

San Antonio Community Educational Television, INC.

Quarterly Report

January, February, March 2011

KHCE-TV San Antonio, Texas

Ascertainment List

Leading Community Problems

Results of ascertainment from civic leaders, responses by telephone from KHCE viewers, from the Printed media, comprising newspapers, magazines, publications, and from television and radio, Whenever possible.

Health

Civic Affairs

Crime

Education

Environment

Transportation

Youth

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

700 NewsWatch #010611	Club CBN	1:00:00	6:00	REC	PA/O/E	01/06/2011	12:00 PM
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Lori Johnson, CBN News Reporter, says resolving to live healthier in the new year is a great decision! If that's your goal, you should know studies show that the more specific you can be, the more likely you will reach your goal. Here are the top ten healthy habits for the new year: 1. Exercise. Exercising has both short-term and long-term benefits. Right away, it can improve your mood, reduce stress, and even make your brain work better. Over time, exercise can prevent health problems ranging from obesity and diabetes to heart disease and even cancer. Even with all these benefits, some 60 percent of Americans stay on the couch. If you'd like to be in the 40 percent of regular exercisers, psychologists say to focus on the first three weeks. Be encouraged that it will get easier! Studies have shown that any activity repeated daily becomes a habit after three weeks. 2. Eat a healthy breakfast. Preferably with protein, within 90 minutes of waking-up. This starts your metabolism for the day and also prevents you from getting too hungry and overeating later in the day. 3. Eat five servings of fruits and vegetables a day. One serving equals a 1/2 cup of cooked vegetables or a full cup of raw or leafy vegetables or one small whole fruit. 4. Avoid trans fats. Trans fats are found mostly in processed foods, so if the list of ingredients includes the word, "hydrogenated," stay away. 5. Eat good fats. Omega-3s are found in foods like fish, especially salmon, sardines, and fish oil supplements. Other choices include walnuts, almonds, and flaxseed. These have been shown to reduce the risk of heart disease, improve your immunity, and reduce inflammation. 6. Avoid sugar. This is one of the toughest. Its negative laundry list runs from obesity to diabetes to heart disease and cancer. The average American consumes 135 pounds of sugar a year, compared with 109 pounds 20 years ago and only five pounds in the late 1800s! 7. Cleanse your hands often. Eating right and exercising aren't the only habits that keep you healthy. Did you know the best way to avoid getting sick is to keep your hands clean? When using hand sanitizer, make sure it's at least 60 percent alcohol, get in all those nooks and crannies, and rub your hands until they're dry. When using soap and water, lather-up for a full 20 seconds. 8. Practice good dental health. Believe it or not, periodontal infection contributes to heart disease, diabetes, and even premature, underweight births. 9. Get regular screening. The type of screenings you need depend on your age and gender, so consult with your doctor about which ones you need. Some of the most important ones include an annual physical, blood pressure, and cholesterol test, colonoscopy, mammogram, pap test, and prostate and skin cancer screening. 10. Get enough sleep. So at this time of year, when many of us vow to start afresh, take note of these habits to make 2011 your healthiest year yet.

700 NewsWatch #020811	Club CBN	1:00:00	5:00	REC	PA/O/E	02/08/2011	12:00 PM
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Lori Johnson, CBN News Reporter, asks are you often sad during the winter? People have talked about those blues since before the Civil War. But in the last 30 years, doctors have officially recognized the winter blues as a named, medical condition called Seasonal Affective Disorder, or SAD. The good news is that you can beat it! Decreased sunlight during the winter is the main reason why people develop SAD, because less daylight can disrupt our circadian rhythm, also known as our body clock. Melatonin, a hormone which makes us feel tired, is triggered by darkness and reaches its highest levels at night. People also have increased melatonin levels during the day. On the opposite side, the neurotransmitter serotonin, which is triggered by sunlight, makes us feel happy. But people with SAD have low levels of serotonin. Women are more often affected than men and the disorder is more prevalent in northern climates. **Light therapy** is a very effective treatment and involves sitting in front of a specialized light box for 30 minutes a day. The box needs to have a power of 10,000 lux, which is more than 20 times stronger than the average light bulb. Beware though: Tanning beds are not an acceptable treatment because they emit ultraviolet rays. So say "no" to the tanning bed, but "yes" to the light box. And in addition to the light box, other ways to brighten up your life include: Using higher wattage light bulbs, installing a sky light, sitting closer to the window, trimming branches that block sunlight and simply opening the blinds. If you have SAD and work in a dark environment make it a point to spend a few minutes outside every hour or so. Although it's tempting for people with SAD to reach for their comforter, they should reach for their gym bag instead. Exercise is another great tool for fighting the effects of SAD. A cardiovascular workout pumps oxygen into the brain, making us alert and energetic. Exercise also releases endorphins, neurotransmitters that create a feeling of euphoria. So if you suffer from Seasonal Affective Disorder, or SAD, a few lifestyle changes can help you enjoy winter. And spring will be here before you know it!

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #032211	CBN 1:00:00	5:00	REC	PA/O/E	03/22/2011	12:00 PM

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

Doctor to Doctor #280	28:30	28:30	REC	PA/O/E	1/04/2011	9:30 AM
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Dr. Don Colbert talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. The root is inflammation caused by fatty meats, excessive sugars and fried foods. It's important to have your C Reactive Protein measured, to eat anti-inflammatory foods, lose belly fat and have dark chocolate. **Dr. James Mittelberger** talked about Palliative Care. It specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. It allows for pain to be managed which will allow for the comfort and quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. **Dr. Martin Finkelstein** talked about mind and body connection. When muscles near the cervical spine experience trauma or stress, they can tighten up and irritate nerves. This can lead to headaches, allergies and sinus problems. It's important to take care of our body, pay attention to symptoms and to correct the problem.

