PM, 1/10/11 @ 10:30 AM

Christy Barnes, Special Project Coordinator of the Thirteenth Judicial Circuit Family Violence Prevention Council, talks about bullying and the effects that it has on its victims. Bullying can start really young; it can start in grade school. A lot of times with boys it's more of a physical abuse and with the girls it seems to be a little bit more of a verbal. So a lot of rumors and talking. She shares that to a girl it is a little more painful than a physical assault. It certainly is not out of the realm of likely hood to see a girl be physical. It can be confrontational. Sometimes the bully will walk right up to the victim and say or do hurtful abusive things. Bullying is considered an abuse of power and its something that is repetitious. Everybody has different ways to compensate for those types of assault. A child who can take an assault and laugh it off and get that bully to stop, that's excellent. That's a great way to roll it off and move on but that's not always possible. The best thing that we can do is talk to our kids and say you set those limits for yourself. You set those guidelines and you have to be the one to say you've crossed my boundary. It's not funny anymore, it's repetitious, and I don't like it and you need to stop or I'm going to go to an adult. Those kids need to follow up with that threat and that's just so hard for kids because they really don't want to be confrontational back. If you see somebody in school being bullied, it doesn't have to be your best friend that's being bullied, it can just be somebody that you have compassion for. You can approach them afterwards and say, you know he's not right, not everybody thinks that of you, we know that you're not like that. That is so supportive to that victim. Those few kind words at the right time can really mean the difference between I can live through this or I can't. That is something that we definitely want to teach all of our kids regardless of how old they are, how compassionate they are, what we believe, we want them to understand they should never support something like that. There are peer support websites and if you go online and pull up bullying peer support, there are websites that a teen can go into and type in their situation and talk to other kids who have been in that situation. That is a really great way for a kid to get support because again they're not looking in somebody's face, it's probably nobody that knows them, they can be really open and honest in the pain that they are feeling, and know that they're not going to have to go back to school and deal with that.

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ISSUE

SAFETY

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SAFETY	Joy In Our Town #111010A	26:49	13:45	LCL	PA

AIR DATE & TIME: 1/22/11 @ 2:30 AM, 1/27/11 @ 2:30 AM

Vonda Spanbauer, Registered Nurse and Community Outreach Worker for Illinois Valley Community Hospital, talks about poisonings. There's about two million reported to the poison control center every year. Ninety percent of those occur in the home. There are all kinds of poisons you can find in the home: under the counters, in the bathroom, the garage as well as outdoors. Around the holidays, there are things around the house that we use to decorate that would be considered poisoning if ingested. Most nonfatal poisonings occur under the age of six, but thousands of fatal poisonings occur over the age of 55. Cleaning products, medications, dietary supplements, as well as plants can all cause poisonings. Some signs of poisoning include vomiting, seizures, and erratic behavior. Vonda also talks about inhalants. One out of five eighth graders uses inhalants to gain a rapid high. The use of inhalants can cause the heart to suddenly stop. She shows how many things that could be fatal are packaged to look like things that children would normally consume like candy. She stresses to teach children to ask before they consume anything.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SAFETY	Joy In Our Town #111710C	29:44	13:20	LCL	PA

AIR DATE & TIME: 3/25/11 @ 12:00 PM, 3/26/11 @ 2:30 AM, 3/28/11 @ 10:30 AM, 3/31/11 @ 2:30 AM

Steve Smith, Chief of LaSalle County Search and Rescue Team, talks with Emily Young about the team and its purpose. You have the search portion and then you have the rescue portion. The search portion is going out and locating the subject or piece of evidence that could lead you to the subject. Then the rescue portion comes in when you extract that subject from where their at and then bring them back and send them off in the ambulance for treatment and transport onto the hospital if it's needed. When you are looking for a person, you are looking for anything that person might have left behind whether its food wrappers, soda cans, cigarette butts, articles of clothing, anything that would give you any kind of an idea that that person was actually in that area. It's the same thing when you are looking for evidence, whatever the type of evidence that you are going out there looking for, you're looking for that specific thing. You're not just going out walking through a field. The team works under the Emergency Management Agency. They work along side of the Sheriff's department. Any call that they go out on is going to be a law enforcement investigation. Whether we go out on an evidence search or a missing person's search, you always assume the worst, so it's always a missing person investigation or an evidence investigation; it's always going to be run under whoever the law enforcement agency is. The one thing that they try to stress is the earlier that they call the team, the less of an area they have to work with. If law enforcement waits four, five, six hours; their area expands just exponentially. They go through the standard investigative process and when they feel like it's beyond their capability to search for this person, that's when they'll go ahead and call the team to have them come out and assist them. Steve also talks about volunteers and the training that they receive.

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SAFETY	Joy In Our Town #111710C	29:44	14:54	LCL	PA

AIR DATE & TIME: 3/25/11 @ 12:00 PM, 3/26/11 @ 2:30 AM, 3/28/11 @ 10:30 AM, 3/31/11 @ 2:30 AM

Connie Brooks, Deputy Director of the Emergency Management Agency, talks with Emily Young about the different emergency teams that they have and what each of them do. The County Animal Response Team that was deployed to Streator during the tornado back in June, helped rescue animals to make it safer for some of the rescuers, some of the technical rescuers, to search areas, in the hour's right after the tornado. They were also able to go door to door and either feed in place or rescue animals that were left there from people who evacuated from the tornado. The Community Emergency Response Team: there's several basic concepts, some of them are the search and rescue, also disaster preparedness. They are taught about some things that are going to be happening locally here. Training goes into a little bit of disaster psychology, medical operations; they also learn how to treat people in a disaster setting. Their mission is in order to do the greatest good, for the greatest number. They also learn about some basic fire suppression. The Medical Reserve Corps is a group of both medical and non-medical volunteers that help in public health emergencies. Some of the nurses from the Medical Reserve Corp were put on standby for the Streator tornado to help the Health Department give tetanus shots if needed be. There's all kinds of different things: they can help staff health and safety information booths at health and safety fairs. The next team is Sky Warn, which these are people who are trained how to watch for severe weather. A lot of times most commonly used for tornados. They were also deployed during the Streator tornado. Then they work very closely with our RACES, which is our amateur radio group. If for some reason landlines or cell phone towers go down we can always rely on our amateur radio operators to help with communications. The EMA basically helps coordinate resources both material and nonmaterial resources in the county during times of an emergency or disaster. Connie also shares about the importance of volunteers in being able to provide these services.

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ISSUE
HEALTH
&
MENTAL HEALTH

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #010611	1:00:00	6:00	REC	PA/O/E

AIR DATE & TIME: 1/6/11 @ 2:00 PM

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

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #020811	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 2/8/11 @ 2:00 PM

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!

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #032211	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 3/22/11 @ 2:00 PM

Lori Johnson, CBN News Reporter, says during the past 50 years Americans have developed a drinking problem with convenience. We buy our drinks already made, everything from water to coffee. But it's the ingredients found in 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.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor To Doctor #280	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 1/4/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor To Doctor #284	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 1/11/11 @ 11:30 AM

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor To Doctor #285	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 1/18/11 @ 11:30 AM

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.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor To Doctor #286	28:30	28:30	REC/LCL	PA/O/E

AIR DATE & TIME: 1/25/11 @ 11:30 AM

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor To Doctor #287	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 2/1/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor To Doctor #288	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 2/8/11 @ 11:30 AM

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.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor To Doctor #289	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 2/15/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor To Doctor #290	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 2/22/11 @ 11:30 AM

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, hammertoes 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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor To Doctor #291	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 3/8/11 @ 11:30 AM

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

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor To Doctor #292	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 3/15/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor To Doctor #293	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 3/22/11 @ 11:30 AM

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

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ISSUE
EDUCATION

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUC.	Joy In Our Town #081110A	29:47	13:54	LCL	PA

AIR DATE & TIME: 2/1/11 @ 3:00 AM, 2/10/11 @ 2:30 AM

Diane Farrell, who is Director of Clinical Operations for North Central Behavioral Health talks with Emily Young about ADHD and how it relates to education. ADHD is a group of symptoms that includes hyperactivity, distractibility, poor concentration, difficulty following rules, impulsiveness and for the most part, it's not as prevalent as a person would think. There are a lot of children who may be medicated when it really isn't ADHD. Only about 7% of kids actually have all of the criteria in all settings. The most important part to look at is it isn't just in one environment. The symptoms need to be present at home, at school and even at play. That's the hard part is that a professional really should evaluate and identify because kids do have a lot of energy. They always have more energy than their parents. If we just look at high energy levels and say that the kid is hyperactive, we're doing them a real disservice. That we have to look at every environment. Are they having a difficult time in school staying in their seat, are they having a difficult time blurting out answers, can they follow the rules of a game either a physical game like playing baseball or soccer, do they follow the rules, do they wait their turn. If all of those areas are difficult then we begin to think about maybe that's what's going on for the child. Most kids with ADHD are really bright. There isn't a learning disability. There might be a need for some adaptation to their education plan, but these kids are not slow learners, the difficulty they have is staying on task. If the teacher is telling a parent that their child has a difficult time staying in their seat, if they are interrupting other students, if they are running around the classroom, those should be warning signs that maybe something is going on that should be evaluated. If the teacher doesn't see anything at school then it could just be that the parents need to better structure their child at home. For kids with ADHD, again very few of them actually need an education plan adapted for them. Medication will help them to concentrate. If they stay on their medication when they go to school, they're able to focus throughout school. One of the things that the parents might work with the school on is shorter time in a lesson plan, so maybe their child is allowed to have a briefer lesson plan then get to the homework or get up and move around. But for the most part the school setting is a good structure for a kid with ADHD and there's very little accommodation needed. It's not something that you want to keep secret. Even if your child is stable on medications to communicate with the school so that they when they have this child for eight hours a day or six hours a day that they're able to identify maybe when things aren't going well. The medication is tied to the child's size and weight so if a child has a growth spurt, they may have to have their medications adapted to accommodate that. And keeping the school informed of what's going on with them medically so that they can implement maybe some of the things that are working at home and the same thing for the parents to implement what's working at school.

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ISSUE

CIVIC

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CIVIC	Joy In Our Town #111010A	26:49	12:34	LCL	PA

AIR DATE & TIME: 1/22/11 @ 2:30 AM, 1/27/11 @ 2:30 AM

LaSalle County Sheriff Tom Templeton talks about the progress of the countywide 911-call center. The process has been discussed for many years and was tabled once before the referendum passed to install the system. While the county's call center was tabled, the surrounding police stations all implemented their own 911 call centers. With the passage of the referendum, the unincorporated parts of the county will have the same 911 coverage as the towns. The system will allow those to only have to dial 911 in an emergency instead of calling a seven-digit number for the emergency response that they need. It will also allow dispatchers to have the address of the emergency without anyone having to say what the address is or what emergency is happening. A lot of work has been done preparing the system to start from making sure all the properties have addresses that correspond to their location as well as verifying who lives at the addresses. Right now, the system is at 94.8 percent accuracy. It needs to be at 99% accuracy to test before it can be put to use by the county. When the system first is put to use it will be for landlines only. After several months, it can be upgraded to include cell phones.

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TRINITY BROADCASTING
NETWORK

WWTO TV
LASALLE, ILLINOIS

QUARTERLY
REPORT

SECOND QUARTER

APRIL, MAY, JUNE
2011

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF THE WWTO TV PROGRAMMING ADDRESSING THE ISSUES AND PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING THE FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE SECOND QUARTER:

APRIL, MAY, JUNE 2011

WWTO TV- LASALLE, ILLINOIS PROGRAMS PERTAINING TO LEADING COMMUNITY PROBLEMS FOR THE SECOND QUARTER: APRIL, MAY, JUNE REPRESENTING AREA CONCERNS PULLED FROM VARIOUS SOURCES INCLUDING BUT NOT LIMITED TO CIVIC LEADERS, RESPONSES FROM WWTO TV VIEWERS, PRINT MEDIA, INCLUDING: NEWSPAPERS, MAGAZINES AND OTHER PUBLICATIONS, AND FROM TELEVISION AND RADIO WHENEVER POSSIBLE.

CRIME
EMPLOYMENT
HEALTH & MENTAL HEALTH
YOUTH
FAMILY
CIVIC AFFAIRS

THE QUARTERLY REPORT
LOCAL PRODUCTION TITLES

JOY IN OUR TOWN

PUBLIC AFFAIRS PROGRAM, "JOY IN OUR TOWN" IS AIRED FRIDAY AT 12 NOON, AND RE-AIRED SATURDAY AT 2:30 AM, MONDAY AT 10:30 AM, TUESDAY AT 2:30 AM AND THURSDAY AT 2:30 AM.

PRAISE THE LORD

PUBLIC AFFAIRS PROGRAM, "PRAISE THE LORD" IS AIRED FRIDAY AT 10:30 AM, AND RE-AIRED SATURDAY AT 1:00 AM, TUESDAY AT 1:00 AM AND THURSDAY AT 1:00 AM.

ISSUE

CRIME

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #042011B	28:01	12:09	LCL	PA

AIR DATE & TIME: 5/6/11 @ 12:00 PM, 5/7/11 @ 2:30 AM, 5/9/11 @ 10:30 AM, 5/10/11 @ 2:30 AM, 5/10/11 @ 3:30 AM, 5/12/11 @ 2:30 AM

Streator Police Chief Jeff Anderson talks about car burglaries and damage to property. Burglary is stealing something, just breaking a window is property damage. A lot of it are kids doing it, if you have a lot of change missing out of your vehicle, that's mainly kids. If you have a cd player taken out, GPSs, things like that, then it could be older kids looking for money for drugs. Car burglaries, garage burglaries, even your home burglaries, they're breaking in to steal items that they can pawn for money to buy drugs. It's always gone on but more of its going on now than in the past. We've been finding out that people aren't locking their car doors, where doors that are locked they're bypassing those, finding ones that are not locked. The main thing is to lock your car and don't leave things like your GPSs in the window and cell phone where they could see it. There have been instances where purses and wallets have been stolen, where people have left them in their cars. If you're going to leave your purse in the car you need to put it in the trunk where nobody can see it. Garages need a motion detector light, but put them up high enough that somebody can't reach up and undo the bulb. That will deter some of the people, if it lights them up, they don't want to be seen. Neighbors need to watch out for one another. If you are going to be gone, let a neighbor know where they can keep an eye on your house. A lot of communities have a neighborhood watch program. He also talks about reporting these smaller crimes. When you do see something, the police need to be notified. If you can give a description of the person, that helps but you need to call immediately. That way a squad can get to the area the same time that person's there. If you are a victim of a crime and if you don't report it, two doors down and that person doesn't report it, a block over that person, the police don't know what's going on in that neighborhood. What's going to be next, that's their change out of their car, maybe next time somebody's going to break into a home.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #042711A	29:20	13:52	LCL	PA

AIR DATE & TIME: 5//13/11 @ 12:00 PM, 5/14/11 @ 2:30 AM, 5/16/11 @ 10:30 AM, 5/17/11 @ 2:30 AM

Brian Towne, LaSalle County State's Attorney, talks about repealing the death penalty. For years, the state of Illinois had the death penalty and former Governor Ryan had put a moratorium on the death penalty. Prosecutors could still seek the death penalty but the state wasn't actually putting anyone to death. They would be put on death row and when the system was comfortable with the way things were they were supposedly going to begin the death penalty process again and deal with the people on death row. That moratorium lasted for years and then ultimately this year the governor signed a bill that abolished the death penalty. Now the death penalty is gone but there are a lot of unanswered questions because there are a lot of pending death penalty cases. The law doesn't take effect until July 1. Not all murders are eligible for the death penalty, there are very specific things that have to be there: the murdering of a police officer, the murdering of two or more individuals, the murder of an elderly person in a brutal and heinous way. It has to be an even more bizarre and more heinous murder to be death penalty eligible. Those types of murders then, will now still be eligible for life in prison without parole, although the bill that the governor signed doesn't specifically say that anybody who was death eligible before will automatically be life eligible now. There was a system in place that Former Governor Ryan thought was not good enough, that the prosecution and the defense weren't capable enough to decide this very important issue of whether to put someone to death or not. All of a sudden those in favor of abolishing the death penalty in addition to making it about the moral rights and wrongs of things, was turned into a financial issue people were saying the state can't afford to be putting all this money into these situations when we could just be sentencing people to life in prison and they won't affect or hurt society anymore anyway.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #042711A	29:20	13:58	LCL	PA