Doctor to Doctor #284	28:30	28:30	REC	PA/O/E	1/11/2011	9:30 AM
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Dr. Dan Collins talked about emotional trauma. There are five stages: Can't cope with emotions, can't tell time, can't move, can't learn and can't see. It's important that at each stage that a person learns to face the problem, learn to deal with it and move toward mastering it. **Dr. Clark Gerhart** talked about reflexes. They are nerve responses that allow for quick decisions and help us deal with the stress of everyday life. Reflexes can lead to repetitive behavior that can harm us. It is important to pay attention to them and correct them where necessary. **Dr. Thomas Distefano** talked about how to become a doctor. After college, there is medical school. It takes about 4 years to complete before heading into residency. Residency is usually completed in the field of interest, There can be additional years of specialized study. It can take quite a few years to become a doctor.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #285	28:30	28:30	REC	PA/O/E	1/18/2011	9:30 AM
<p>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.</p>						
Doctor to Doctor #286	28:30	28:30	REC	PA/O/E	1/25/2011	9:30 AM
<p>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.</p>						
Doctor to Doctor #287	28:30	28:30	REC	PA/O/E	2/01/2011	9:30 AM
<p>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.</p>						
Doctor to Doctor #288	28:30	28:30	REC	PA/O/E	2/8/2011	9:30 AM
<p>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.</p>						
Doctor to Doctor #289	28:30	28:30	REC	PA/O/E	2/15/2011	9:30 AM
<p>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.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #290	28:30	28:30	REC	PA/O/E	2/22/2011	9:30 AM
<p>Lisa Buldo talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. Dr. Ace Anglin talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. Dr. Glee Steele talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of the board.</p>						
Doctor to Doctor #291	28:30	28:30	REC	PA/O/E	3/08/2011	9:30 AM
<p>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.</p>						
Doctor to Doctor #292	28:30	28:30	REC	PA/O/E	3/15/2011	9:30 AM
<p>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.</p>						
Doctor to Doctor #293	28:30	28:30	REC	PA/O/E	3/22/2011	9:30 AM
<p>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.</p>						

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Civic Affairs</i>	Joy in Our Town #1207-1	28:30	12:33	LOCAL	PA/O/E	01/10/2011	10:30 AM
						01/11/2011	2:30 AM
						01/13/2011	2:30 AM
						01/14/2011	12:00 PM
						01/15/2011	2:30 AM

Host Elisha Zuniga visits with District 3 Councilwoman Jennifer V. Ramos. She began the interview by greeting the audience, shared background and history of City of San Antonio City Council. She covered new city projects coming into fruition in 2011 as the new year begins.

Explained issues affecting the inner city, criminal activity, vacant lots, economic businesses moving out of the area, prostitution and drug activity. Ms. Ramos expanded on the action being taken against prostitution and drug abuse and businesses that support these activities through hourly hotel rates and such. Ms. Ramos encouraged the community to become involved and aware of civic issues, trash reduction, crime prevention etc.

Joy in Our Town # 1207-1	28:30	12:33	LOCAL	PA/O/E		
					01/10/2011	10:30 AM
					01/11/2011	2:30 AM
					01/13/2011	2:30 AM
					01/14/2011	12:00 PM
					01/15/2011	2:30 AM

Ms. Ramos shared the health initiative in our local elementary schools in Harlandale ISD. She expanded on Mayor Castro's initiatives to mobilize San Antonio through creating a Fitness Council. Ms. Ramos shared the current health problems faced in District 3 as the community is being affected by type 2 diabetes. The efforts being made by city council, school districts and health initiatives cover nutrition in schools, at home, encouraging an active lifestyle and educating students about the importance of good health, nutrition and fitness. She spoke about the senior citizen and aging community centers. Seniors are provided a meal for a twenty five cent donation. They are provided health screenings, fitness classes and build a true sense of community through a holistic approach.

Joy in Our Town #0106-1	28:30	12:36	LOCAL	PA/O/E	02/08/2011	10:30 AM
					02/11/2011	2:30 AM
					02/12/2011	12:00 PM
					02/13/2011	2:30 PM

Host Henrietta Munoz, Ph.D. visits with Oscar Garcia, Public Affairs Specialist with Social Security Administration. Mr. Garcia gave an overview of the Social Security Administration and its programs. He discussed the different types of benefit programs individuals may qualify for. He gave some statistics for some of the different programs. He explained the process necessary to earn credits towards benefits, requirement to receive benefits, and how people can be more involved in planning for retirement. He provided locations of offices here and numbers to contact the agency by phone. He discussed the impact of identity theft on your benefits, provided some preventive steps that can be taken to prevent identity theft.

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

Joy in Our Town #0106-2	28:30	12:30	LOCAL	PA/O/E	02/14/2011	10:30 AM
					02/15/2011	2:30 AM
					02/17/2011	2:30 AM
					02/18/2011	12:00 PM
					02/19/2011	2:30 AM

Host Keely Petty visits with Ericka Barrera Parole supervisor with the Texas Youth Commission. Ms. Barrera begins interview by providing background of organization. Then they move onto contributing crime related factors in our youth population. Ms. Barrera thoroughly explains the process TYC take in order to work with partnerships in the recovery and re entry process for juvenile delinquents. She explained the hardships faced by young people in order to be productive citizens. Finished the interview by sharing the progress seen in our community.

Joy in Our Town #0106-3	28:30	11:53	LOCAL	PA/O/E	02/21/2011	10:30 AM
					02/22/2011	2:30 AM
					02/24/2011	2:30 AM
					02/25/2011	12:00 PM
					02/26/2011	2:30 AM

Host Keely Petty visits with Lynda Alston, Vice President with Child Advocates of San Antonio CASA. She explained the background of the organization its mission and purpose. Ms. Lynda explained the issues faced in the San Antonio community as child abuse and neglect had always been present but it has escalated in the past years at a rapid rate. She explained the process a child and court representative walk through once the child is placed in a case. She encouraged the community to become aware of abuse and neglect by pointing out key characteristics and scenarios of abuse in families, schools etc. The interview came to and end by Ms. Lynda sharing the progress being made in the community.