AIR DATE & TIME: 5//13/11 @ 12:00 PM, 5/14/11 @ 2:30 AM, 5/16/11 @ 10:30 AM, 5/17/11 @ 2:30 AM

LaSalle County State's Attorney Brian Towne talks about the new juvenile law that was enacted. People who were considered juveniles under the eyes of the law for crime for delinquency had always the age had been 16. Up until the day of your 17th birthday, you were considered a juvenile if you were committing or charged with a crime. What the new law says is that for misdemeanor offenses only, we will consider 17 year olds juveniles as well, but if a juvenile commits a felony, then they're considered an adult and they would be treated as adults in adult court. So we see this split where depending on what the 17 year-old does that determines what court they go to. What is happening in 2012, the law is going to change again. Seventeen year olds who commit class 3 or class 4 felonies, will now be considered juveniles so only class 2, class 1, class X or murderers in Illinois at age 17, would be in adult court. So its an ongoing change in the law. There are groups out there who basically say that by the time you're 17 years of age, you're not mature enough to realize the things that you are doing to the extent that they could impact the rest of your life and that may be the reason behind the change. In juvenile court the judge, the prosecutor, the defense and social agencies and juvenile probation all work together to determine what's in the best interest of the minor. Caseloads have gone way up for juvenile probation. LaSalle County does have a Detention Home for juveniles with 18 beds. For the amount of juvenile crime in LaSalle County, it is constantly a juggling act to determine who the eighteen worst kids are in LaSalle County. The 18 kids who most need to be locked up to protect society from them.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #021010A	29:46	13:49	LCL	PA

AIR DATE & TIME: 5/27/11 @ 12:00 PM, 5/28/11 @ 2:30 AM, 6/2/11 @ 2:30 AM, 6/7/11 @ 3:00 AM, 6/9/11 @ 3:00 AM

Christie Barnes, Special Project Coordinator with the 13th Judicial Circuit Family Violence Prevention Council, talks about domestic violence. She shares that it is a problem in our community as well as in everybody's community. One in six women is a victim of domestic violence and aside from that; it affects many different facets of people's lives. That can be something that people don't think about such as bullying, dating problems, and abuse of the elderly. Christie shares about the different types of abuse and the services in the area that are provided to victims. She states that everybody is involved from agencies, to police departments and the court systems and shares what each contributes. Domestic violence is a crisis, not a lifetime problem. It's a crisis in somebody's life that they're going to recover from. She talks about what survivors of domestic violence need and shares that all of the services are free and confidential, with the exception of abuse dealing with the elderly and child abuse. Those things are mandated to be reported by court reporters.

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ISSUE

EMPLOYMENT

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EMPLOYMENT	Joy In Our Town #111010B	29:00	12:55	LCL	PA

AIR DATE & TIME: 4/1/11 @ 12:00 PM, 4/2/11 @ 2:30 AM, 4/4/11 @ 10:30 AM, 4/7/11 @ 2:30 AM, 4/12/11 @ 3:00 AM, 4/14/11 @ 3:00 AM

Stephen Haight, President and CEO of Careers ETC, talks about employment specifically in the homeless, veterans, parolees, and economically disadvantaged individuals. Employment for ex-offenders is key to whether they recidivate. Not having a home or a phone is a major barrier to finding employment for the homeless. The major barrier that each of these groups face is with their self-esteem. They have to change their way of thinking before they end up with a self-fulfilling prophecy about not being able to find employment. Other barriers faced include addictions, and mental health issues, which need to be dealt with before resuming their employment search. Stephen shares that it is harder to find work for these individuals in this economy but it is possible. There are jobs out there. He shares the importance of technology and even post secondary education or vocational training in looking for employment. A high school diploma is no longer enough. When these people are not employed, they cost more in terms of services that they require. If they are put to work, they do not require those services and they become a tax-paying consumer a double benefit to the community.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EMPLOYMENT	Joy In Our Town #111010B	29:00	15:05	LCL	PA

AIR DATE & TIME: 4/1/11 @ 12:00 PM, 4/2/11 @ 2:30 AM, 4/4/11 @ 10:30 AM, 4/7/11 @ 2:30 AM, 4/12/11 @ 3:00 AM, 4/14/11 @ 3:00 AM

President and CEO of Careers ETC, Stephen Haight talks about training and education in areas where a living wage can be made and the difficulty the disadvantaged have getting that training. He shares that many have been talking about pumping money into local colleges to improve that education but Stephen shares that this will not all trickle down to the disadvantaged. There are things such as transportation, location of the colleges and an intimidation factor that will still be barriers to people receiving the education and training. He shares that many employers are looking for people who can communicate both written and oral, as well as people who can problem solve. People searching for employment should be proactive in their search. Everyone should know that you are looking for employment and what type of employment you're looking for. When filling out an application make sure it is filled out neatly with no scratch outs. Attach a one-page resume. Dress appropriately and be well groomed for an interview and be prepared. Know about the company and be prepared to tell about yourself as well as ask questions. Don't ask about money or benefits in the interview unless the employer brings it up. Also, don't open the door on issues such as marriage, children, health issues or transportation. Oftentimes people say way too much in the interview.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EMPLOYMENT	Joy In Our Town #092210A	29:56	14:30	LCL	PA

AIR DATE & TIME: 4/15/10 @ 12:30 PM, 4/16/11 @ 2:30 PM

Sharon Barthelemy, Coordinator of Career Services for Illinois Valley Community College, talks about assisting people with career decision making and job searches. The local workforce investment area has the highest unemployment rate in the entire state. The neighboring local workforce area has the next highest rate in the state. Although the unemployment rate has been dropping, it is still higher than the national unemployment rate. Right now people are just looking for anything to just make money. Sharon talks about resumes and cover letters and explains what information needs to be included on each. She shares that the resume should show a person's skills that would be a benefit for the job they are seeking. They should be kept to one page. Recently Sharon heard that if a cover letter was not included with the resume, employers would not even look at the resume. It is also important that a thank you letter be sent, it could be the deciding factor in gaining employment. Keep both applications and resumes factual. Remember that it's all about the employer and how you can help them meet their bottom line. Sharon also gives tips on interview preparation and reminds people to use social networking sites wisely because employers are checking them.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EMPLOYMENT	Joy In Our Town #041311A	28:17	13:34	LCL	PA

AIR DATE & TIME: 4/22/11 @ 12:00 PM, 4/25/11 @ 10:30 AM, 4/26/11 @ 2:30 AM, 4/28/11 @ 2:30 AM, 5/3/11 @ 3:00 AM

Joel Torbeck, Director of Dislocated Workers Center at IVCC talks about getting people back into the workforce. If a person is single, they may have to get right back to work because they're the only income. If a spouse is working, it may give them some more flexibility to think about going back to school and getting some new skills. Sometimes a person has decided, they've been looking for jobs in their field and they just aren't there or the ones that are out there don't pay anything, then an option could be going back to school and retrain in a different field. Interview preparation, prepping for an interview is sort of like studying for a test. You need to look at yourself, what are the things that you have to offer the employer and then really study the employer and the jobs and find out what it is that they do and what are they looking for and seeing how you can sell yourself as a fit to that company. One of the mistakes that a lot of people make is that they go in and as an employer, they know you want a job, they want you to convince them you want this job. Especially in this economy, where people have been out of work for a while and they're going out saying I'll take anything it comes across. Whereas you need to let the employer know this is the job you want, you need to do some research and find out about the job and the employer because otherwise it just looks like you'll move on as soon as something better comes along. People are becoming like houses, if they've been on the market too long, people pass them by. Maybe it isn't the job that you've always dreamed about but sometimes it is easier to find that job if you are employed. Finding employment is a harder thing to do now than it was two or three years ago so you have to better at it and work harder at it. Fields that are still attractive as far as openings include the medical field, and some manufacturing and maintenance fields that require more skills.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EMPLOYMENT	Joy In Our Town #041311A	28:17	13:13	LCL	PA

AIR DATE & TIME: 4/22/11 @ 12:00 PM, 4/25/11 @ 10:30 AM, 4/26/11 @ 2:30 AM, 4/28/11 @ 2:30 AM, 5/3/11 @ 3:00 AM

Pam Furlan, Executive Director of BEST, Inc. and NCI Works talks about the challenges businesses and individuals have in regards to employment. BEST, Inc. and NCI Works can help with tuition assistance for school, career advising, providing job search assistance, help with interviewing, resumes, and make job referrals. For the younger youth they try to focus on career awareness. A lot of youth have great expectations so they are provided with information that's going to make it a little more realistic. Or they may need information on all the other opportunities that are available in the field their looking at. For those who have lost a job or just starting off into a workforce area, Pam recommends locating the closest One Stop Center where they will find any kind of assistance that they need, whether its career advisement, unemployment insurance, The Department of Rehabilitation Services, and housing. The idea of the One Stop is to have all of those agencies in one facility. If they can locate their nearest On Stop Center, that would get them off to a great start, then from there they would determine what kinds of specific needs they have and be referred to the appropriate agency. One of the issues facing our workforce in the area is that some of the jobs that businesses either have open or will have open through the aging workforce there's a concern of whether or not there will be qualified individuals to fill those jobs. One of the reasons being that young people in our area for whatever reason choose to leave the area. On the job seeker side of it, the one thing that is becoming an issue is education levels. In our area again, we typically have lower educational areas in terms of those who have bachelor's degrees and master's degrees. That again makes it difficult for the employers but it also makes it difficult for individuals to find some of those higher paying jobs if they don't have the education that's necessary.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EMPLOYMENT	Joy In Our Town #042011B	28:01	14:22	LCL	PA

AIR DATE & TIME: 5/6/11 @ 12:00 PM, 5/7/11 @ 2:30 AM, 5/9/11 @ 10:30 AM, 5/10/11 @ 2:30 AM, 5/10/11 @ 3:30 AM, 5/12/11 @ 2:30 AM

Lori Pemberton, Employment and Training Coordinator for Experience Works, talks about employment for older workers. For older workers looking for employment is a little more difficult but in some aspects it can be easier because a lot of the employers are looking for someone who is dependable and reliable. You find that more in a mature workers. They're sometimes having to transition to office work due to being unable to continue health wise in the position they're in. They need a lot of computer training that they just don't have. In addition to computer training, resume preparation, interview critiquing, what to wear what not to wear, how to answer those difficult questions for example: Tell me about yourself, are all things that they need help with. Employers want to know what you can do for that company, what your skills are, what you're looking for. You want to be sure to tell them when they ask where do you see yourself in five years, you don't want to say retired, it's that your still with this company, growing within that company. Reliable transportation and computer skills are the two biggest challenges that these older workers face. The largest obstacle Experience Works faces is the Department of Labor determines how many individuals they can have per county and its based on income, and population. In LaSalle County, it has been a county of persistent high unemployment for years, which means they are above the national average for a period of three years at a time. It just came out again and they're still on it. So more people can be served in LaSalle county for that reason. Some counties they might only be able to serve one or two people in the very rural areas, which places many who need help on waiting lists for services.

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

ISSUE

HEALTH
&
MENTAL HEALTH

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #042011A	28:09	12:37	LCL	PA

AIR DATE & TIME: 4/29/11 @ 12:00PM, 4/30/11 @ 2:30 AM, 5/2/11 @ 10:30 AM, 5/3/11 @ 2:30 AM, 5/3/11 @ 3:30 AM, 5/5/11 @ 2:30 AM, 5/10/11 @ 3:00 AM

Director of Clinical Operations for North Central Behavioral Health, Diane Farrell, talks about spending cuts or proposed cuts, proposed to the legislation to try to combat the budget deficit that Illinois is facing and how it will impact many service organizations. What we find is that when communities don't provide treatment for people with illness, they end up getting that treatment in a different way. If an agency closes, those individuals who were getting treatment there will show up in local emergency rooms and take up valuable space in emergency departments that they're not well equipped to deal with mental health issues. The other place they end up in is the criminal justice system. Many times people just because of their illness, they're not able to get treatment to get help, they end up in jail. They continue to break small laws. It's not big things that get them into the criminal justice system but its things like shoplifting or trespassing types of things that are related to not understanding, not being on medications and just not being able to cope with the world. Another thing that unfortunately happens is people end up in the criminal justice system when their court ordered for a service that doesn't exist. It's probably not the best place because that's where criminals are too. So when people who are violating court orders or violating probation end up in that system, it's not good for anybody. What happens in a bad economy is that people don't have the skills and don't have jobs and we see an increase in substance use, we see an increase in domestic violence, and we see an increase in abandoned families. A safety net of a community social service agency or mental health center, that's for many people the only thing that keeps them able to function from day to day, going in and getting treatment, to learn skills to keep out there trying for jobs. She doesn't think that cutting the budget really saves any money. It goes somewhere else. We see that the deficit continues to increase, which then says we're really not cutting spending; we're just changing where the spending is going.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #111109A	29:45	13:54	LCL	PA

AIR DATE & TIME: 5/20/11 @ 12:00 PM, 5/21/11 @ 2:30 AM, 5/23/11 @ 10:30 AM, 5/24/11 @ 2:30 AM, 5/26/11 @ 2:30 AM

Pat Inda, Group Leader for Sister Support Breast Cancer Group, talks about women who have had some sort of breast problems. She shares that a lot of women feel like it's a disfigurement when they have been given a diagnosis of breast cancer, but it really isn't with reconstructive surgery or prosthesis. Breast cancer is not particular about who it hits- young or old. She shares that it is important for women to take someone to the doctor with them when they are given a diagnosis to take notes and relay what the doctor has said. She shares that when the diagnosis of cancer is given you are in shock. Emotions that women go through are the same as any other cancer diagnosis or severe disease. She shares that women need to talk with their oncologist and family about their treatment options. The type of treatment depends on the type of cancer, where the cancer is located, how big the tumor is and how fast it is advancing. Pat shares that being positive makes all the difference in the world in their recovery.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #111109A	29:45	14:51	LCL	PA

AIR DATE & TIME: 5/20/11 @ 12:00 PM, 5/21/11 @ 2:30 AM, 5/23/11 @ 10:30 AM, 5/24/11 @ 2:30 AM, 5/26/11 @ 2:30 AM

Dr. David McNeil, Psychiatrist with Affiliated Mental Health Professionals, talks about depression. Depression is a medical illness that consists of a combination of symptoms that affect people physically, emotionally, occupationally and really cut across our living experience. He shares several of these symptoms. He emphasizes that people should not be their own diagnostician but seek a professional who can rule out any other condition and make a proper assessment. He shares that many other medical conditions can present as depression. Dr. McNeil talks about a survey done with people who have been diagnosed with depression. It showed what gaps and holes in treatment still remain. He shares about different treatment options for those diagnosed with depression and states that medicine and psychotherapy in combination have been the most successful in treatment. Getting better should look like feeling your old self again without any symptoms. People who experience that remission early in their depression have a greater chance of staying well for the duration of their life. People who do not get all the way well from an initial episode have a higher risk of having a subsequent episode down the line.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #050510B	27:43	12:57	LCL	PA

AIR DATE & TIME: 6/4/11 @ 2:30 AM, 6/6/11 @ 10:30 AM, 6/7/11 @ 2:30 AM, 6/9/11 @ 2:30 AM

Patricia Edwards, who is a Therapist with the Antioch Group, talks with Emily Young about mental illness. Mental illness is actually any psychological or behavior pattern that's associated usually with distress or some kind of a disability. It occurs in an individual and it's not considered to be part of your cultural or social environment. We also refer to mental illness as a brain disorder. Psychologists and therapists use what is call the DSM 4R, it lists all the symptoms and all of the characteristics that would be associated with any mental illness. Probably the two major mental illnesses would be major depression and some type of anxiety disorder. Those are probably at the top of the list. Others are coming more and more to the forefront such as bipolar disorder and a lot of people have frequently hear the term lately, borderline personality disorder. Children can also have mental illness and sometimes unfortunately, mental illnesses can be caused by actual physical problems in the brain itself. Perhaps a part of the brain didn't develop normally or there has been a disease process such as a tumor in a small child. Some mental illnesses are directly related to trauma or abuse and can happen very quickly. Some develop over time because of exposure to environmental situations. Mental illness is most successfully treated by a combination of medication and some type of therapy and the medication is dependant upon what the diagnosis is. There are three major categories: antidepressants, anti-anxiety medications and antipsychotic medications. They also talk about the stigma attached to having a mental illness and where to look for a therapist.

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HEALTH	Joy In Our Town #050510B	27:43	13:16	LCL	PA

AIR DATE & TIME: 6/4/11 @ 2:30 AM, 6/6/11 @ 10:30 AM, 6/7/11 @ 2:30 AM, 6/9/11 @ 2:30 AM

Therapist Patricia Edwards talks with Emily Young about the importance of education in mental illness and mental illness in children. It's extremely important. Unfortunately, one of the stigmas that is seen is family members who say you're behaving that way and you can control it just stop it. The person who suffers from the mental illness would love to be able to just stop it and so the educational component for families or caregivers, Pat consider to be of utmost importance. We have to educate people so that the person they're living with knows what to do and that could be anything from calling the person's psychiatrist if they have one to calling 911. If you know that you have an illness that you're not a freak that you're not weird, you're not crazy; that something is going on in your brain and it can be explained and treated oftentimes that just offers a world of hope for the person suffering those symptoms. With infants, because they are not able to communicate by speech we again look at behavior patterns. One thing they look at is- does this child, this infant match the developmental criteria that's been determined through years, and years of research. And so again, you look at behavior. Obviously, a child psychiatrist is going to be a key component here because they will have the knowledge and the training to determine whether medication would be appropriate in those situations. Pat also talks about support groups, educational meetings, and helpline available for people who have a mental illness. She also shares about advocacy and legislation so that mental health law is appropriate.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #042810A	28:58	13:29	LCL	PA

AIR DATE & TIME: 6/10/11 @ 12:00 PM, 6/11/10 @ 2:30 PM, 6/13/11 @ 10:30 AM, 6/14/11 @ 2:30 AM, 6/16/11 @ 2:30 AM

Janet Gillette, a Certified Respiratory Therapist and Asthma Educator with Ottawa Regional Hospital, talks about asthma and allergies. Asthma is a chronic respiratory disease that is triggered by inflammation and allergies that causes swelling in the airways. It is an inherited disease it is reversible if taken care of properly with medication. There are actually 22 million Americans with asthma. Out of that, 22 million almost 6 million are children. Allergies can trigger asthma as well and with the pollutions and everything in the environment now and additives in our foods, allergies are very common triggers. But, for the most part asthma is an inherited disease. Asthma is characterized by different levels of severity one of the chronic telltale signs is the wheeze. It's a whistly sound when they breathe, so if you were hearing that whistly sound it means that the airways are being constricted. That is one of the classic signs. A cough is another sign that they are having an airway problem. Coughing, because of the constriction through mucus or irritation in the lungs, the airways constrict and so you cough. Coughing is another one of the signs that lets you know that they are starting to have a problem with their breathing. Everybody needs education. In the emergency room, we see 1.8 million people with asthma in America. Out of them there are at least 5 thousand every year that still die from asthma with treatment and education. Dust mites are a big problem, pets for sure, any furry type pet, it could even be potpourri, scented candles, silk flower arrangements or dry flower arrangements in the child's bedroom or your bedroom or in the house itself, scented air fresheners, anything with a scent, cleaning supplies can trigger an attack as well. You have to make sure you take your maintenance medication daily as prescribed and allergy medication, if you are on an allergy medication, if your asthma is triggered by allergies.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #061611	1:00:00	6:00	REC	PA/O/E

AIR DATE & TIME: 6/16/11 @ 2:00 PM

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. Tran's 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 Tran's fats. They're often still in there, because the Food and Drug Administration allows food with up to a half-gram of Tran's 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 Tran's 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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #295	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 4/5/11 @ 11:30 AM

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.

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HEALTH	Doctor to Doctor #296	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 4/12/11 @ 11:30 AM

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 postmenopausal 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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #297	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 4/26/11 @ 11:30 AM

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 eyestrain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #298	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 5/3/11 @ 11:30 AM

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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HEALTH	Doctor to Doctor #299	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 5/10/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #300	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 5/17/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #301	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 5/24/11 @ 11:30 AM

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.

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HEALTH	Doctor to Doctor #302	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 5/31/11 @ 11:30 AM

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #303	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 6/7/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #304	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 6/14/11 @ 11:30 AM

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.

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HEALTH	Doctor to Doctor #305	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 6/21/11 @ 11:30 AM

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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ISSUE

YOUTH

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #111010C	28:30	15:29	LCL	PA

AIR DATE & TIME: 4/8/11 @ 12:00 PM, 4/9/11 @ 2:30 PM, 4/11/11 @ 10:30 AM, 4/12/11 @ 2:30 AM, 4/14/11 @ 2:30 AM

Christy Barnes, Special Project Coordinator of the Thirteenth Judicial Circuit Family Violence Prevention Council, talks with Emily Young about cyber bullying. She explains that cyber bullying is pretty much an extension of the same old bullying that we've kind of all come to know as what people consider normal part of school years where kids will single out one and pick on them and abuse them. Cyber bullying is a whole other avenue for inflicting pain on kids. It is an avenue that allows the bully to feel so much freer in the hurtful things that they say and do. That is definitely causing a lot of problems for young kids right now. Everybody is trying to have the availability to use cell phones and computers, and those have allowed kids to have a whole other avenue where they feel protected and they feel free to say the things that they want to say. It gives them a very broad audience. Those same bullies, who would be able to confront you in a hallway and the hurtful things that they say to their victim, are heard by several or maybe 10 or 20 kids. Now they can post these things either by texting or they can put them on a social networking site and reach just an enormous audience. Stopping it definitely needs to start at home and we need to talk with our kids and say these things are not acceptable. They wouldn't be acceptable if you were verbally speaking to somebody and they're not acceptable to text on a cell phone. They're not acceptable to post on face book or on MySpace. It has to be a continuation of the training though. If those kids aren't getting that training at home initially that leaves us wondering how we can stop it after it's already begun. Schools are doing some things. There's definitely some very progressive programs to stop bullying at the schools. Christie shares that our educators rely on our laws though and unfortunately, Illinois is not very progressive in their laws with regards to bullying or cyber bullying. In fact, if you look back in statistics 2007, 2008 are pretty much the years we're able to look back on statistic wise. Illinois was ranked the third worst state in our country with regard to bullying laws. So we haven't progressed from that point. And that leaves our schools concerned that if they intervene, what are their legal ramifications. They need some guidelines to be able to work within.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #111010C	28:30	11:31	LCL	PA

AIR DATE & TIME: 4/8/11 @ 12:00 PM, 4/9/11 @ 2:30 PM, 4/11/11 @ 10:30 AM, 4/12/11 @ 2:30 AM, 4/14/11 @ 2:30 AM

Christy Barnes, Special Project Coordinator of the Thirteenth Judicial Circuit Family Violence Prevention Council, talks about bullying and the effects that it has on its victims. Bullying can start really young; it can start in grade school. A lot of times with boys, it's more of a physical abuse and with the girls, it seems to be a little bit more of a verbal. So a lot of rumors and talking. She shares that to a girl it is a little more painful than a physical assault. It certainly is not out of the realm of likely hood to see a girl be physical. It can be confrontational. Sometimes the bully will walk right up to the victim and say or do hurtful abusive things. Bullying is considered an abuse of power and its something that is repetitious. Everybody has different ways to compensate for those types of assault. A child who can take an assault and laugh it off and get that bully to stop, that's excellent. That's a great way to roll it off and move on but that's not always possible. The best thing that we can do is talk to our kids and say you set those limits for yourself. You set those guidelines and you have to be the one to say you've crossed my boundary. It's not funny anymore, it's repetitious, and I don't like it and you need to stop or I'm going to go to an adult. Those kids need to follow up with that threat and that's just so hard for kids because they really don't want to be confrontational back. If you see somebody in school being bullied, it doesn't have to be your best friend that's being bullied, it can just be somebody that you have compassion for. You can approach them afterwards and say, you know he's not right, not everybody thinks that of you, we know that you're not like that. That is so supportive to that victim. Those few kind words at the right time can really mean the difference between I can live through this or I can't. That is something that we definitely want to teach all of our kids regardless of how old they are, how compassionate they are, what we believe, we want them to understand they should never support something like that. There are peer support websites and if you go online and pull up bullying peer support, there are websites that a teen can go into and type in their situation and talk to other kids who have been in that situation. That is a really great way for a kid to get support because again they're not looking in somebody's face, it's probably nobody that knows them, they can be really open and honest in the pain that they are feeling, and know that they're not going to have to go back to school and deal with that.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #092210A	29:56	13:56	LCL	PA

AIR DATE & TIME: 4/15/10 @ 12:30 PM, 4/16/11 @ 2:30 PM

Joyce Redfern, Coordinator for Guardian Angel Outreach, talks about teen pregnancy. Joyce shares about the feelings that young girls have when learning that they are pregnant. She states that many young people don't think about the consequences or think about how a baby will impact their lives. There are consequences for both boy and girls. Girls have decreased chances of finishing school, have rocky financial situations, problems finding employment and have health risks associated with teen pregnancy. Parenthood is the number one reason teens drop out of school. Only about half of the girls graduate from school and of those only 2% go on to further their education. Many fathers will walk away and not be involved in the baby's life. Others will take it serious and will help but most of these couples never end up getting married. There is a lot of broken hearts involved.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #042011A	28:09	14:02	LCL	PA

AIR DATE & TIME: 4/29/11 @ 12:00PM, 4/30/11 @ 2:30 AM, 5/2/11 @ 10:30 AM, 5/3/11 @ 2:30 AM, 5/3/11 @ 3:30 AM, 5/5/11 @ 2:30 AM, 5/10/11 @ 3:00 AM

Diane Farrell, Director of Clinical Operations for North Central Behavioral Health talks about young people with mental health issues. Statistics show that children have had mental health or behavior health issues all along but we're just better at identifying them and labeling them. Over the last 10 or 15 years we've really been able to look at what's normal and what can be addressed and how kids can get better. She hopes we're reducing the stigma attached to just a natural biological issue going on with kids. Most of the mental health issues there is a biological or a chemical base to what's going on. We see celebrities talk about their children who have autism or they have children who have depressive disorders and that does help to reduce the stigma attached to receiving help. Mental illnesses are very common in children. We see a lot of very brief reactive types of illnesses. A child's parents that are going through a divorce might show signs of depression or anxiety or low self-esteem. We can help them through that difficult time by offering them some good effective listening ear, offering them some skills and abilities to overcome how they're feeling. So sometimes what we would call a mental illness or a mental health issue is related to their environment. There are a lot things out there where kids are struggling to cope with changes or a traumatic event. It's less likely that kids will have illnesses like full-blown schizophrenia, major depressive or bipolar disorder, those are much more rare in children. Usually, those start showing up when kids reach adolescence like 16, 17 years old, they begin to see some of those symptoms. Medications have made a big change in how we treat individuals with mental illnesses or emotional disturbances. Medications have been developed to treat attention deficit disorders so that children who may have had to go to a special school now can maintain in a classroom in their home community and take medications and be able to pay better attention and learn in school. If a child is not able to learn in school, if their grades are not As, Bs or Cs, if you have a child that is failing in school, it's important to look at what's going on. Is the child able to do the work, do they have the brainpower, the mental ability to work at that level? They might just not be ready for school or there might be an impairment in their brain functioning and it's important to get that addressed so that a child isn't continually forced to go to school when they're at a level where they're not able to learn at. Sometimes we expect kids to think like we do, and they don't. It's not because there's something wrong, it's just because they really don't think like that.

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ISSUE

FAMILY

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #021010A	29:46	13:27	LCL	PA

AIR DATE & TIME: 5/28/11 @ 2:30 AM, 6/2/11 @ 2:30 AM, 6/7/11 @ 3:00 AM, 6/9/11 @ 3:00 AM

Special Projects Coordinator for the 13th Judicial Circuit Family Violence Prevention Council, Christie Barnes, talks about domestic violence. She shares about many of the providers that offer services to victims. One of these is Hope House, which is a safe exchange house for custodial and non-custodial parent's visitation. Christie shares how important this is for victims of domestic violence to feel safe. She states that the first thing that people need to keep in mind is that domestic violence is all about power and control, even sexual abuse. She shares many of the different signs that might indicate abuse and says that anything that doesn't feel quite right, it probably is abuse. Children often give away the abuse by talking about a friend who is going through something or by asking if you could keep a secret. If you suspect abuse, call. She shares that people can provide agency information to people the suspect as victims.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #042810A	28:58	13:59	LCL	PA

AIR DATE & TIME: 6/10/11 @ 12:00 PM, 6/11/10 @ 2:30 PM, 6/13/11 @ 10:30 AM, 6/14/11 @ 2:30 AM, 6/16/11 @ 2:30 AM

Jeffery Leving, a family law attorney, father's right advocate, author, radio host talks about the importance of father's in the lives of their children. Father absent children are twice as likely to drop out of school and eleven times more likely to exhibit violent behavior and that's just the beginning. Little girls that are father absent are more likely to become victims of abuse so it's important that children have two loving parents if at all possible. He shares that a number of years ago he studied statistics on paternity litigation and 34% of all children in America were born out of wedlock. That statistic has now increased to 41% and it's over 50% in Chicago alone. What that communicates is that many children will never know their father, will never receive child support, and many children won't know their mother either because many of those children end up being raised by third parties other than their biological parents. School violence is attributable in part and substantially to father absence. A lot of educators want more police in and near our schools, what we need isn't more police, we need fathers. We need to re-involve fathers in the lives of their children, and that will protect children and substantially reduce school violence a lot more than bring more police into the schools to arrest our children. He also talks about the impact of divorce and co-parenting. Co-parenting involves both parents equally in the lives and the decisions that are made regarding the children in the best interest for that child.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #021710B	29:25	13:54	LCL	PA

AIR DATE & TIME: 6/17/11 @ 12:00 PM, 6/18/11 @ 2:30 PM, 6/21/11 @ 2:30 AM, 6/23/11 @ 2:30 AM

Diane Farrell, Director of Clinical Operations for North Central Behavioral Health Systems talks about parenting. She shares that the basic concepts for parenting have not changed over the years. The most important skills for parenting are consistency and following through. Be consistent with the message that you are telling your kids and that that expectations are tied either to a reward for doing it or a consequence for not. She shares that it's easy for parents to give in when they are tired or worn out. The biggest change in parenting from fifty years ago is that moms work outside of the home. She shares that parents really have to be self-sacrificing to be good parents. You can't be cool or popular and be a good parent. Diane shares about single parenting and how difficult that can be. She also talks about making poor decisions as a parent and having to either change the decision or apologize to the child for some of the past mistakes. The parenting relationship changes as children grow to be adults. It still requires parenting, being the one they turn to for advice or example and loving them 100 percent.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #021710B	29:25	14:01	LCL	PA

AIR DATE & TIME: 6/17/11 @ 12:00 PM, 6/18/11 @ 2:30 PM, 6/21/11 @ 2:30 AM, 6/23/11 @ 2:30 AM

Relationships are hard no matter how big or small a family is, says Diane Farrell, Director of Clinical Operations for North Central Health Systems. We are all people who have our own needs and quirks, and people are flawed and have bad relationships with each other. Look at the family dynamics and see what you may be misunderstanding is one of the first steps in making the relationships better. Families have these life-long relationships, which is wonderful but it can also be a disaster because you can carry hurts with you throughout your lifetime until you can internally work through it. Diane also talks about substance abuse and mental health issues that maybe disrupting the family relationships and keeping people from reacting to others in a healthy way. She shares that people in abusive relationships need to take care of themselves first by only putting themselves in situations that they can control. You can't control somebody being abusive but you can control your response to it. The only power that a person has in that situation where they are the victim, is to walk away.