Joy in Our Town #0203-1	28:30	11:53	LOCAL	PA/O/E	03/07/2011	10:30 AM
					03/08/2011	2:30 AM
					03/11/2011	12:00 PM

Host Randy Garcia visits with Patricia S. Castillo LMSW Executive Director of The P.E.A.C.E. Initiative. The interview began with Ms. Castillo sharing background of the organization. P.E.A.C.E. Initiative exists to create awareness and educate the San Antonio community in family violence and prevention services. The San Antonio Police Dept. reports to approximately 32,000 family violence and domestic disturbance calls each year. She identified the contributing factors of violence and domestic crimes to be drugs, alcohol, homelessness and other social issues. Some of the combating strategies are community education, advocacy, coalition building and outreach in the community.

Joy in Our Town #0203-4	28:30	11:53	LOCAL	PA/O/E	03/28/2011	10:30 AM
					03/31/2011	2:30 AM
					04/1/2011	12:00 PM
					04/2/2011	2:30AM

Host Randy Garcia visits Carol Locket, Executive Director of the Bexar County Detention Ministries to cover the topic of crime and the re-entry process for the previously incarcerated into our San Antonio and Bexar County community. She identified the community factors to be the lack of existence of programs to work with establishing life skills, education, health assistance housing etc. Most previously incarcerated have difficulties re entering because they lack a supportive community and a holistic approach. Statistics prove that most previously incarcerated will go back into prison the goal of this organization is to help individuals and families through this difficult process by providing a variety of social services to meet immediate needs in the fields of education, health, counseling, financial planning etc.

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

Joy in Our Town #1207-2	28:30	12:32	LOCAL	PA/O/E	01/17/2011	10:30 AM
					01/18/2011	2:30 AM
					01/20/2011	11:00 AM
					01/21/2011	12:00 PM
					01/22/2011	2:30 AM

Host Elisha Zuniga visits with Ms. Virginia Hutto with CafeCollege. Ms. Hutto explained the background of the organizations, CafeCollege exists to help the population who desire to attend college but are not familiar with this process. The organization began as part of Mayor Castro's vision for SA2020. The main audience being served by CafeCollege are students in middle and high school who are guided through the process of what you need to make it into college, obtain scholarships, apply for federal aid, etc. Other services provided are test preps for students and even adults who want to re enter into college. The interview finished with Ms. Hutto's sharing of progress already seen in the community.

Joy in Our Town #0203-1	28:30	12:04	LOCAL	PA/O/E	03/07/2011	10:30 AM
					03/08/2011	2:30 AM
					03/11/2011	2:30 AM

Host Randy Garcia visits with Martin Acevedo, Chief Development Officer with KIPP San Antonio. The interview begin by Mr. Acevedo sharing the background of the nationally established organization *Knowledge is Power*. Mr. Acevedo shared the mission and heart of KIPP to get every school age kid into and through college. The focus of the academy is to walk students from pre-k through high school and attain college readiness to become productive citizens and not only students. The population KIPP is focused in servicing are under resourced families and students. He explained some of the methodology behind this strategy, longer instruction time, Saturday school and summer school. He explained the challenges faced with being a "first in college" generation as a student, the initial resistance of families towards the school but the delayed gratification they are teaching is paying off all through San Antonio by developing great citizens not just teaching students to do well in a standardized test.

Joy in Our Town #0203-2	28:30	12:30	LOCAL	PA/O/E	03/14/2011	10:30 AM
					03/18/2011	12:00 PM

Host Randy Garcia visits with Martin Acevedo, Chief Development Officer with KIPP San Antonio. The interview begin by Mr. Acevedo sharing the background of the nationally established organization *Knowledge is Power*. Mr. Acevedo shared the mission and heart of KIPP to get every school age kid into and through college. The program focused on the importance of an educator's commitment to the development of a students. The culture of excellence, the higher standards educators should have for students at first might not be welcomed but there is a pay off in the end. Mr. Acevedo explained the "system" approach to teaching, KIPP is dedicated to create a new method of learning by empowering educators to create and deliver the curriculum for their students. He mentioned collaborative efforts with programs as Mentoring Matters, San Antonio Teen Council, SA2020 Mayor's task force in education towards bettering families and students life.

Joy in Our Town #0203-3	28:30	12:30	LOCAL	PA/O/E	03/28/2011	10:30 AM
					03/31/2011	2:30 AM
					04/01/2011	12:00 PM
					04/02/2011	2:30 AM

Host Randy Garcia visits with Ms. Nancy Reed, President and CEO of Communities in Schools in the San Antonio area. Ms. Reed stated the background of the organization Communities in Schools-San Antonio's Mission: To connect schools with community resources in order to help young people successfully learn, stay in school, and prepare for life. Contributing factors in our community were identified and what the organization is doing to promote success in families of students. The goal is provide a positive environment for at-risk students, insuring their access to all educational opportunities, social services, and support services. By developing positive self-esteem, confidence, and respect, CIS-SA helps to facilitate the ultimate goal of youth graduating from high school and going on to reach their highest potential as successful citizens, contributors to the community, and full participants in a world-class society.

<i>Issue/Problem Education</i>	<i>Program Title</i>	<i>Duration</i>	<i>Program</i>	<i>Topic Segment</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
			<i>Duration</i>	<i>Source</i>			
	Joy in Our Town # 0206-4	28:30	11:56		LOCAL	PA/O/E	
						03/28/2011	10:30 AM
						03/31/2011	2:30 AM
						04/01/2011	12:00 PM
						04/02/2011	2:30 AM

Host Randy Garcia visits with Brenda Faz-Villareal director of Northside ISD Even Start Family Literacy program. The interview began by Ms. Brenda sharing some background on the organization, The federally funded Even Start Family Literacy Program is a school-community partnership that helps break the cycle of poverty and illiteracy by integrating early childhood education, adult literacy or adult basic education, and parenting education into a unified family literacy program. Even Start is implemented through cooperative projects that build on high-quality existing community resources, creating a new range of services for children, adults, and families. The Program helps children and families achieve the academic standards set forth by the State and uses instructional programs that are based on scientific reading research. Some of the services provided to the community are early childhood ed., parenting classes, home visits, adult education and interactive literacy activities.