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ISSUE

CIVIC

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CIVIC	Joy In Our Town #111010A	26:49	12:34	LCL	PA

AIR DATE & TIME: 6/24/11 @ 12:00 PM, 6/25/11 @ 2:30 AM, 6/27/11 @ 10:30 AM, 6/28/11 @ 2:30 AM, 6/30/11 @ 2:30 AM

LaSalle County Sheriff Tom Templeton talks about the progress of the countywide 911-call center. The process has been discussed for many years and was tabled once before the referendum passed to install the system. While the county's call center was tabled, the surrounding police stations all implemented their own 911 call centers. With the passage of the referendum, the unincorporated parts of the county will have the same 911 coverage as the towns. The system will allow those to only have to dial 911 in an emergency instead of calling a seven-digit number for the emergency response that they need. It will also allow dispatchers to have the address of the emergency without anyone having to say what the address is or what emergency is happening. A lot of work has been done preparing the system to start from making sure all the properties have addresses that correspond to their location as well as verifying who lives at the addresses. Right now, the system is at 94.8 percent accuracy. It needs to be at 99% accuracy to test before it can be put to use by the county. When the system first is put to use it will be for landlines only. After several months, it can be upgraded to include cell phones.

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TRINITY BROADCASTING
NETWORK

WWTO TV
LASALLE, ILLINOIS

QUARTERLY
REPORT

THIRD QUARTER

JULY, AUGUST,
SEPTEMBER

2011

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF THE WWTO TV PROGRAMMING ADDRESSING THE ISSUES AND PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING THE FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE THIRD QUARTER:

JULY, AUGUST, SEPTEMBER 2011

WWTO TV- LASALLE, ILLINOIS PROGRAMS PERTAINING TO LEADING COMMUNITY PROBLEMS FOR THE THIRD QUARTER: JULY, AUGUST, SEPTEMBER REPRESENTING AREA CONCERNS PULLED FROM VARIOUS SOURCES INCLUDING BUT NOT LIMITED TO CIVIC LEADERS, RESPONSES FROM WWTO TV VIEWERS, PRINT MEDIA, INCLUDING: NEWSPAPERS, MAGAZINES AND OTHER PUBLICATIONS, AND FROM TELEVISION AND RADIO WHENEVER POSSIBLE.

FAMILY
DRUGS & ALCOHOL
HEALTH & MENTAL HEALTH
SAFETY
CRIME
CIVIC AFFAIRS

THE QUARTERLY REPORT
LOCAL PRODUCTION TITLES

JOY IN OUR TOWN

PUBLIC AFFAIRS PROGRAM, "JOY IN OUR TOWN" IS AIRED FRIDAY AT 12 NOON, AND RE-AIRED SATURDAY AT 2:30 AM, MONDAY AT 10:30 AM, TUESDAY AT 2:30 AM AND THURSDAY AT 2:30 AM.

PRAISE THE LORD

PUBLIC AFFAIRS PROGRAM, "PRAISE THE LORD" IS AIRED FRIDAY AT 10:30 AM, AND RE-AIRED SATURDAY AT 1:00 AM, TUESDAY AT 1:00 AM AND THURSDAY AT 1:00 AM.

ISSUE

FAMILY

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #062211A	28:29	15:02	LCL	PA

AIR DATE & TIME: 7/8/11 @ 12:00 PM, 7/9/11 @ 2:30 AM, 7/11/11 @ 10:30 AM, 7/12/11 @ 2:30 AM, 7/12/11 @ 3:30 AM, 7/14/11 @ 2:30 AM

Rev. John Schmidtke talks about family and marriage. If you're married, you live longer, you're healthier, your kids do better, they do better in school, they're less likely to be involved in drugs or delinquent activity of any kind. If you're healthier and you live longer, if you're financially better off and all these things are positives why in the world wouldn't you want to get married? A lot of people have never seen a good marriage. Their particular parenting wasn't very good. We're looking at 50% divorce rates but be careful. Those statistics, what they basically say is those are the number of marriages and here's the number of divorces, what those statistics don't say is an awful lot of those divorces are second, third and fourth marriages by people. If you say well the people that are married and actually, stay married for a longer period of time, you'll find out that most of those divorces are in a much smaller percentage. A lot of people are still dedicated to marriage, they're still committed to it and they're faithful to it. An awful lot of people think that there's an escape clause and there really isn't. Marriage is a covenant it's not a contract. I make a covenant before God to love my wife in sickness and health, for richer or poorer, for better or for worse. She makes a covenant with God for the same thing. Each one of us has all of the responsibility to make the marriage work. Marriage is not a contract, marriage is a covenant and if you look at it that way you're in good shape.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #021710B	29:25	13:54	LCL	PA

AIR DATE & TIME: 8/12/11 @ 12:00 PM, 8/13/11 @ 2:30 AM, 8/15/11 @ 10:30 AM, 8/16/11 @ 2:30 AM, 8/18/11 @ 2:30 AM, 8/18/11 @ 3:30 AM

Diane Farrell, Director of Clinical Operations for North Central Behavioral Health Systems talks about parenting. She shares that the basic concepts for parenting have not changed over the years. The most important skills for parenting are consistency and following through. Be consistent with the message that you are telling your kids and that that expectations are tied either to a reward for doing it or a consequence for not. She shares that it's easy for parents to give in when they are tired or worn out. The biggest change in parenting from fifty years ago is that moms work outside of the home. She shares that parents really have to be self-sacrificing to be good parents. You can't be cool or popular and be a good parent. Diane shares about single parenting and how difficult that can be. She also talks about making poor decisions as a parent and having to either change the decision or apologize to the child for some of the past mistakes. The parenting relationship changes as children grow to be adults. It still requires parenting, being the one they turn to for advice or example and loving them 100 percent.

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FAMILY	Joy In Our Town #021710B	29:25	14:01	LCL	PA

AIR DATE & TIME: 8/12/11 @ 12:00 PM, 8/13/11 @ 2:30 AM, 8/15/11 @ 10:30 AM, 8/16/11 @ 2:30 AM, 8/18/11 @ 2:30 AM, 8/18/11 @ 3:30 AM

Relationships are hard no matter how big or small a family is, says Diane Farrell, Director of Clinical Operations for North Central Health Systems. We are all people who have our own needs and quirks, and people are flawed and have bad relationships with each other. Look at the family dynamics and see what you may be misunderstanding is one of the first steps in making the relationships better. Families have these life-long relationships, which is wonderful but it can also be a disaster because you can carry hurts with you throughout your lifetime until you can internally work through it. Diane also talks about substance abuse and mental health issues that maybe disrupting the family relationships and keeping people from reacting to others in a healthy way. She shares that people in abusive relationships need to take care of themselves first by only putting themselves in situations that they can control. You can't control somebody being abusive but you can control your response to it. The only power that a person has in that situation where they are the victim, is to walk away.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #021010A	29:46	13:27	LCL	PA

AIR DATE & TIME: 8/26/11 @ 12:00 PM, 8/27/11 @ 2:30 AM, 8/29/11 @ 10:30 AM, 8/30/11 @ 2:30 AM, 9/1/11 @ 2:30 AM, 9/1/11 @ 3:30 AM

Special Projects Coordinator for the 13th Judicial Circuit Family Violence Prevention Council, Christie Barnes, talks about domestic violence. She shares about many of the providers that offer services to victims. One of these is Hope House, which is a safe exchange house for custodial and non-custodial parent's visitation. Christie shares how important this is for victims of domestic violence to feel safe. She states that the first thing that people need to keep in mind is that domestic violence is all about power and control, even sexual abuse. She shares many of the different signs that might indicate abuse and says that anything that doesn't feel quite right, it probably is abuse. Children often give away the abuse by talking about a friend who is going through something or by asking if you could keep a secret. If you suspect abuse, call. She shares that people can provide agency information to people the suspect as victims.

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FAMILY	Joy In Our Town #090909A	28:49	13:46	LCL	PA

AIR DATE & TIME: 9/23/11 @ 12:00 PM, 9/24/11 @ 2:30 AM, 9/26/11 @ 10:30 AM, 9/27/11 @ 2:30 AM, 9/29/11 @ 2:30 AM, 9/29/11 @ 3:30 AM

Patricia Edwards, Therapist with the Antioch Group, talks about the sandwich generations. She explains each of the three sandwiches: traditional, club, and open faced. In the beginning of the 20th century, only four to seven percent of people in their sixties had a living parent. Today that figure is fifty percent and increasing. In addition, since 1990, another component was added. Only twenty five percent of young adults age 18 to 24 lived with their parents. By 2000, that number had gone up to fifty-two percent and is still rising. She talks about the rivalry that may exist between aging parents and children of this sandwich generation and shares that each situation has to be taken on an individual basis for who gets the attention. She also talks about the importance of having discussions before crises occur. Pat shares that it is important for adult children to talk to their parents about their wishes and make plans and preparations for when crises occur. She shares tips on what things need to be discussed with aging parents.

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ISSUE

DRUGS
&
ALCOHOL

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #060910B	28:57	14:03	LCL	PA

AIR DATE & TIME: 7/1/11 @ 12:00 PM, 7/2/11 @ 2:30 AM, 7/7/11 @ 2:30 AM

Rodney Perez, a Fire Fighter and Public Education Officer for Peru Fire Department, talks about Operation Promise 2010. Operation Promise, a mock car crash, gives viewers an idea of what happens during a car crash when teens are involved with drinking and driving. He shares that they wanted to heighten our education within the community and that teenage drinking and driving is getting higher. Although the local law enforcement local state and county, they've been doing a great job enforcing it, they wanted to heighten the awareness and kind of demonstrate what happens at a car crash scene as well as the consequences after. They wanted the community to know what they were doing and gave them the opportunity to come to view the production. Approximately 800 people throughout the community came in to view it. They had victim impact speakers, showed the video of all the scenes that were done, and it was silent. He shares about the pressures that teens face and says that even though parents believe they have a good kid, they need to address the problem of drinking and driving.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #082411A	29:20	13:09	LCL	PA

AIR DATE & TIME: 9/1/11 @ 3:00 AM, 9/2/11 @ 12:00 PM, 9/3/11 @ 2:30 AM, 9/5/11 @ 10:30 AM, 9/6/11 @ 2:30 AM, 9/8/11 @ 2:30 AM, 9/8/11 @ 3:30 AM, 9/15/11 @ 3:00 AM

Vonda Spanbauer, Registered Nurse with Illinois Valley Community College, talks about huffing. Huffing is just another form of inhalant abuse. There are three major types, huffing being one of them. That is taking a propellant from some sort of a canister and using that substance to bring through your mouth. You can spray it on cloth or material, you can spray it into a pop can and use a material over it and just take it in, ingest it. There's also sniffing, that's taking something through your nose. Same idea that you're going to breathe in those fumes so that you can achieve the high that you're looking for. There is also bagging, this they will spray the propellant into either a paper or plastic bag and put it over their heads and then breathe in those fumes, anything to achieve that high. huffing is something that is readily available to kids and it's cheap so it is being abused by approximately 18% of eighth graders have either attempted or are doing huffing. Parents on the other hand, there are approximately 90% who either deny use or don't know about it. For inhalant abuse you want to look for an euphoria, or a headache rush, muscle weakness, facial acne, significant weight loss, episodes of inattentiveness and or depression. Inhalants can either create a tachycardia, a rapid heartbeat, erratic heartbeat, which can cause cardiac arrest where the heart just stops. Or you could have those fumes going into the lungs, where they can become short of breath, have difficulty breathing and suffocate.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #021710A	28:17	13:35	LCL	PA

AIR DATE & TIME: 9/16/11 @ 12:00 PM, 9/17/11 @ 2:30 PM, 9/19/11 @ 10:30 AM, 9/20/11 @ 2:30 AM, 9/22/11 @ 2:30 AM, 9/22/11 @ 3:30 AM

Diane Farrell who is Director of Clinical Operations for North Central Behavioral Health Systems talks about teen alcohol usage. Diane thinks that we're very accepting and not just in LaSalle County or in Illinois; our culture is very accepting of alcohol use. It is glamorized. She thinks that children imitate their parents, they imitate their role models, so when they see this, it looks glamorous, and it looks fun, they do it. It's been that way; it's always been that way. She doesn't know of a time that adolescents, that high school kids haven't done some illegal drinking. It's just always been that way. It is really a problem. She thinks that by parents encouraging it, by allowing drinking in their home, it gives a permission that is a false permission. The problem with young people drinking is just like a layer upon layer of issues. First is that children their brains are not fully developed until they're in their early 20s. Using alcohol begins to impact their brain development and becomes part of their cellular make up in their brains. It's a big deal because socially it gives children, adolescents a message that they need to drink in order to have a good time. That's not the case. Parents should be giving their children the message that they can have a good time doing a variety of things other than drinking. Third, it's illegal. It is something that parents should not be encouraging their children to do one illegal thing because it opens the door for all illegal things. If it's ok to drink underage is it then ok to use substances is it ok to shoplift? Is it ok to do a variety of things? Parents should be telling their children giving them a message of its wrong.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #083111A	26:58	11:45	LCL	PA

AIR DATE & TIME: 9/29/11 @ 3:00 AM, 9/30/11 @ 12:00 PM

Illinois State Trooper Craig Graham shares about drug trafficking. Interstate 80 runs right through our district. We have about 70 miles of interstate 80, which is a major east west thoroughfare that runs from San Francisco all the way to New York. Depending on whether you're just going on vacation or running drugs across the country, you're going to take the easiest route. The majority of the arrests that are made for people transporting narcotics is for marijuana, its normally 30 to 50 pounds of cannabis. Oftentimes a canine is used to perform a free air sniff of the exterior of the vehicle. If the canine alerts on the vehicle that gives officers probable cause to search the vehicle. That's oftentimes how drugs are discovered in vehicles. Sometimes a trooper can smell the odor from drugs when they walk up to the car. Once the search is conducted and contraband has been found, the person's placed under arrest. They are taken back to headquarters. The vehicle is taken back to headquarter and searched completely, looking for any additional evidence to build the case against the person. The first step in the process, someone has made a traffic violation to get stopped. Oftentimes people's stories don't make sense. If there is a demand for it, someone is going to try to supply it. Oftentimes the person who is caught running drugs across the country are taking it back to their own community where they have established means of getting rid of it. Officers on the road have field test kits. Drug-sniffing dog are invaluable. Obviously their sense of smell is much better than humans and it also makes it easier on motorists, if you walk a canine around the outside of a vehicle and the canine does not alert on it, then they're down the road. It saves time for everyone and in instances where there is a very good hidden compartment the K9 can oftentimes detect the odor coming from that compartment.

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

ISSUE

HEALTH
&
MENTAL HEALTH

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #051210A	27:49	15:59	LCL	PA

AIR DATE & TIME: 7/29/11 @ 12:00 PM, 7/30/11 @ 2:30 AM, 8/2/11 @ 2:30 AM, 8/4/11 @ 2:30 AM

Deborah Redd, Certified Diabetes Educator and Registered Nurse at Illinois Valley Community Hospital, talks about diabetes. Diabetes is a disease where the person has difficulties managing their blood sugars controlling their blood sugars. There are several different types. Probably one of the least common types is type one diabetes only about 5% of all the people who have diabetes have type one. And that's a disease where the person does not make insulin, which is the hormone that we all produce that lowers blood sugar. The other type, which is far more common, is type 2 diabetes and we used to call that maturity onset diabetes. Diabetes in part it has to do with some of our lifestyle choices but the other part of it is that there has to be a genetic component. There actually are about 22 million Americans who have diabetes right now. There are approximately 57 million Americans who either have pre-diabetes or undiagnosed type 2 diabetes. There is another statistic that says 1 out of every three children born today will develop diabetes in their lifetime. She talks about signs and symptoms as well as managing diabetes.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #082411A	29:20	14:41	LCL	PA

AIR DATE & TIME: 9/1/11 @ 3:00 AM, 9/2/11 @ 12:00 PM, 9/3/11 @ 2:30 AM, 9/5/11 @ 10:30 AM, 9/6/11 @ 2:30 AM, 9/8/11 @ 2:30 AM, 9/8/11 @ 3:30 AM, 9/15/11 @ 3:00 AM

Linda Pinn, Registered Nurse with Illinois Valley Community Hospital, talks with Emily Young about getting children to make good nutritional choices and stay physically active, which is really important as far as maintaining an appropriate weight for our age. We are seeing an increase in overweight and obesity in our children, even as young as two years old. Most of those children who are obese are going to grow up and have difficulties with their weight as adults as well. Obesity is tied into the types of foods that are the choices of our children and some adults as well: fast foods, not to blame them solely. But also the media, the electronic media that is our children's world. A lot of families have multiply children who are in sports and we don't sit down and have that meal together as much as we used to, it's very infrequent anymore. Our economy is another thing that is affecting those choices. We need to be involved with our children at making those choices. We need to show them the benefit. We need to be involved with our Children's physical activities; we need to go bike riding with them. We need to take that brisk walk in the evening to show them that this is a part of life; this is a part of our health as well. So we need to be involved in both of those choices. There's enormous amount of bullying that goes on because of children being overweight. They can also face loneliness and depression. We are seeing type two diabetes in 10 year olds and above, which we generally do not see until around middle adulthood and we're seeing this in our children. We're also seeing high cholesterol levels in children, which causes plaque build up in the heart. We're seeing heart disease in young children, which shouldn't be.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #042011A	28:09	12:37	LCL	PA

AIR DATE & TIME: 9/9/11 @ 12:00 PM, 9/10/11 @ 2:30 AM, 9/12/11 @ 10:30 AM, 9/13/11 @ 2:30 AM, 9/15/11 @ 2:30 AM, 9/15/11 @ 3:30 AM, 9/22/11 @ 3:00 AM

Director of Clinical Operations for North Central Behavioral Health, Diane Farrell, talks about spending cuts or proposed cuts, proposed to the legislation to try to combat the budget deficit that Illinois is facing and how it will impact many service organizations. What we find is that when communities don't provide treatment for people with illness, they end up getting that treatment in a different way. If an agency closes, those individuals who were getting treatment there will show up in local emergency rooms and take up valuable space in emergency departments that they're not well equipped to deal with mental health issues. The other place they end up in is the criminal justice system. Many times people just because of their illness, they're not able to get treatment to get help, they end up in jail. They continue to break small laws. It's not big things that get them into the criminal justice system but its things like shoplifting or trespassing types of things that are related to not understanding, not being on medications and just not being able to cope with the world. Another thing that unfortunately happens is people end up in the criminal justice system when their court ordered for a service that doesn't exist. It's probably not the best place because that's where criminals are too. So when people who are violating court orders or violating probation end up in that system, it's not good for anybody. What happens in a bad economy is that people don't have the skills and don't have jobs and we see an increase in substance use, we see an increase in domestic violence, and we see an increase in abandoned families. A safety net of a community social service agency or mental health center, that's for many people the only thing that keeps them able to function from day to day, going in and getting treatment, to learn skills to keep out there trying for jobs. She doesn't think that cutting the budget really saves any money. It goes somewhere else. We see that the deficit continues to increase, which then says we're really not cutting spending; we're just changing where the spending is going.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #021710A	28:17	13:12	LCL	PA

AIR DATE & TIME: 9/16/11 @ 12:00 PM, 9/17/11 @ 2:30 PM, 9/19/11 @ 10:30 AM, 9/20/11 @ 2:30 AM, 9/22/11 @ 2:30 AM, 9/22/11 @ 3:30 AM

Diane Farrell, Director of Clinical Operations for North Central Behavioral Health Systems talks about how the economy impacts mental health. As people, we get a lot of good feelings from our work and our success in our careers or jobs. Our culture values success and they measure that by making money. Mental health becomes involved when people loose their job or their economic status changes and they don't have any coping mechanism with how to deal with those feelings of failure and those feelings of not being a success. Farrell thinks that we have people who expected a quick rebound. They expected that they would be out of work for a few weeks and it would be enjoyable. Then what they are finding is that there just isn't a match out there, for what they used to have. They may be underemployed and not making as much money as they were. They also feel some failure with that. The depression associated with that is just like any other depression. The symptoms of that are similar to someone who might have depression because of a chemical imbalance. It is a chemical imbalance that can develop because their self-esteem is being lowered. They are feeling bad about themselves. It's pretty consistent across the economic range of people who loose their job. The impact may not be dollar wise the same but it's the same in a personal loss of not being able to keep their home, or not being able to make their car payments. Loosing what they had. When people become depressed from loosing their job, they may sleep more. They may not be able to sleep. There may be a change in their appetite: they may overeat, they may not have any appetite. They may be sitting on the couch just watching TV all day. And others might say if they weren't so lazy, they could get out there and get a job. But it really isn't laziness, what it is, is that depression associated with not having a value. In our society, we value people who work. She also talks about where people can look for help.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #083111A	26:58	11:45	LCL	PA

AIR DATE & TIME: 9/29/11 @ 3:00 AM, 9/30/11 @ 12:00 PM

Registered Nurse with Illinois Valley Community Hospital, Doris Peters talks about diabetes. This disease has been around for centuries. The incidents of diabetes is so very high. Right now, they estimate that there are probably at least 9% of the Americans in the United States who have diabetes. Of that only 1/3 are undiagnosed. They're walking around; they don't even know they have the symptoms of diabetes. One of the main causes is that we are eating too much, that we are eating some of the wrong types of foods, especially in children, we've been hearing about the obesity epidemic. As a result, there's been more diabetes that's being diagnosed earlier. Diabetes happens when there's too much sugar in the blood. since we have with diabetes, you have too much sugar in the blood and it affects a whole lot of different organs in our body. If we start at the very top with our eyes, since that extra sugar basically does a lot of damage to the blood vessels. So with our eyes what happens we have tiny little blood vessels in our retina, if there's too much sugar in those vessels they can break, they can start leaking fluid. That's one of the first symptoms that you might have is actually blurred vision. If there's a lot of leakage, there can be scarring over time, which ends up leading to blindness, which is one of the main problems with diabetes. If we look at our mouth, you're going to have extra sugar in the blood that gets into your saliva. You end up having more tooth decay, more gum disease. If we move down to the heart, we have vessels in our heart also that can be damaged from that extra sugar. Our li kidneys are down here saying I can help you. What they try to do is get rid of that extra sugar. So one of the most frequent symptoms is that you'll have increased urination. But the problem is with diabetes you end up losing good protein in your urine. That's why actually diabetes is the leading cause of kidney failure, which is a very debilitating disease. It's very costly to treat. Other side effects are on the nerves in our body as well. Where the blood vessels affect the nerves in our arms, our hands, our fingertips, legs, tips of our toes. So often times some of those symptoms might be tingling in the fingers or the tips of the toes. One study showed that there's sixty-five percent of diabetics who can get adequate control of their sugar levels with oral medications. There are certain people who still do need to take just the shots but there's lots of avenues out there. The main thing people need to do is make sure that our weight is under control and get adequate exercise.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #307	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 7/5/11 @ 11:30 AM

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

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HEALTH	Doctor to Doctor #308	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 7/12/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #309	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 7/19/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #310	28:30	28:30	REC/ LCL	PA/O/E

AIR DATE & TIME: 7/26/11 @ 11:30 AM

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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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #311	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 8/2/11 @ 11:30 AM

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 safeguarding 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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #314	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 8/23/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #315	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 8/30/11 @ 11:30 AM

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.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #316	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 9/6/11 @ 11:30 AM

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #317	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 9/13/11 @ 11:30 AM

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 vertebrae move individually. When joints stop moving properly, muscles simply don't contract or relax. It's important to increase spinal joint mobility and stability.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #318	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 9/20/11 @ 11:30 AM

Dr. Barbara Madden talked about hearing loss. Conductive hearing loss is when sound is not transmitted. This can be caused by fluid or earwax. 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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ISSUE

SAFETY

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SAFETY	Joy In Our Town #060910B	28:57	13:24	LCL	PA

AIR DATE & TIME: 7/1/11 @ 12:00 PM, 7/2/11 @ 2:30 AM, 7/7/11 @ 2:30 AM

Rodney Perez, a Fire Fighter and Public Education Officer for Peru Fire Department, talks about several safety issues including the dangers of fireworks, fire pits and grills. In Illinois, big fireworks are outlawed so they can't get the big M80s; if they do, they have to go to Indiana or Wisconsin to get them. You cook a cake; you bake it in the oven 350°. A match burns at 325° a sparkler burns at 1800°. Fireworks can malfunction pretty quick. They could have a wick that's 3 inches long and it can and up just burn up making that fireworks go off and causing it to explode right into their face, right into their body, major burns every year. The safest way to enjoy fireworks is to watch the companies that come in and put on the shows professionally. Someone wanting to have a recreational campfire should get one of the pits specifically made for that. Some people will do it in the ground or they'll take their barbecue grills and they'll put them too close to a garage or to a house and grease catches on fire. Cover the fire to smother it. Fire goes off of oxygen so when you get rid of the oxygen it can't breathe. Make sure it's out before you leave to go back into your home or your cabin if you're camping out or going to your tent.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SAFETY	Joy In Our Town #111010A	26:49	13:45	LCL	PA

AIR DATE & TIME: 7/12/11 @ 3:00 AM

Vonda Spanbauer, Registered Nurse and Community Outreach Worker for Illinois Valley Community Hospital, talks about poisonings. There's about two million reported to the poison control center every year. Ninety percent of those occur in the home. There are all kinds of poisons you can find in the home: under the counters, in the bathroom, the garage as well as outdoors. Around the holidays, there are things around the house that we use to decorate that would be considered poisoning if ingested. Most nonfatal poisonings occur under the age of six, but thousands of fatal poisonings occur over the age of 55. Cleaning products, medications, dietary supplements, as well as plants can all cause poisonings. Some signs of poisoning include vomiting, seizures, and erratic behavior. Vonda also talks about inhalants. One out of five eighth graders uses inhalants to gain a rapid high. The use of inhalants can cause the heart to suddenly stop. She shows how many things that could be fatal are packaged to look like things that children would normally consume like candy. She stresses to teach children to ask before they consume anything.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SAFETY	Joy In Our Town #051210A	27:49	10:20	LCL	PA

AIR DATE & TIME: 7/29/11 @ 12:00 PM, 7/30/11 @ 2:30 AM, 8/2/11 @ 2:30 AM, 8/4/11 @ 2:30 AM

Joan Fernandez who is Community Outreach Coordinator at Illinois Valley Community Hospital talks about the Heimlich Maneuver. Oftentimes people choke when they are eating. Children choke when they are running with food in their mouth their candy or sucker. It can be a life threatening emergency if it blocks off your airway completely and you can't get any air in or out. A common thing that people do that are severely choking, they will put their hands to their throat. They can't actually make any sound because the object is totally blocking or maybe a very high pitched sound. She demonstrates the Heimlich on an adult and child size mannequins. Choking is a life threatening emergency and people do die unfortunately if they don't get help so if they do pass out you're going to help them down to the floor call 911 then you're going to begin the steps of CPR. She shares that if the person is a little larger than your arm span or pregnant, you can still give compressions around the chest pulling straight back not up. She also tells people how to do the Heimlich on themselves using a chair if they are alone. Sometimes if you have had a stroke with a little bit of paralysis on one side of your throat, you are a little more prone to choking so that is a technique that you can use on yourself at home. Everybody needs to know the maneuver, especially because that's one of the most common emergencies that we as everyday people are around is somebody that's choking.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SAFETY	Joy In Our Town #111710C	29:44	13:20	LCL	PA

AIR DATE & TIME: 8/5/11 @ 12:00 PM, 8/6/11 @ 2:30 AM, 8/8/11 @ 10:30 AM, 8/9/11 @ 2:30 AM, 8/11/11 @ 2:30 AM

Steve Smith, Chief of LaSalle County Search and Rescue Team, talks with Emily Young about the team and its purpose. You have the search portion and then you have the rescue portion. The search portion is going out and locating the subject or piece of evidence that could lead you to the subject. Then the rescue portion comes in when you extract that subject from where their at and then bring them back and send them off in the ambulance for treatment and transport onto the hospital if it's needed. When you are looking for a person, you are looking for anything that person might have left behind whether its food wrappers, soda cans, cigarette butts, articles of clothing, anything that would give you any kind of an idea that that person was actually in that area. It's the same thing when you are looking for evidence, whatever the type of evidence that you are going out there looking for, you're looking for that specific thing. You're not just going out walking through a field. The team works under the Emergency Management Agency. They work alongside of the Sheriff's department. Any call that they go out on is going to be a law enforcement investigation. Whether we go out on an evidence search or a missing person's search, you always assume the worst, so it's always a missing person investigation or an evidence investigation; it's always going to be run under whoever the law enforcement agency is. The one thing that they try to stress is the earlier that they call the team, the less of an area they have to work with. If law enforcement waits four, five, six hours; their area expands just exponentially. They go through the standard investigative process and when they feel like it's beyond their capability to search for this person, that's when they'll go ahead and call the team to have them come out and assist them. Steve also talks about volunteers and the training that they receive.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SAFETY	Joy In Our Town #111710C	29:44	14:54	LCL	PA

AIR DATE & TIME: 8/5/11 @ 12:00 PM, 8/6/11 @ 2:30 AM, 8/8/11 @ 10:30 AM, 8/9/11 @ 2:30 AM, 8/11/11 @ 2:30 AM

Connie Brooks, Deputy Director of the Emergency Management Agency, talks with Emily Young about the different emergency teams that they have and what each of them do. The County Animal Response Team that was deployed to Streator during the tornado back in June, helped rescue animals to make it safer for some of the rescuers, some of the technical rescuers, to search areas, in the hour's right after the tornado. They were also able to go door to door and either feed in place or rescue animals that were left there from people who evacuated from the tornado. The Community Emergency Response Team: there's several basic concepts, some of them are the search and rescue, also disaster preparedness. They are taught about some things that are going to be happening locally here. Training goes into a little bit of disaster psychology, medical operations; they also learn how to treat people in a disaster setting. Their mission is in order to do the greatest good, for the greatest number. They also learn about some basic fire suppression. The Medical Reserve Corps is a group of both medical and non-medical volunteers that help in public health emergencies. Some of the nurses from the Medical Reserve Corp were put on standby for the Streator tornado to help the Health Department give tetanus shots if needed be. There's all kinds of different things: they can help staff health and safety information booths at health and safety fairs. The next team is Sky Warn, which these are people who are trained how to watch for severe weather. A lot of times most commonly used for tornados. They were also deployed during the Streator tornado. Then they work very closely with our RACES, which is out amateur radio group. If for some reason landlines or cell phone towers go down we can always rely on our amateur radio operators to help with communications. The EMA basically helps coordinate resources both material and nonmaterial resources in the county during times of an emergency or disaster. Connie also shares about the importance of volunteers in being able to provide these services.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SAFETY	Joy In Our Town #090909C	28:49	13:53	LCL	PA

AIR DATE & TIME: 8/19/11 @ 12:00 PM, 8/20/11 @ 2:30 AM, 8/22/11 @ 10:30 AM, 8/23/11 @ 2:30 AM, 8/25/11 @ 2:30 AM

Trooper Craig Graham, Safety Education Officer for the Illinois State Police District 17, talks about safety in school zones. He tells drivers to reduce speed in those areas. School speed zones are in place from 7am to 4 pm when school is in session. Trooper Graham also talks about motorcycle safety. A common occurrence with motorcycle crashes and passengers vehicles is that the drivers say they didn't see the motorcycle. He cautions both sides to take the extra time to look and be defensive drivers. Motorcycle drivers should also wear protective clothing to keep them from getting road rash if their bike slides down the road. Many dealerships and colleges offer safety classes to motorcyclists. He also shares about safety for bicyclists from clothing to following the rules of the road. Parents should teach the rules and hand signals to their children to help keep them safe.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SAFETY	Joy In Our Town #090909C	28:49	13:26	LCL	PA

AIR DATE & TIME: 8/19/11 @ 12:00 PM, 8/20/11 @ 2:30 AM, 8/22/11 @ 10:30 AM, 8/23/11 @ 2:30 AM, 8/25/11 @ 2:30 AM

Safety Education Officer Trooper Craig Graham, of the Illinois State Police District 17, talks about the proper seat belt safety. He shares the different types of car seats available and the ages that they apply to and who needs to be restrained depending on where they are sitting in the vehicle. The age of the driver also plays a role in who needs to be buckled in. Statistics show when seat belt usage goes up, fatalities go down. If a driver is under 18, all the passengers have to be restrained in a seat belt. Trooper Graham also talks about roadside safety checks and what officers are looking for at those stops. He talks about DUIs and the punishments and costs that they have. A DUI can cost around ten thousand dollars and that doesn't include the aggravation of not having a driver's license. Trooper Graham also talks about Operation Teen Safe Driving that encourages high schools to get involved in promoting seat belt usage. He shares different ideas that students have come up with to promote wearing their seat belts.