Environment

Joy in Our Town #1207-4	28:30	12:00			LOCAL	PA/O/E	
						01/31/2011	10:30 AM
						02/01/2011	2:30 AM
						02/04/2011	12:00 PM
						02/05/2011	2:30 PM

Host Elisha Zuniga visits with Master Gardener Lou Kellog with the Texas Agri Life Extension services. Mr. Kellog began the interview by establishing the organization's background and some of the services that are being offered to the community through various community education efforts by the organization. Mr. Kellog visited to speak on the topic of rainwater harvesting and the importance this has on the environment. Mr. Kellog explained the process to viewers, the size of containers that are practical for useful for storage.

Joy in Our Town #0106-1	28:30	12:00			LOCAL	PA/O/E	
						02/08/2011	10:30 AM
						02/11/2011	2:30 AM
						02/12/2011	12:00 PM
						02/13/2011	2:30 PM

visits with Jan Fulkerson, Urban Wildland Interface Specialist with Texas Forest Service. Ms. Fulkerson gave some background on the resource protection branch of the organization. She discussed the need to educate the community at large of the importance of preventing wildfires, and preserving wildland which connects to our urban properties, the issues affecting our homes and the wildlife in these areas. She gave some tips to protect our property and to prevent the wildfires in the first place, and mentioned statistics on fire related deaths. She shared some of the local issues with fires. She also discussed some of the health issues presented by smoke and fire. She discussed the need for evacuation planning and the importance of being prepared

Joy in Our Town # 0106-2	28:30	12:30			LOCAL	PA/O/E	
						02/14/2011	10:30 AM
						02/15/2011	2:30 AM
						02/17/2011	2:30 AM
						02/18/2011	12:00 PM
						02/19/2011	2:30 AM

Host Keely Petty visits with Christina Aronhalt Executive Director with Keep San Antonio Beautiful. Keep San Antonio beautiful is a certified affiliate of Keep America Beautiful and Keep Texas Beautiful. Keep San Antonio Beautiful concentrates its efforts on educating the community about solid waste issues, litter prevention, graffiti abatement and public stewardship. These were also identified by Ms. Aronhalt as environmental issues in our city. She explained the collaborative efforts and partnerships being formed in certain school districts, Ms. Aaron halt trains the future generation to treat the environment properly, reduce reuse and recycle, adopt a block system etc. The results are starting to pay off in the communities around San Antonio.

<i>Issue/Problem Environment</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
	Joy in Our Town #0203-2	28:30	12:02	LOCAL	PA/O/E	03/14/2011 10:30 AM 03/18/2011 12:00 PM

Host Randy Garcia visits with Annalisa Peace, Executive Director of Greater Edwards Aquifer Alliance. Ms. Annalisa explained the organization's purpose statement. The Edwards Aquifer Ecosystem of Central Texas is one of our most valuable, irreplaceable and endangered public treasures. The EPA recognizes it as a "Sole Source" water supply. It is the only source of drinking water for millions of Texans. She explained current issues being faced in our community, and encouraged the community to become aware of how they can contribute to the decisions being made in the use of the water supply.

Transportation

	Joy in Our Town #01207-3	28:30	12:44	LOCAL	PA/O/E	01/24/2011 10:30 AM 01/25/2011 2:30 AM 01/27/2011 2:30 AM 01/28/2011 12:00 PM 01/29/2011 2:30 AM
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Host Elisha Zuniga visits with Nicole Nicolitz, Marketing representative with San Antonio Taxi. Ms. Nicolitz shared the mission of SA Taxis San Antonio Taxis began in 1999 and has steadfastly become one of the largest taxi services in San Antonio. They service all areas of the city including cities outside the Loop 1604 boundary, such as, Helotes, Schertz, Bulverde, and many more. Our fleet is comprised of more than 200 vehicles, 15 of which are wheel chair accessible vans and over 25 environmentally friendly vehicles. The focus of the interview was new remodelled fleet system of environmental and green vehicles. Transportations issues such as traffic, congestion, high gas prices etc. SA Taxis meets these needs by providing fast, reliable services to the community and contributing to the environment by utilizing "green" motor vehicles.

	Joy in Our Town #0106-4	28:30	12:37	LOCAL	PA/O/E	02/28/2010 10:30 AM
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Host Keely Petty interview with Rusell Henk, Director of TTI-Teens in the Driver Seat. Host Keely Petty visits with Mr. Rusell Henk Division Head for the Texas Transportation Institute. He shared background of organization and presented the efforts being made to combat teenage driving accidents. The program called "Teens in the Driver Seat" designed to decrease the leading cause of death of teenagers, car crashes usually related to irresponsible behavior. The program works as a peer to peer mentoring and provide experience when driving. The incorporation of a sense of responsibility to for themselves and others around them when they are driving.

	Joy in Our Town #0602-4	28:30	12:46	LOCAL	PA/O/E	03/21/2011 10:30 AM 03/22/2011 2:30 AM 03/24/2011 2:30 AM 03/25/2011 12:00PM 03/26/2011 2:30AM
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Host Randy Garcia visits with Michelle Martinez Public Information Manager with the Alamo Regional Mobility Authority. Ms. Martinez presented the mission of the organization, The Regional Mobility Authority is an independent governmental agency created by the Texas Transportation Commission and the Bexar County Commissioners Court in December 2003, to accelerate needed transportation projects in Bexar County. She expanded of current transportation issues that the organization is working on. The 281 super street, Loop 1601 EIS, Loop 1604 and Hwy 281 interstate exchange and discussed the progress being made in the transportation area of our community.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
Youth	Joy in Our Town #1207-2	28:30	12:33	LOCAL	PA/O/E	01/17/2011	10:30 AM
						01/18/2011	2:30 AM
						01/20/2011	2:30 AM
						01/21/2011	12:00 PM
						01/22/2011	2:30 AM