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ISSUE

CRIME

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #060910A	28:17	13:02	LCL	PA

AIR DATE & TIME: 7/15/11 @ 12:00 PM, 7/16/11 @ 2:30 AM, 7/18/11 @ 10:30 AM, 7/19/11 @ 2:30 AM, 7/21/11 @ 2:30 AM, 7/26/11 @ 3:00 AM

Emily Young, host, and Roderick Williams, Executive Director for Illinois, Iowa, and Wisconsin Prison Fellowship, talk about Prison Fellowship and the challenges that face inmates. Emily shares that the Pew Center on the States has a fact sheet out and it says 1 in 38 adults is under correctional control and 1.36 billion is spent on corrections in a year. So really, we're looking at a huge amount of dollars going in and a huge amount of people impacted by the correction institutes and those affected by it. Rod shares one of the main issues that you see now, even from a faith perspective is that you see a lot of people who are, particularly from our vantage point, volunteers that are going in, and we're noticing that guys are not prepared to come out. They're challenged by literacy issues. They're challenged by not being versed in modern technology, which is part of our culture when we come back out. The other issue is the substance abuse. There are a lot of people who are either addicted to the lifestyle of selling drugs or they're people who have substance abuse problems, who basically have been under arrest while they're incarcerated but when they come back out here, because they can't access insurance. Because in most cases they don't have credible identification and those type of things, they can't access the necessary services. He states if you don't have somebody to walk along side of you when you're released from prison, chances are that you're going back into the system again. He also shares when they come out, in the state of Illinois just as an example; employment is a major barrier to successful re-entry. You have a lot of programs that exist out there where they do job readiness, where they do job training, where they will refer you to a job. However, you have so many, you have 250 prisoners, and you have 15 slots open for a job. So it's a major barrier. They also talk about rebuilding the relationships that were impacted when a person was incarcerated.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #060910A	28:17	14:15	LCL	PA

AIR DATE & TIME: 7/15/11 @ 12:00 PM, 7/16/11 @ 2:30 AM, 7/18/11 @ 10:30 AM, 7/19/11 @ 2:30 AM, 7/21/11 @ 2:30 AM, 7/26/11 @ 3:00 AM

Rod Williams, who is the Executive Director for Illinois, Iowa and Wisconsin Prison Fellowship, talks with Emily Young, about the cost of incarceration and the problems that inmates face with being released from prison. In the state of Illinois, there is a prison population of about 48,000 prisoners. When we talk about recidivism, there are six communities where 33% of the prison population that is released goes back to. There are about 460,000 thousand children that have a parent that is incarcerated nationwide. Ninety thousand of those children exist in the state of Illinois. Prison Fellowship through our Angel Tree Ministry, we're able to minister to 20,000 of those kids or over 20,000 of those kids. We stay between 20-25,000 kids each year that we're reaching but that's just the tip of the ice burg. Rod asks how do we change it if we don't start spending more money on the prevention and intervention than we are in terms of incarcerating people. We're spending more time and spending more money incarcerating people than we are on education right now. Men are geared to work, men like to achieve but what happens when they're working for the state institution, they're behind prison walls. They're fabricating houses; they're actually building houses for individuals who are going to occupy those homes on the outside. They're learning plumbing, electrical, all of these things that will help employ them when they're released from incarceration, but when they get out, they can't find a job. They can't become a viable taxpayer; they can't find a job to take care of their families. Every aspect of their reintegration back into society is punitive. If they're in a public housing unit because they are a male and have this felony conviction, they are no longer allowed to go back into public housing. If they don't have a residential placement back in the community, they cannot get out. So either they stay until their total sentence is exhausted or they try to find some way or some facility to go but here again if they're released into a state facility, meaning a halfway house on the outside, the minute that they get out they have to go out and secure a job. If they don't secure a job, the state is charging them. Rod also shares about mentorship and volunteering in the prisons and to inmates.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #042711A	29:20	13:52	LCL	PA

AIR DATE & TIME: 7/22/11 @ 12:00 PM, 7/23/11 @ 2:30 AM, 7/25/11 10:30 AM, 7/26/11 @ 2:30 AM, 7/26/11 @ 3:30 AM, 7/28/11 @ 2:30 AM

Brian Towne, LaSalle County State's Attorney, talks about repealing the death penalty. For years, the state of Illinois had the death penalty and former Governor Ryan had put a moratorium on the death penalty. Prosecutors could still seek the death penalty but the state wasn't actually putting anyone to death. They would be put on death row and when the system was comfortable with the way things were they were supposedly going to begin the death penalty process again and deal with the people on death row. That moratorium lasted for years and then ultimately this year the governor signed a bill that abolished the death penalty. Now the death penalty is gone but there are a lot of unanswered questions because there are a lot of pending death penalty cases. The law doesn't take effect until July 1. Not all murders are eligible for the death penalty; there are very specific things that have to be there: the murdering of a police officer, the murdering of two or more individuals, the murder of an elderly person in a brutal and heinous way. It has to be an even more bizarre and more heinous murder to be death penalty eligible. Those types of murders then, will now still be eligible for life in prison without parole, although the bill that the governor signed doesn't specifically say that anybody who was death eligible before will automatically be life eligible now. There was a system in place that Former Governor Ryan thought was not good enough, that the prosecution and the defense weren't capable enough to decide this very important issue of whether to put someone to death or not. All of a sudden those in favor of abolishing the death penalty in addition to making it about the moral rights and wrongs of things, was turned into a financial issue people were saying the state can't afford to be putting all this money into these situations when we could just be sentencing people to life in prison and they won't affect or hurt society anymore anyway.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #042711A	29:20	13:58	LCL	PA

AIR DATE & TIME: 7/22/11 @ 12:00 PM, 7/23/11 @ 2:30 AM, 7/25/11 10:30 AM, 7/26/11 @ 2:30 AM, 7/26/11 @ 3:30 AM, 7/28/11 @ 2:30 AM

LaSalle County State's Attorney Brian Towne talks about the new juvenile law that was enacted. People who were considered juveniles under the eyes of the law for crime for delinquency had always the age had been 16. Up until the day of your 17th birthday, you were considered a juvenile if you were committing or charged with a crime. What the new law says is that for misdemeanor offenses only, we will consider 17 year olds juveniles as well, but if a juvenile commits a felony, then they're considered an adult and they would be treated as adults in adult court. So we see this split where depending on what the 17 year-old does that determines what court they go to. What is happening in 2012, the law is going to change again. Seventeen year olds who commit class 3 or class 4 felonies, will now be considered juveniles so only class 2, class 1, class X or murderers in Illinois at age 17, would be in adult court. So it's an ongoing change in the law. There are groups out there who basically say that by the time you're 17 years of age, you're not mature enough to realize the things that you are doing to the extent that they could impact the rest of your life and that may be the reason behind the change. In juvenile court the judge, the prosecutor, the defense and social agencies and juvenile probation all work together to determine what's in the best interest of the minor. Caseloads have gone way up for juvenile probation. LaSalle County does have a Detention Home for juveniles with 18 beds. For the amount of juvenile crime in LaSalle County, it is constantly a juggling act to determine who the eighteen worst kids are in LaSalle County. The 18 kids who most need to be locked up to protect society from them.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #021010A	29:46	13:49	LCL	PA

AIR DATE & TIME: 8/26/11 @ 12:00 PM, 8/27/11 @ 2:30 AM, 8/29/11 @ 10:30 AM, 8/30/11 @ 2:30 AM, 9/1/11 @ 2:30 AM, 9/1/11 @ 3:30 AM

Christie Barnes, Special Project Coordinator with the 13th Judicial Circuit Family Violence Prevention Council, talks about domestic violence. She shares that it is a problem in our community as well as in everybody's community. One in six women is a victim of domestic violence and aside from that; it affects many different facets of people's lives. That can be something that people don't think about such as bullying, dating problems, and abuse of the elderly. Christie shares about the different types of abuse and the services in the area that are provided to victims. She states that everybody is involved from agencies, to police departments and the court systems and shares what each contributes. Domestic violence is a crisis, not a lifetime problem. It's a crisis in somebody's life that they're going to recover from. She talks about what survivors of domestic violence need and shares that all of the services are free and confidential, with the exception of abuse dealing with the elderly and child abuse. Those things are mandated to be reported by court reporters.

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

ISSUE

CIVIC

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CIVIC	Joy In Our Town #062211A	28:29	11:57	LCL	PA

AIR DATE & TIME: 7/8/11 @ 12:00 PM, 7/9/11 @ 2:30 AM, 7/11/11 @ 10:30 AM, 7/12/11 @ 2:30 AM, 7/12/11 @ 3:30 AM, 7/14/11 @ 2:30 AM

Streator City Mayor Jimmie Lansford talks about the tornado that struck Streator and the rebuilding process one year after. Approximately 9pm on June 5, 2010 Streator was hit with a tornado that struck the west side of the community and stayed on the ground all the way through the community until it exited on the southeast side of town. Approximately three miles. The devastation was mostly confined to building damage, tree damage, power lines, and things of that nature. There were a few minor injuries. Nobody lost their life, there was no serious injuries. The community of course rallied and proceeded to rebuild. Most of the properties that were going to be rebuilt or remodeled have been done. There's still some minor areas that are still being worked on but for the majority of it is really progressed and you can see the changes in it. It's rebuilt neighborhoods. The response was overwhelming. They rallied around each other, they helped each other and then of course then the community jumped in and then other communities came. The main thing in a disaster is to remain calm, have things set up, have people responsible for different areas that you have to deal with and control it. If you don't control it you have chaos.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CIVIC	Joy In Our Town #111010A	26:49	12:34	LCL	PA

AIR DATE & TIME: 7/12/11 @ 3:00 AM

LaSalle County Sheriff Tom Templeton talks about the progress of the countywide 911-call center. The process has been discussed for many years and was tabled once before the referendum passed to install the system. While the county's call center was tabled, the surrounding police stations all implemented their own 911 call centers. With the passage of the referendum, the unincorporated parts of the county will have the same 911 coverage as the towns. The system will allow those to only have to dial 911 in an emergency instead of calling a seven-digit number for the emergency response that they need. It will also allow dispatchers to have the address of the emergency without anyone having to say what the address is or what emergency is happening. A lot of work has been done preparing the system to start from making sure all the properties have addresses that correspond to their location as well as verifying who lives at the addresses. Right now, the system is at 94.8 percent accuracy. It needs to be at 99% accuracy to test before it can be put to use by the county. When the system first is put to use it will be for landlines only. After several months, it can be upgraded to include cell phones.

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TRINITY BROADCASTING
NETWORK

WWTO TV
LASALLE, ILLINOIS

QUARTERLY
REPORT

FOURTH QUARTER

OCTOBER, NOVEMBER,
DECEMBER

2011

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF THE WWTO TV PROGRAMMING ADDRESSING THE ISSUES AND PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING THE FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE FOURTH QUARTER:

OCTOBER, NOVEMBER, DECEMBER 2011

WWTO TV- LASALLE, ILLINOIS PROGRAMS PERTAINING TO LEADING COMMUNITY PROBLEMS FOR THE FOURTH QUARTER: OCTOBER, NOVEMBER, DECEMBER, REPRESENTING AREA CONCERNS PULLED FROM VARIOUS SOURCES INCLUDING BUT NOT LIMITED TO CIVIC LEADERS, RESPONSES FROM WWTO TV VIEWERS, PRINT MEDIA, INCLUDING: NEWSPAPERS, MAGAZINES AND OTHER PUBLICATIONS, AND FROM TELEVISION AND RADIO WHENEVER POSSIBLE.

FAMILY
HOMELESSNESS
HEALTH & MENTAL HEALTH
DRUGS AND ALCOHOL
YOUTH
CIVIC AFFAIRS

THE QUARTERLY REPORT
LOCAL PRODUCTION TITLES

JOY IN OUR TOWN

PUBLIC AFFAIRS PROGRAM, "JOY IN OUR TOWN" IS AIRED FRIDAY AT 12 NOON, AND RE-AIRED SATURDAY AT 2:30 AM, MONDAY AT 10:30 AM, TUESDAY AT 2:30 AM AND THURSDAY AT 2:30 AM.

PRAISE THE LORD

PUBLIC AFFAIRS PROGRAM, "PRAISE THE LORD" IS AIRED FRIDAY AT 10:30 AM, AND RE-AIRED SATURDAY AT 1:00 AM, TUESDAY AT 1:00 AM AND THURSDAY AT 1:00 AM.

ISSUE

FAMILY

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #100511A	29:15	13:52	LCL	PA

AIR DATE & TIME: 10/14/11 @ 12:00 PM, 10/15/11 @ 2:30 AM, 10/17/11 @ 10:30 AM, 10/18/11 @ 2:30 AM, 10/20/11 @ 2:30 AM, 10/20/11 @ 3:30 AM, 10/25/11 @ 3:00 AM

Diane Farrell, Director of Clinical Operations for North Central Behavioral Health Systems, talks about the impact of a parent's mental illness or substance abuse on children. Statistically they say that one out of every five people will struggle with a mental health or addictions disorder some time in their life. Any type of impairment that a person has will affect their ability to be a good parent. Parenting requires a person to focus on someone other than themselves. So anyone who's struggling with their own issues can't quite be the best parent. Some common things are beneficial to help in these situations: having family support, reaching out for help, talking to other people, support groups and exercise can all help. Some signs that someone might have trouble coping are a fussy baby or a mom that may have had a complicated pregnancy, baby not sleeping, then friends can really help by offering support. Many times parents with an addiction issue give up their parental role. Oftentimes their children step in the parenting role and parent the parent. There's also a disorder that's called reactive attachment disorder that children who long-term are exposed to not having a nurturing parent develop. In infants, it sometimes goes unnoticed because infants that aren't nurtured become "good babies", they learn to self soothe. They learn that if they cry, nobody's going to come so they stop crying. It's really a failure to thrive. As kids get older, what happens is they haven't bonded with anybody because of the lack of relationship with the mother. They don't know a healthy way to make relationships. Another side of the disorder may have a child that attaches to everyone, even complete strangers. Diane shares that it's really in a person's best interest that if they see something in a friend or family member, to step in and offer help because it's good for the children.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #062211A	28:29	15:02	LCL	PA

AIR DATE & TIME: 11/25/11 @ 12:00 PM, 11/28/11 @ 10:30 AM, 11/29/11 @ 2:30 AM

Rev. John Schmidtke talks about family and marriage. If you're married, you live longer, you're healthier, your kids do better, they do better in school, they're less likely to be involved in drugs or delinquent activity of any kind. If you're healthier and you live longer, if you're financially better off and all these things are positives why in the world wouldn't you want to get married? A lot of people have never seen a good marriage. Their particular parenting wasn't very good. We're looking at 50% divorce rates but be careful. Those statistics, what they basically say is those are the number of marriages and here's the number of divorces, what those statistics don't say is an awful lot of those divorces are second, third and fourth marriages by people. If you say well the people that are married and actually, stay married for a longer period of time, you'll find out that most of those divorces are in a much smaller percentage. A lot of people are still dedicated to marriage, they're still committed to it and they're faithful to it. An awful lot of people think that there's an escape clause and there really isn't. Marriage is a covenant it's not a contract. I make a covenant before God to love my wife in sickness and health, for richer or poorer, for better or for worse. She makes a covenant with God for the same thing. Each one of us has all of the responsibility to make the marriage work. Marriage is not a contract, marriage is a covenant and if you look at it that way, you're in good shape.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #021710B	29:25	13:54	LCL	PA

AIR DATE & TIME: 12/23/11 @ 12:00 PM, 12/26/11 @ 10:30 AM

Diane Farrell, Director of Clinical Operations for North Central Behavioral Health Systems talks about parenting. She shares that the basic concepts for parenting have not changed over the years. The most important skills for parenting are consistency and following through. Be consistent with the message that you are telling your kids and that that expectations are tied either to a reward for doing it or a consequence for not. She shares that it's easy for parents to give in when they are tired or worn out. The biggest change in parenting from fifty years ago is that moms work outside of the home. She shares that parents really have to be self-sacrificing to be good parents. You can't be cool or popular and be a good parent. Diane shares about single parenting and how difficult that can be. She also talks about making poor decisions as a parent and having to either change the decision or apologize to the child for some of the past mistakes. The parenting relationship changes as children grow to be adults. It still requires parenting, being the one they turn to for advice or example and loving them 100 percent.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #021710B	29:25	14:01	LCL	PA

AIR DATE & TIME: 12/23/11 @ 12:00 PM, 12/26/11 @ 10:30 AM

Relationships are hard no matter how big or small a family is, says Diane Farrell, Director of Clinical Operations for North Central Health Systems. We are all people who have our own needs and quirks, and people are flawed and have bad relationships with each other. Look at the family dynamics and see what you may be misunderstanding is one of the first steps in making the relationships better. Families have these life-long relationships, which is wonderful but it can also be a disaster because you can carry hurts with you throughout your lifetime until you can internally work through it. Diane also talks about substance abuse and mental health issues that maybe disrupting the family relationships and keeping people from reacting to others in a healthy way. She shares that people in abusive relationships need to take care of themselves first by only putting themselves in situations that they can control. You can't control somebody being abusive but you can control your response to it. The only power that a person has in that situation where they are the victim, is to walk away.