Host Elisha Zuniga visits with James Castro, Executive Director of St. Peter St. Joseph's Children's Home. Mr. Castro began by sharing the background of the organization and sharing to the public why they exist, Today to combat current issues for children who have suffered as victims of sexual and emotional abuse, neglect, poverty and broken homes and it is a community counseling and service center for families in crisis. St. Peter-St. Joseph Children's Home continues today as an independently governed 501(c) 3 non-profit agency. Mr. Castro expanded on the new facilities for the children. St. PJ's has developed a master plan to add additional facilities and refurbish existing facilities in order to better serve the pressing need of children and families. Expanded Emergency Shelter facilities are currently in progress as the Department of Family and Protective Services (DFPS) projects emergency placements for the greater San Antonio. He explained the issue of child abuse, neglect and violence in our community and what views can do to help and support children in this situation.

	Joy in Our Town #1207-3	28:30	12:04	LOCAL	PA/O/E	01/24/2011	10:30 AM
						01/25/2011	2:30 AM
						01/27/2011	2:30 AM
						01/28/2011	12:00 PM
						01/29/2011	2:30AM

Host Elisha Zuniga visits with Jamie Johnson Executive Director of Boy with A Ball a non-profit organization exiting to tutor and mentor inner city youth into making positive life choices. He elaborated on the current educational issues being faced by students in our community at risk youth high drop out rates and teenage pregnancies. Boy with a Ball helps students in their facilities through formal mentoring relationships for children from age 4 to 18. The goal is to not only provide an educational aid but also a life skills mentor for kids who don't have an authority figure in their lives. They have established partnerships with various school districts and are already seeing the fruition of the investment in young people's lives.

	Joy in Our Town #1207-4	28:30	11:55	LOCAL	PA/O/E	01/31/2011	10:30 AM
						02/01/2011	2:30 AM
						02/04/2011	12:00 PM
						02/05/2011	2:30 AM

Host Elisha Zuniga visits with Ms. Tacee Walters, After School Program Specialist with Eva's Heroes. The Eva's Heroes After School provides an inclusive environment for individuals 14-21 years of age to interact and learn with their peers, helps adolescents and young adults increase their ability to function independently and allows individuals to learn the value of teamwork. The way issues faced by the special need population by students and families were explained by Ms. Walters. The way they are servicing this community is by providing care and activities such as arts & crafts, sports, cooking classes, computer and group games. This program is in partnership with NISD and it provides transportation from various NISD schools.

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

Joy in Our Town #0106-3	28:30	12:05	LOCAL	PA/O/E	02/28/2011	10:30 AM
					02/22/2011	2:30 AM
					02/24/2011	2:30 AM
					02/25/2011	12:00 PM
					02/26/2011	2:30 AM

Host Keely Petty visits with Anne Zbiden, Vice President of Community Relations with the San Antonio Children's Shelter. Ms. Zbiden shared background of the organization. The Children's Shelter is a private, non-profit, nationally accredited corporation that has been providing services to San Antonio and Bexar County since 1901. The mission of The Children's Shelter is to "Strengthen our community by providing safety, well-being and lasting families for children." Ms. Zbiden expanded of the services provided for the children and families of SA. Emergency shelter, Therapeutic Foster care, adoption services and residential treatment centers. She explained the contributing factors to child abuse and neglect in our community and way the Children's Shelter is partnering with CPS, CASA, and other organizations to combat child abuse and serve the children of San Antonio.

Joy in Our Town #0106-4	28:30	12:04	LOCAL	PA/O/E	02/28/2011	10:30 AM
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Host Keely Petty visits with Ms. Yvette Sanchez, Vice President of Prevention Services with the San Antonio Children's Shelter. The Children's Shelter is a private, non-profit, nationally accredited corporation that has been providing services to San Antonio and Bexar County since 1901. The mission of The Children's Shelter is to "Strengthen our community by providing safety, well-being and lasting families for children." The prevention services offered by the SA Children's Shelter are Compadre y Compadre a partnerships city wide project to contribute to the formation of young fathers , Project MAS exists to educate and empower teenage mothers to finish high school. The goal of prevention is to train and educate the high number of teenage parents, first time parents etc. to properly care for their children and provide an extensive array of social services to combat abuse of children in San Antonio.

San Antonio Community Educational Television, INC.

Quarterly Report

April May June 2011

KHCE-TV San Antonio, Texas

Ascertainment List

Leading Community Problems

Results of ascertainment from civic leaders, responses by telephone from KHCE viewers, from the Printed media, comprising newspapers, magazines, publications, and from television and radio, Whenever possible.

Health

Homelessness

Housing

Unemployment

Homeless

Civic Affairs

<i>Issue/Problem Health</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
	Joy in Our Town # 0310-2	28:30	12:53	LOCAL	PA/O/E	04/22/2011 10:30 AM 05/02/2011 10:30 AM 05/10/2011 10:30 AM 06/09/2011 10:30 AM 06/09/2011 12:00 PM

Host Andrea Hardeman visits with Dr. Jessica Franco, Executive Director with Autism Community Network. The interview began with Dr. Franco giving background on the organization and its focus. The organizations reaches the undeserved population in San Antonio. The autism population in 3500 children are diagnosed with autism in local school districts. The definition of autism, it is a developmental disability social interaction, communication and general behavior Dr. Franco gave direct examples of what the child would behave like. Host Andrea asked Dr. Franco to elaborate on the spectrum of autism, high end fully functional communication and social skills to low function with little social and communication interaction. The interview was wrapped by Dr. Franco offering its services to the community focusing on early diagnoses and prevention.

	Joy in Our own #0310-2	28:30	12:25	LOCAL	PA/O/E	04/22/2011 10:30 AM 05/02/2011 10:30 AM 05/10/2011 10:30 AM 06/09/2011 10:30 AM 06/09/2011 12:00 PM
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Host Andrea Hardeman visits with Mr. Cam Messina, Executive Director with Voices For Children San Antonio. Mr. Messina visited the show to speak about children's mental and developmental health in the city of San Antonio. He initiated the interview by providing the viewers with background information about the organization and by stating the purpose for its existence. Mr. Cam Messina established the importance of early intervention in the understanding of child development. Mr. Messina identified the need for investments in researching child behavior and development. School success is based on child's health and well being, therefore there is a high need for increase in access of health care for kids. Mr. Messina introduced research based statistics on the developmental trends of childhood. Statistics point us to year 2040 if trends continue to have a lower high school graduation rate, lower yearly family incomes and a less trained and educated workforce. In order to turn around these statistics San Antonio has high expectations based on our mayor and city counsel men to turn SA into a city for children's health and well being.

	Joy in Our Town #0310-3	28:30	12:15	LOCAL	PA/O/E	04/25/2010 10:30 AM 04/26/2011 12:00 PM 04/28/2011 2:30 AM 04/29/2011 12:00 PM 04/30/2011 2:30 AM 05/10/2011 10:30 AM
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Host Andrea Hardeman meets with Maggie Thompspon, Program Manager , San Antonio Metropolitan Health District. The interview began by Ms. Thompson introducing the organization and providing background information. The local Task Force Initiative for San Antonio Stay Fit Council of Mayor Julian Castro. Ms. Thompson discussed contributing factors to obesity and health complications in the San Antonio population. She addresses the needs for citizens to be proactive, reiterated the need for personal responsibility for health improvement through nutrition and physical activity.

<i>Issue/Problem Health</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>PA/O/E</i>	<i>Air-Date</i>	<i>Time</i>
	Joy in Our Town # 0601-2	28:30	12:36	LOCAL	PA/O/E	06/20/2011	10:30 AM
						06/21/2011	2:30 AM
						06/23/2011	2:30AM
						06/24/2011	12:00 PM
						06/03/2011	2:30 AM

Host Andrea Hardeman visits with Ms. Elizabeth Luna Media and Marketing Liaison with San Antonio Metro Health District representing *Find your Balance*. Ms. Luna provided background information for the organization. She provided local stats, 30% of children in our city are facing obesity. The health initiative is targeted to combat obesity through the increase of physical activity, improving the quality of food and drinks etc. Ms. Luna address the top three causes for obesity in adulthood stress, poor food choices for themselves and their families. In childhood she identified the sedentary lifestyle, consumption of bad food and therefore we face the largest number of teen diabetes. *Find your Balance* is about helping people find a balance between exercise and nutrition. She addressed common health myths.

Joy in Our Town # 0601-2	28:30	12:36	LOCAL	PA/O/E	06/20/2011	10:30 AM
					06/21/2011	2:30 AM
					06/23/2011	2:30AM
					06/24/2011	12:00 PM
					06/03/2011	2:30 AM

Host Andrea Hardeman visits with Janice Carpio, Asst. Director for The South Texas Blood and Tissue Center. She began the interview by providing background information of the organization and identified the major seasonal challenges. Ms. Carpio recognized 18% of donors to be from local high schools ages 16-18. She invited our donor community to participate in a local event to support the community and form a gigantic human blood drop. Ms. Carpio encouraged viewers who might experience some hesitation due to the process of donating blood needle usage and such. An average donor will take 10-15 minutes to complete the process. She also elaborated in the process of eligibility, some factors were identified low iron, diet, international recent travel. She finished the interview by encouraging viewers to save a life and go through the blood donation process.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program</i>	<i>Duration</i>	<i>Topic Segment</i>	<i>Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Health/Mental Health</i>	700 Club Watch	CBN News	1:00:00		6:00	REC	PA/O/E 06/16/2011	12:00 PM
	#061611							
	<p>Lori Johnson, CBN News Reporter, says if you're trying to eat healthy, perhaps you have heard to stay away from processed foods. While that's great advice, it seems many people are confused about what exactly constitutes processed food. If you can't identify them, it's hard to cut processed foods out of your diet. And although most people know processed foods are bad for them, it's often unclear what makes them so dangerous to a person's health. Remember - processed foods are foods that have been altered from their natural state. Have you ever wondered why a pre-packaged food stays fresh for months, when the same food made from scratch grows moldy in just days? It's because food manufacturers use man-made ingredients that prolong a product's shelf life. Unfortunately, they may have the opposite effect on peoples' health. Trans fats are commonly found in commercially fried food and packaged foods, especially baked goods. But you won't see the phrase, "trans fat" in the list of ingredients. Instead, look for the word, "hydrogenated." And beware of labels claiming no trans fats. They're often still in there, because the Food and Drug Administration allows food with up to a half-gram of trans fat per serving to be labeled "trans fat free." The problem is, those servings can be small so we eat many servings, and those half-grams add-up. Vending machines are often loaded with processed foods. In addition to trans fats, they often contain too much salt, which can cause heart problems and creates a craving for even more salt. Another addictive ingredient you'll find in processed foods is high fructose corn syrup, which is linked to obesity and diabetes. Although high fructose corn syrup manufacturers contend it's nutritionally the same as sugar, others say it's worse. Also on the list are other syrups and sweeteners like dextrose, glucose, lactose and maltose. And speaking of chemical names, here's another one to watch out for: monosodium glutamate, or MSG for short. Food manufacturers like it because it adds flavor. But doctors dislike it because it causes high insulin secretion. Believe it or not, even white flour is a processed food. Its soft texture and mild taste is created by removing the most nutritious parts of the wheat berry, the bran and the germ. The starch leftover is digested too fast in the body and can lead to weight gain, diabetes, heart disease and cancer. By contrast, whole wheat flour includes the entire wheat berry, which is digested slowly, making us feel full longer. Although identifying processed foods and removing them from our diet isn't easy, it may be less troubling than dealing with the health problems they could create</p>							
	Doctor #295	to Doctor	28:30		28:30	REC	PA/O/E 4/05/2011	9:30 AM
	<p>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.</p>							
	Doctor #296	to Doctor	28:30		28:30	REC	PA/O/E 4/12/2011	9:30 AM
	<p>Dr. Scott Hannen talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. Dr. John Fisher talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. Dr. Ross Dorsett talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.</p>							