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ISSUE

HOMELESSNESS

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOME.	Joy In Our Town #101211A	29:06	13:36	LCL	PA

AIR DATE & TIME: 10/21/11 @ 12:00 PM, 10/22/11 @ 2:30 AM, 10/24/11 @ 10:30 AM, 10/25/11 @ 2:30 AM, 10/27/11 @ 2:30 AM

Marilyn Farmer, Executive Director of MorningStar Mission talks about homelessness. More people are experiencing homelessness due to the economy, job loss, home foreclosures and those types of things. Maybe they were just hanging on before and now they find themselves facing homelessness. Even though the economy is starting to recover the requests for services haven't diminished and that may be due to the loss of unemployment benefits running out. All kinds of people are going to the mission especially families. The mission is not really seeing an increase in services to the very low-income; the increase is from the middle to middle upper class. Food assistance and shelter are the two most common needs seen for those coming in needing services. Many have moved with several different family members and sold off possessions to keep from ending up need assistance from another resource. Marilyn shares that it is much easier on staff and financially to help someone in their own home then when they've become homeless. For those who need help Marilyn suggest starting at their township office for a list of referrals in their area. Some townships also offer financial assistance for people. She talks about the challenges that people have with stigmas and self-esteem when they have to ask for help.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOME.	Joy In Our Town #101211A	29:06	14:00	LCL	PA

AIR DATE & TIME: 10/21/11 @ 12:00 PM, 10/22/11 @ 2:30 AM, 10/24/11 @ 10:30 AM, 10/25/11 @ 2:30 AM, 10/27/11 @ 2:30 AM

Executive Director of MorningStar Mission, Marilyn Farmer talks about the effect that homelessness has on children and what people should do when they see someone who is homeless. Statistics show that a homeless child is 50% more likely not to be passed on to the next grade, and a 50% higher risk of getting sick than children who are not homeless. They also face emotional and sometimes behavioral problems at school. They face tremendous problems that they have to overcome in order to move forward with their education. Homeless children also face bullying and teasing from other children because they don't have the clothes, or newest gadgets and are often unprepared with homework and class projects. The bullying creates more problems with the child's self-esteem. There is a federal program that all schools are trained to identify homeless children and find resources available to them. If you see a homeless person or family on the street, Marilyn cautions people against bringing them into your home. She shares that it is better to direct people to a police or fire station for referrals to agencies that provide services. If someone needs gas or food, Marilyn suggests that you take them and buy what they need rather than give money that may not be spent on what you intended. She shares that the Mission does many things for the homeless during the holiday times from food boxes to gifts. They also offer holiday meals through their dining room, which offers meals three times daily.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOMELESS	Joy In Our Town #102710A	27:35	13:39	LCL	PA

AIR DATE & TIME: 10/28/11 @ 12:00 PM, 10/29/11 @ 2:30 AM, 11/7/11 @ 10:30 AM, 11/17/11 @ 3:00 AM

Carol Alcorn, Executive Director for Illinois Valley PADS talks with Emily Young about the homeless in the area. She shares that the homeless are just normal people who look and act like everybody else but that they have real crises in their lives. Many people are just one paycheck or one job away from being homeless. Most people judge the homeless population on the views that they are transient; have drug problems, or mental illness. Thirty percent of the homeless population have substance abuse issues, some as a result of self-medicating for a mental illness. Twenty-six percent have a mental illness that has been diagnosed. Others have a disability that has them falling through the gaps. Due to job loss in the area, several different dynamics and demographics have been seen in the shelter. There are many different reasons that people become homeless. The primary is a loss of a job but family disputes, problems with housing are also reasons. Ninety-two percent of those seen in the shelter are from the local area. Only eight to ten percent are transient. Shelters offer the community a safe place where people can go to be listened to and find the resources to get them back on their feet. Carol shares that she doesn't feel that the situation with the growing number of homeless in the area will improve much within the next year. She also talks about the many agencies that partner with the shelter to provide resources for the homeless population.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOMELESS	Joy In Our Town #102710A	27:35	12:26	LCL	PA

AIR DATE & TIME: 10/28/11 @ 12:00 PM, 10/29/11 @ 2:30 AM, 11/7/11 @ 10:30 AM, 11/17/11 @ 3:00 AM

Nicchol Bolatto, Director of Client Care for A Servants Heart, talks about helping the homeless and needy in the area. She talks with clients to find out why they are in the situation that they are in and what their needs are. The most pressing need that she is hearing now is about people's electric bills and looking for employment. A Servant's Heart offers life skills to help those with finding employment, and running a household. The clients come from all walks of life. Last year they served over 16,000 people and the need is continually growing. A soup kitchen is also offered and meets the needs of not just the homeless but those in the community looking for help because they do not qualify for food stamps. She shares that A Servant's Heart is a good asset for those who have become unemployed as well because they network with several agencies that can help with resume writing, job searches as well as posting their resumes. Nicchol shares several success stories about people finding employment and becoming self-sufficient. She stresses that if people don't follow through on the resources that are provided they will continue to be in the same situation but if they work and follow through, they will have improvement in their situation.

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

ISSUE

HEALTH
&
MENTAL HEALTH

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #083111A	26:58	11:45	LCL	PA

AIR DATE & TIME: 10/1/11 @ 2:30 AM, 10/3/11 @ 10:30 AM, 10/4/11 @ 2:30 AM, 10/6/11 @ 2:30 AM, 10/6/11 @ 3:30 AM

Registered Nurse with Illinois Valley Community Hospital, Doris Peters talks about diabetes. This disease has been around for centuries. The incidents of diabetes is so very high. Right now, they estimate that there are probably at least 9% of the Americans in the United States who have diabetes. Of that only 1/3 are undiagnosed. They're walking around; they don't even know they have the symptoms of diabetes. One of the main causes is that we are eating too much, that we are eating some of the wrong types of foods, especially in children, we've been hearing about the obesity epidemic. As a result, there's been more diabetes that's being diagnosed earlier. Diabetes happens when there's too much sugar in the blood. Since we have with diabetes, you have too much sugar in the blood and it affects a whole lot of different organs in our body. If we start at the very top with our eyes, since that extra sugar basically does a lot of damage to the blood vessels. So with our eyes what happens we have tiny little blood vessels in our retina, if there's too much sugar in those vessels they can break, they can start leaking fluid. That's one of the first symptoms that you might have is actually blurred vision. If there's a lot of leakage, there can be scarring over time, which ends up leading to blindness, which is one of the main problems with diabetes. If we look at our mouth, you're going to have extra sugar in the blood that gets into your saliva. You end up having more tooth decay, more gum disease. If we move down to the heart, we have vessels in our heart also that can be damaged from that extra sugar. Our li kidneys are down here saying I can help you. What they try to do is get rid of that extra sugar. So one of the most frequent symptoms is that you'll have increased urination. But the problem is with diabetes you end up losing good protein in your urine. That's why actually diabetes is the leading cause of kidney failure, which is a very debilitating disease. It's very costly to treat. Other side effects are on the nerves in our body as well. Where the blood vessels affect the nerves in our arms, our hands, our fingertips, legs, tips of our toes. So often times some of those symptoms might be tingling in the fingers or the tips of the toes. One study showed that there's sixty-five percent of diabetics who can get adequate control of their sugar levels with oral medications. There are certain people who still do need to take just the shots but there's lots of avenues out there. The main thing people need to do is make sure that our weight is under control and get adequate exercise.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #082411A	29:20	14:41	LCL	PA

AIR DATE & TIME: 10/6/11 @ 3:00 AM, 10/13/11 @ 3:00 AM

Linda Pinn, Registered Nurse with Illinois Valley Community Hospital, talks with Emily Young about getting children to make good nutritional choices and stay physically active, which is really important as far as maintaining an appropriate weight for our age. We are seeing an increase in overweight and obesity in our children, even as young as two years old. Most of those children who are obese are going to grow up and have difficulties with their weight as adults as well. Obesity is tied into the types of foods that are the choices of our children and some adults as well: fast foods, not to blame them solely. But also the media, the electronic media that is our children's world. A lot of families have multiply children who are in sports and we don't sit down and have that meal together as much as we used to, it's very infrequent anymore. Our economy is another thing that is affecting those choices. We need to be involved with our children at making those choices. We need to show them the benefit. We need to be involved with our Children's physical activities; we need to go bike riding with them. We need to take that brisk walk in the evening to show them that this is a part of life; this is a part of our health as well. So we need to be involved in both of those choices. There's enormous amount of bullying that goes on because of children being overweight. They can also face loneliness and depression. We are seeing type two diabetes in 10 year olds and above, which we generally do not see until around middle adulthood and we're seeing this in our children. We're also seeing high cholesterol levels in children, which causes plaque build up in the heart. We're seeing heart disease in young children, which shouldn't be.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #100511A	29:15	13:53	LCL	PA

AIR DATE & TIME: 10/14/11 @ 12:00 PM, 10/15/11 @ 2:30 AM, 10/17/11 @ 10:30 AM, 10/18/11 @ 2:30 AM, 10/20/11 @ 2:30 AM, 10/20/11 @ 3:30 AM, 10/25/11 @ 3:00 AM

Diane Farrell, Director of Clinical Operations for North Central Behavioral Health Systems talks with host Emily Young about how to deal with changes in life. Small changes can accumulate into big life changes. The most difficult things for people to deal with are death, birth, marriage and those other life altering moments. From early in life people learn the ability to cope with changes. Any anxiety related to anticipating something different is normal. When it goes on longer than a couple of days that becomes abnormal; if a person is unable to sleep for extended amounts of time, doesn't feel rested. Many times people who struggle with change also begin to experience headaches or stomachaches and begin to be injured such as falling. All changes cause some stress. Any change can be a problem for somebody who doesn't have the coping skills to deal with the change. Some healthy things that people can do are to use humor to talk about things they have no control over, recognize what you do and don't have control over, have a back-up plan. Think things through, develop a back-up plan and then follow through. Exercise and finding a place to do what you love are other ways to deal with worry. Using substances to cope with life changes is not a good thing. Reaching out for support is much healthier. Other unhealthy ways to cope are by overeating, or over exercising. Things in moderation are good, things excessively are not.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #050510B	27:43	12:57	LCL	PA

AIR DATE & TIME: 11/14/11 @ 10:30 AM, 11/15/11 @ 2:30 AM, 11/17/11 @ 23:0 AM, 11/17/11 @ 3:30 AM

Patricia Edwards, who is a Therapist with the Antioch Group, talks with Emily Young about mental illness. Mental illness is actually any psychological or behavior pattern that's associated usually with distress or some kind of a disability. It occurs in an individual and its not considered to be part of your cultural or social environment. We also refer to mental illness as a brain disorder. Psychologists and therapists use what is call the DSM 4R, it lists all the symptoms and all of the characteristics that would be associated with any mental illness. Probably the two major mental illnesses would be major depression and some type of anxiety disorder. Those are probably at the top of the list. Others are coming more and more to the forefront such as bipolar disorder and a lot of people have frequently hear the term lately, borderline personality disorder. Children can also have mental illness and sometimes unfortunately, mental illnesses can be caused by actual physical problems in the brain itself. Perhaps a part of the brain didn't develop normally or there has been a disease process such as a tumor in a small child. Some mental illnesses are directly related to trauma or abuse and can happen very quickly. Some develop over time because of exposure to environmental situations. Mental illness is most successfully treated by a combination of medication and some type of therapy and the medication is dependant upon what the diagnosis is. There are three major categories: antidepressants, anti-anxiety medications and antipsychotic medications. They also talk about the stigma attached to having a mental illness and where to look for a therapist.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #050510B	27:43	13:16	LCL	PA

AIR DATE & TIME: 11/14/11 @ 10:30 AM, 11/15/11 @ 2:30 AM, 11/17/11 @ 23:0 AM, 11/17/11 @ 3:30 AM

Therapist Patricia Edwards talks with Emily Young about the importance of education in mental illness and mental illness in children. It's extremely important. Unfortunately, one of the stigmas that is seen, is family members who say you're behaving that way and you can control it just stop it. The person who suffers from the mental illness would love to be able to just stop it and so the educational component for families or caregivers, Pat considers to be of utmost importance. We have to educate people so that the person they're living with knows what to do and that could be anything from calling the person's psychiatrist if they have one to calling 911. If you know that you have an illness that you're not a freak that you're not weird, you're not crazy; that something is going on in your brain and it can be explained and treated oftentimes that just offers a world of hope for the person suffering those symptoms. With infants, because they are not able to communicate by speech we again look at behavior patterns. One thing they look at is- does this child, this infant match the developmental criteria that's been determined through years, and years of research. And so again, you look at behavior. Obviously, a child psychiatrist is going to be a key component here because they will have the knowledge and the training to determine whether medication would be appropriate in those situations. Pat also talks about support groups, educational meetings, and helpline available for people who have a mental illness. She also shares about advocacy and legislation so that mental health law is appropriate.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #021109B	29:50	14:10	LCL	PA

AIR DATE & TIME: 12/2/11 @ 12:30 AM, 12/5/11 @ 10:30 AM

Diane Farrell, Director of Clinical Operations for North Central Behavioral Health Systems, talks about fear, worry, anxiety and phobias. Fear is a biological response in the body that gives out adrenaline in the fight or flight syndrome. It is a sudden response that comes and goes. Worry is also a response to something very real that is happening but the person is not able to put it in a nice little box and move past it. Diane shares ways to work through both fear and worry. She also talks about the health issues that can arise from not dealing or coping correctly. Phobias are connected to very specific and the response is unproportionate to what the circumstance is. People can lead a much fuller life if they're not stuck in fear. When a person's response inhibits normal everyday behaviors, it is time for them to get help.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #021109B	29:50	14:10	LCL	PA

AIR DATE & TIME: 12/2/11 @ 12:30 AM, 12/5/11 @ 10:30 AM

North Central Behavioral Health Systems' director for Clinical Operations, Diane Farrell, talks about OCD, self-esteem and suicides. Obsessive Compulsive Disorder is something that develops because a person obsesses over an issue that leads them into doing something to reduce their anxiety. In order for people to be successful, they need to have a little OCD. It helps make sure things are done completely. Anxieties can come up in children and can be devastating. They can stop a child from being comfortable with themselves. Lecturing children can add to anxiety by making them feel like failures at home as well as in school. Suicide is a horrible outcome to a usually long path. Diane shares that family members of someone who has committed suicide need to know that it was that person's decision that they made. Anxiety, worry, self-esteem issues and failures can build on each other until the person may not have the coping mechanisms internally to deal with the issues.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #111109A	29:45	13:54	LCL	PA