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
Doctor #297	to Doctor	28:30	28:30	REC	PA/O/E 4/26/2011	9:30 AM
<p>Dr. Mike Ronsisvalle talked about the traits of a happy marriage. It's important to fight fair. Instead of lashing out address the behavior. Believe the best about your spouse. Instead of thinking the worst about your spouse try focusing on the positive characteristics. Dr. James Mittelberger talked about advance care planning. It's making plans to address your medical care in the case you become incapacitated. Family and friends may not know how you would like to handle certain medical situations. Advance Directive is a legal document that you fill out explaining your wishes in different medical scenarios. Dr. Glen Steele talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.</p>						
Doctor #298	to Doctor	28:30	28:30	REC	PA/O/E 5/03/2011	9:30 AM
<p>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.</p>						
Doctor #299	to Doctor	28:30	28:30	REC	PA/O/E 5/10/2011	9:30 AM
<p>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.</p>						
Doctor #300	to Doctor	28:30	28:30	REC	PA/O/E 5/17/2011	9:30 AM
<p>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 question.</p>						
Doctor #301	to Doctor	28:30	28:30	REC	PA/O/E 5/24/2011	9:30 AM
<p>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</p>						

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
Doctor #302	to Doctor	28:30	28:30	REC	PA/O/E 5/31/2011	9:30 AM
<p>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.</p>						
Doctor #303	to Doctor	28:30	28:30	REC	PA/O/E 6/07/2011	9:30 AM
<p>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.</p>						
Doctor #304	to Doctor	28:30	28:30	REC	PA/O/E 6/14/2011	9:30 AM
<p>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.</p>						
Doctor #305	to Doctor	28:30	28:30	REC	PA/O/E 6/21/2011	9:30 AM
<p>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.</p>						

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

Joy in Our Town #0310-3	28:30	11:55	LOCAL	PA/O/E	04/25/2011	10:30 AM
					04/26/2011	2:30 AM
					04/28/2011	2:30 AM
					04/29/2011	12:00 PM
					05/10/2011	2:30 AM

Host Andrea Hardeman visits with Jose A. Macias Development Director with the Salvation Army San Antonio Metro Area. Mr. Macias moved into the interview by providing background information about the Salvation Army, and he identified contributing factors to homelessness in our city. Some of those factors are lack of economic resources, mental health issues, drug abuse and health complications. The organization provides various services to the homeless population and they rely in case management and accountability in order to rebuild successful citizens which is more effective than providing services in long term basis.

Joy in Our Town #0331-1	28:30	11:55	LOCAL	PA/O/E	05/16/2011	10:30 AM
					05/17/2011	2:30 AM
					05/19/2011	2:30 AM
					05/20/2011	12:00 PM
					05/21/2011	2:30 AM

Host Keely Petty visits with Dawn White, Executive Director of Christian Assistance Ministry. Ms. White gave background information of the organization, and its focus to meet immediate needs of the homeless community such as financial, physical and emotional. The organization functions with the contribution and partnership of various faith based institutions that help prevent people going into homelessness by meeting basic needs; food, clothes, bus passes etc. The organization is a first step type of service but is currently partnered with other long term organization who work with the homeless population. She shared the impact CAM is having around the community by sharing some success stories.

Joy in Our Town #0331-2	28:30	12:32	LOCAL	PA/O/E	05/23/2011	10:30 AM
					05/24/2011	2:30 AM
					05/26/2011	2:30 AM
					05/27/2011	12:00 PM
					05/28/2011	2:30 AM

Host Keely Petty visits with Ms. Delma Ochoa Program Director with Centro Med Heaven for Hope Clinic. The interview began by Ms. Ochoa identifying the issues of the population she is working closely. Some of the contributing health factors to the health conditions have primary been identified as mental health issues. Centro Med sees patients who are homeless, families who are homeless cannot afford health care not because of neglect but because lack of resources. The Centro Med facilities are located inside the Haven for Hope facility downtown San Antonio.

Housing

Joy in Our Town #0601-2	28:30	12:17	LOCAL	PA/O/E		
					05/23/2011	2:30 AM
					05/24/2011	2:30 AM
					05/26/2011	12:00 PM
					05/27/2011	2:30 AM
					05/28/2011	2:30AM

Host Keely Petty visits with Mr. Augustine J. Sanchez, Program Manager with City of San Antonio Department of Community Initiatives-Housing Counseling Program. Mr. Augustine introduced himself and gave background about the organization. He identified the local community initiative to educate our population in all aspects of counseling. Fair housing issues currently based around are community were also identified and he educated the community in the proper process of home buying. He made the viewers aware of the types of assistance and resources available to them and how they can get in touch with him.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Housing</i>	Joy in Our Town # 0601-3	28:30	12:37	LOCAL	PA/O/E	06/27/2011	10:30 AM
						06/28/2011	2:30 AM
						06/30/2011	2:30 AM
						07/01/2011	12:00 PM
						07/02/2011	2:30 AM

Host Andrea Hardeman visits with Lorraine Robles with the San Antonio Housing Authority. She provided background of the organization and began identifying the holistic approach to housing revitalization. Challenges reflect on the waiting list and the high need for affordable housing for families. Preservation of current units and expansion into better housing accommodations. Ms. Andrea asked for the contributing factors to homelessness in San Antonio. The different trend of homelessness experience in our city now there are families included in this population. She talked about multi family unity revitalization in the East side of San Antonio. The units have allowed private investors to contact SAHA to provide economic development in the area.