AIR DATE & TIME: 12/9/11 @ 12:00 PM

Pat Inda, Group Leader for Sister Support Breast Cancer Group, talks about women who have had some sort of breast problems. She shares that a lot of women feel like it's a disfigurement when they have been given a diagnosis of breast cancer, but it really isn't with reconstructive surgery or prosthesis. Breast cancer is not particular about who it hits- young or old. She shares that it is important for women to take someone to the doctor with them when they are given a diagnosis to take notes and relay what the doctor has said. She shares that when the diagnosis of cancer is given you are in shock. Emotions that women go through are the same as any other cancer diagnosis or severe disease. She shares that women need to talk with their oncologist and family about their treatment options. The type of treatment depends on the type of cancer, where the cancer is located, how big the tumor is and how fast it is advancing. Pat shares that being positive makes all the difference in the world in their recovery.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #111109A	29:45	14:51	LCL	PA

AIR DATE & TIME: 12/9/11 @ 12:00 PM

Dr. David McNeil, Psychiatrist with Affiliated Mental Health Professionals, talks about depression. Depression is a medical illness that consists of a combination of symptoms that affect people physically, emotionally, occupationally and really cut across our living experience. He shares several of these symptoms. He emphasizes that people should not be their own diagnostician but seek a professional who can rule out any other condition and make a proper assessment. He shares that many other medical conditions can present as depression. Dr. McNeil talks about a survey done with people who have been diagnosed with depression. It showed what gaps and holes in treatment still remain. He shares about different treatment options for those diagnosed with depression and states that medicine and psychotherapy in combination have been the most successful in treatment. Getting better should look like feeling your old self again without any symptoms. People who experience that remission early in their depression have a greater chance of staying well for the duration of their life. People who do not get all the way well from an initial episode have a higher risk of having a subsequent episode down the line.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #320	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 10/4/11 @ 11:30 AM

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.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #321	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 10/11/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #322	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 10/18/11 @ 11:30 AM

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. Its 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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #323	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 10/25/11 @ 11:30 AM

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.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #324	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 11/15/11 @ 11:30 AM

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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #326	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 11/22/11 @ 11:30 AM

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 de-stressing 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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Doctor to Doctor #327	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 11/29/11 @ 11:30 AM

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

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ISSUE

DRUGS
&
ALCOHOL

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #083111A	26:58	11:45	LCL	PA

AIR DATE & TIME: 10/1/11 @ 2:30 AM, 10/3/11 @ 10:30 AM, 10/4/11 @ 2:30 AM, 10/6/11 @ 2:30 AM, 10/6/11 @ 3:30 AM

Illinois State Trooper Craig Graham shares about drug trafficking. Interstate 80 runs right through our district. We have about 70 miles of interstate 80, which is a major east west thoroughfare that runs from San Francisco all the way to New York. Depending on whether you're just going on vacation or running drugs across the country, you're going to take the easiest route. The majority of the arrests that are made for people transporting narcotics is for marijuana, its normally 30 to 50 pounds of cannabis. Oftentimes a canine is used to perform a free air sniff of the exterior of the vehicle. If the canine alerts on the vehicle that gives officers probable cause to search the vehicle. That's oftentimes how drugs are discovered in vehicles. Sometimes a trooper can smell the odor from drugs when they walk up to the car. Once the search is conducted and contraband has been found, the person's placed under arrest. They are taken back to headquarters. The vehicle is taken back to headquarter and searched completely, looking for any additional evidence to build the case against the person. The first step in the process, someone has made a traffic violation to get stopped. Oftentimes people's stories don't make sense. If there is a demand for it, someone is going to try to supply it. Oftentimes the person who is caught running drugs across the country are taking it back to their own community where they have established means of getting rid of it. Officers on the road have field test kits. Drug-sniffing dog are invaluable. Obviously their sense of smell is much better than humans and it also makes it easier on motorists, if you walk a canine around the outside of a vehicle and the canine does not alert on it, then they're down the road. It saves time for everyone and in instances where there is a very good hidden compartment the K9 can oftentimes detect the odor coming from that compartment.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #082411A	29:20	13:09	LCL	PA

AIR DATE & TIME: 10/6/11 @ 3:00 AM, 10/13/11 @ 3:00 AM

Vonda Spanbauer, Registered Nurse with Illinois Valley Community College, talks about huffing. Huffing is just another form of inhalant abuse. There are three major types, huffing being one of them. That is taking a propellant from some sort of a canister and using that substance to bring through your mouth. You can spray it on cloth or material, you can spray it into a pop can and use a material over it and just take it in, ingest it. There's also sniffing, that's taking something through your nose. Same idea that you're going to breathe in those fumes so that you can achieve the high that you're looking for. There is also bagging, this they will spray the propellant into either a paper or plastic bag and put it over their heads and then breathe in those fumes, anything to achieve that high. huffing is something that is readily available to kids and it's cheap so it is being abused by approximately 18% of eighth graders have either attempted or are doing huffing. Parents on the other hand, there are approximately 90% who either deny use or don't know about it. For inhalant abuse you want to look for an euphoria, or a headache rush, muscle weakness, facial acne, significant weight loss, episodes of inattentiveness and or depression. Inhalants can either create a tachycardia, a rapid heartbeat, erratic heartbeat, which can cause cardiac arrest where the heart just stops. Or you could have those fumes going into the lungs, where they can become short of breath, have difficulty breathing and suffocate.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #092111A	25:43	10:46	LCL	PA

AIR DATE & TIME: 10/7/11 @ 12:00 PM, 10/8/11 @ 2:30 AM, 10/10/11 @ 10:30 AM, 10/11/10 @ 2:30 AM, 10/13/11 @ 2:30 AM, 10/13/11 @ 3:30 AM, 10/20/11 @ 3:00 AM

Amy Jo Mascal, Executive Member of the Streator Substance Abuse Prevention Council talks about educating people about drug use within the community. The coalition was formed after the Washko family, lost a son due to a heroin overdose. They decided to have a place where people could receive information about drug use and the help available for that. Churches and school became involved as well to help educate students about the dangers. Amy Jo shares that as a parent you think you're doing everything right but things can happen and before you know it, a smoke of marijuana can turn into a severe heroin problem. Students think that they're going to be smarter than the drug but because they're so addictive, it's hard to get out. They often don't realize that an addiction can happen after trying it just one time. They work education classes into the health and fitness classes and have programs that are age appropriate for those even as young as kindergarten. The council also operates at many of the functions that occur in the Streator area handing out drug free literature. They offer counseling through the schools to help students struggling with addictions. Many teens participate with a sticker shock program that reminds people not to buy or sell alcohol to people under 21. Offering teens drug free activities has also been a goal for the Substance Abuse Prevention Council. Activities range from trivia nights, post prom parties, as well as events offered in conjunction with sports games. They have also provided a mock accident for the high school students and had teens acting and speaking about drug use as well as members of the police and fire departments along with the coroner. Amy Jo shares that students are more likely to become involved if they have a personal invitation.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #111109C	28:33	13:22	LCL	PA

AIR DATE & TIME: 12/16/11 @ 12:00 PM

John Washko shares the powerful story of how his twenty-four year old son overdosed on heroin. He shares at the time a police officer told him that they did not have a heroin problem in Streator. John shares how that stuck with him, being a parent of a child they lost to the drug. That conversation led him to start working with another friend to establish an anti-drug coalition in the Streator area. The Streator Substance Prevention Coalition was born out of his loss. He shares how he will never forget the feeling of when he first found out his son was using, and where to go for help. He wants to provide some kind of outlet locally that people could get that help. Another vision is to try to help the education locally to encourage people not to make the choice to use or abuse a substance. He shares that even though people may make that choice it ultimately ends up being a dependency.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
DRUGS	Joy In Our Town #111109C	28:33	13:41	LCL	PA

AIR DATE & TIME: 12/16/11 @ 12:00 PM

Bill Niebuhr, President of the Streator Substance Abuse Prevention Coalition, talks about how they started in the Streator area. The anti-drug coalition in Ottawa called their counterparts in the Streator area and asked them to listen to John Washko's story. Then, asked if they would be interested in starting a coalition in Streator. They were and thus the coalition was started. They helped the Streator coalition get going planning and formalizing their mission and the purpose of the group, which is to educate about and prevent substance abuse in the Streator area. Many of the local leadership as well as concerned citizens are involved. Bill shares that he had never seen so many people in the community come together on one subject before for one purpose. He shares about trying to start a curriculum for the schools stating that drugs and alcohol are not the way to go. The emphasis is on the youth and getting the young people and churches involved.

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ISSUE

YOUTH

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #092111A	25:43		LCL	PA

AIR DATE & TIME: 10/7/11 @ 12:00 PM, 10/8/11 @ 2:30 AM, 10/10/11 @ 10:30 AM, 10/11/10 @ 2:30 AM, 10/13/11 @ 2:30 AM, 10/13/11 @ 3:30 AM, 10/20/11 @ 3:00 AM

Trooper Craig Graham, Illinois State Police District 17, talks about internet safety for young people. Young people put way too much personal information on their Face book pages, things that they shouldn't be putting out there. They have to be very careful about what they put out because everybody can see it. Parents need to monitor what their children are putting on their pages to make sure that it's not something they don't want everybody knowing because friends of friends of friends can see what's there. Without the proper privacy settings millions of people could be seeing it. He suggests parents put computers in common areas so that kids realize that they're monitored and maybe a little leery of visiting sites that they shouldn't. He tells kids not to give out their passwords to their friends because that friendship could change and then that person could post things that are not favorable on the page. Parents can also learn what some of the abbreviations that kids use mean from websites on the computer. He warns that there are predators out there and it something everyone needs to be careful of. Internet crimes are very difficult to solve because you don't know who the person is or where they are located. If you see something that is inappropriate, save it, print it out and take it to the local police department so an investigation can be started. Tell children if they see something that is inappropriate or something that scares them, to turn off the monitor and let a parent know. Keep personal information like where you live and go to school private. Just because you talk to someone for some time does not mean that you know that person, they could be anybody, so you need to be very careful who you communicate with.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #111010C	28:30	15:29	LCL	PA

AIR DATE & TIME: 11/18/11 @ 12:00 PM, 11/19/11 @ 2:30 AM, 11/21/11 @ 10:30 AM, 11/22/11 @ 2:30 AM

Christy Barnes, Special Project Coordinator of the Thirteenth Judicial Circuit Family Violence Prevention Council, talks with Emily Young about cyber bullying. She explains that cyber bullying is pretty much an extension of the same old bullying that we've kind of all come to know as what people consider normal part of school years where kids will single out one and pick on them and abuse them. Cyber bullying is a whole other avenue for inflicting pain on kids. It is an avenue that allows the bully to feel so much freer in the hurtful things that they say and do. That is definitely causing a lot of problems for young kids right now. Everybody is trying to have the availability to use cell phones and computers, and those have allowed kids to have a whole other avenue where they feel protected and they feel free to say the things that they want to say. It gives them a very broad audience. Those same bullies, who would be able to confront you in a hallway and the hurtful things that they say to their victim, are heard by several or maybe 10 or 20 kids. Now they can post these things either by texting or they can put them on a social networking site and reach just an enormous audience. Stopping it definitely needs to start at home and we need to talk with our kids and say these things are not acceptable. They wouldn't be acceptable if you were verbally speaking to somebody and they're not acceptable to text on a cell phone. They're not acceptable to post on face book or on MySpace. It has to be a continuation of the training though. If those kids aren't getting that training at home initially that leaves us wondering how we can stop it after it's already begun. Schools are doing some things. There's definitely some very progressive programs to stop bullying at the schools. Christie shares that our educators rely on our laws though and unfortunately, Illinois is not very progressive in their laws with regards to bullying or cyber bullying. In fact, if you look back in statistics 2007, 2008 are pretty much the years we're able to look back on statistic wise. Illinois was ranked the third worst state in our country with regard to bullying laws. So we haven't progressed from that point. And that leaves our schools concerned that if they intervene, what are their legal ramifications. They need some guidelines to be able to work within.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #111010C	28:30	11:31	LCL	PA

AIR DATE & TIME: 11/18/11 @ 12:00 PM, 11/19/11 @ 2:30 AM, 11/21/11 @ 10:30 AM, 11/22/11 @ 2:30 AM

Christy Barnes, Special Project Coordinator of the Thirteenth Judicial Circuit Family Violence Prevention Council, talks about bullying and the effects that it has on its victims. Bullying can start really young; it can start in grade school. A lot of times with boys, it's more of a physical abuse and with the girls; it seems to be a little bit more of a verbal. So a lot of rumors and talking. She shares that to a girl it is a little more painful than a physical assault. It certainly is not out of the realm of likely hood to see a girl be physical. It can be confrontational. Sometimes the bully will walk right up to the victim and say or do hurtful abusive things. Bullying is considered an abuse of power and its something that is repetitious. Everybody has different ways to compensate for those types of assault. A child who can take an assault and laugh it off and get that bully to stop, that's excellent. That's a great way to roll it off and move on but that's not always possible. The best thing that we can do is talk to our kids and say you set those limits for yourself. You set those guidelines and you have to be the one to say you've crossed my boundary. It's not funny anymore, it's repetitious, and I don't like it and you need to stop or I'm going to go to an adult. Those kids need to follow up with that threat and that's just so hard for kids because they really don't want to be confrontational back. If you see somebody in school being bullied, it doesn't have to be your best friend that's being bullied, it can just be somebody that you have compassion for. You can approach them afterwards and say, you know he's not right, not everybody thinks that of you, we know that you're not like that. That is so supportive to that victim. Those few kind words at the right time can really mean the difference between I can live through this or I can't. That is something that we definitely want to teach all of our kids regardless of how old they are, how compassionate they are, what we believe, we want them to understand they should never support something like that. There are peer support websites and if you go online and pull up bullying peer support, there are websites that a teen can go into and type in their situation and talk to other kids who have been in that situation. That is a really great way for a kid to get support because again they're not looking in somebody's face, it's probably nobody that knows them, they can be really open and honest in the pain that they are feeling, and know that they're not going to have to go back to school and deal with that.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #092210A	29:56	13:56	LCL	PA

AIR DATE & TIME: 12/30/11 @ 12:00 PM

Joyce Redfern, Coordinator for Guardian Angel Outreach, talks about teen pregnancy. Joyce shares about the feelings that young girls have when learning that they are pregnant. She states that many young people don't think about the consequences or think about how a baby will impact their lives. There are consequences for both boy and girls. Girls have decreased chances of finishing school, have rocky financial situations, problems finding employment and have health risks associated with teen pregnancy. Parenthood is the number one reason teens drop out of school. Only about half of the girls graduate from school and of those only 2% go on to further their education. Many fathers will walk away and not be involved in the baby's life. Others will take it serious and will help but most of these couples never end up getting married. There is a lot of broken hearts involved.

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ISSUE

CIVIC

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CIVIC	Joy In Our Town #062211A	28:29	11:57	LCL	PA

AIR DATE & TIME: 11/25/11 @ 12:00 PM, 11/28/11 @ 10:30 AM, 11/29/11 @ 2:30 AM

Streator City Mayor Jimmie Lansford talks about the tornado that struck Streator and the rebuilding process one year after. Approximately 9pm on June 5, 2010 Streator was hit with a tornado that struck the west side of the community and stayed on the ground all the way through the community until it exited on the southeast side of town. Approximately three miles. The devastation was mostly confined to building damage, tree damage, power lines, and things of that nature. There were a few minor injuries. Nobody lost their life, there was no serious injuries. The community of course rallied and proceeded to rebuild. Most of the properties that were going to be rebuilt or remodeled have been done. There's still some minor areas that are still being worked on but for the majority of it is really progressed and you can see the changes in it. It's rebuilt neighborhoods. The response was overwhelming. They rallied around each other, they helped each other and then of course then the community jumped in and then other communities came. The main thing in a disaster is to remain calm, have things set up, have people responsible for different areas that you have to deal with and control it. If you don't control it, you have chaos.

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