Seniors

<i>Seniors</i>	Joy in Our Town # 0310-1	28:30	12:36	LOCAL	PA/O/E	04/11/2011	10:30 AM
						04/12/2011	2:30 AM
						04/14/2011	2:30 AM
						04/15/2011	12:00 PM
						04/16/2011	2:30 AM

Host Andrea Hardeman visits with Pedro Lora, Senior Services Manager with Family Service Association. He provided background on the organization. He identified the longevity of life, the need to transition well into the next five years. He explained the effects of a community with a large aging population. He identified cultural trends of grandparents being parents to grandchildren. The interview was directed into budget cuts for non-profit and grant funded senior services in our nation and state. Utility assistance, grandparents raising grandchildren aid. Andrea planted the question to identify the psychological and emotional challenges being faced by both of those generations. Mr. Lora explained the cost associated needs for aging people with disabilities; transportation, dietary needs, prescription medications etc. The interview concluded by addressing senior caregiver needs and the services offered to the caregiver, in most cases family members who need assistance and relief from the daily stress of life. The caregiver population is being very receptive to the services. He stressed the main motive is to extend a greater opportunity for a better quality of life for seniors in our city.

<i>Seniors</i>	Joy in Our Town #0331-1	28:30	12:16	LOCAL	PA/O/E	05/16/2011	10:30 AM
						05/17/2011	2:30 AM
						05/21/2011	2:30 AM

Host Keely Petty visits with Alvin Loewenberg, President and CEO with Morning Side Ministries. Mr. Loewenberg identified how the organization is serving the senior population. He addressed the current situation about budget cuts that will affect the services and quality of care that seniors are getting from social service organizations and the cause and effect of these cuts.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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Seniors	Joy in Our Town #0331-3	28:30	11:57	LOCAL	PA/O/E	05/30/2011	10:30 AM
						05/31/2011	2:30 AM
						06/02/2011	2:30 AM
						06/03/2011	12:00 PM
						06/04/2011	2:30 AM

Host Keely Petty visits with Jerry Arellano, Marketing and Communication Director with Christian Senior Services. Mr. Arellano began the interview with giving background of the organization. Christian Senior Services is a non-profit organization and it exists to provide services to senior citizens in our community. gave background information about organization and stated their primary focus is to serve disadvantaged elderly community by providing a variety of services; Meals on Wheels, Grace Place and Senior Companion. The current issues being faced in the senior population were identified as low income, lack of health insurance, lack of companionship and health and nutrition. The services are free of charge and it happens thanks to people who volunteer their time.

Seniors	Joy in Our Town #0331-4	28:30	11:51	LOCAL	PA/O/E	06/06/2011	10:30 AM
						06/07/2011	2:30 AM
						06/09/2011	2:30 AM
						06/10/2011	12:00 PM
						06/11/2011	2:30 AM

Host Keely Petty visits with Nellie J. Garay, Caregiver Support Specialist with the Bexar Area Agency on Aging. Ms. Garay introduced the organization and shared its background. She explained the various services offered to the community and the partnerships that Bexar Area Agency holds with other organizations to help the senior citizen community. She addressed the highest needs of the senior community; care givers, the increasing population over 60 years old, and the need to educate family members and community on dealing with the aging. The purpose is to equip care givers and respond to the financial, physical and emotional needs of the senior population. She shared some statistics based on gender and ethnicity both local and national level and stressed on the services being offered free of charge. She shared statistically where the senior population will be in the next 5 years, as an increasing high need of service community.

Seniors	Joy in Our Town #0331-4	28:30	12:02	LOCAL	PA/O/E	06/21/2010	10:30 AM
						06/22/2010	2:30 AM
						06/24/2010	2:30 AM
						06/25/2010	12:00 PM
						06/26/2010	2:30 AM

Host Keely Petty visits with Ms. Elena Hernandez, ASC Resource Specialist with Alamo Service Connection. Se explained the various services offered to the community and the partnerships that Bexar Area Agency holds with other organizations to help the senior citizen community. She addressed the highest needs of the senior community; care givers, the increasing population over 60 years old, and the need to educate family members and community on dealing with the aging. The purpose of the organization is mainly to connect seniors in need of services to the correct agency. The main need in the senior community has been legal assistance, there's a high number of elderly abuse in our community and the proper help is given to seniors and caregivers who call to Alamo service Connection free of charge.

<i>Issue/Problem Unemployment</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
	Joy in Our Town #0310-1	28:30	12:42	LOCAL	PA/O/E	05/09/2011 10:30 AM 05/10/2011 2:30 AM 05/12/2011 2:30 AM 05/13/2011 12:00 PM 05/14/2011 2:30 AM

Host Andrea Hardeman visits with Carlos Najera, Admissions Manager with Goodwill Career Academy. He began by giving background information on Goodwill. Mr. Najera identified the city of San Antonio as one of the strongest and surviving cities nationally during the economic hardship. Mid level income people are frequenting the Good career academy. The sustainable career fields are identified as health-medical careers and technology. The alliance with Alamo Colleges and local employers helps provide an employer based perspective. This helps Goodwill to determine the classes that will be formed and offered, based on supply and demand. Mr. Najera explained the domino effect that job training for future employment out look will have in our community.

	Joy in Our Town #0310-4	28:30	12:42	LOCAL	PA/O/E	04/25/2011 10:30 AM 04/26/2011 2:30 AM 04/28/2011 2:30 AM 04/29/2011 12:00 PM 04/30/2011 2:30 AM
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Host Keely Petty visits with Eduardo Rodriguez Veterans Resource ans Referral Specialist with Texas Veterans Leadership Program. Mr. Rodriguez addressed issues with unemployment in the veteran community as a 15% unemployment rate in the city. One of the issues experienced in the veteran community especially in Fort Sam is compiling the information and resources as a first step. The next step is to package and present this information to successfully present it to veterans and families. Counseling and financial assistance are the greatest issues being experienced by our local veterans. He shared success stories he has personally experienced in successfully re entering veterans into our community.

	Joy in Our Town #0331-3	28:30	12:42	LOCAL	PA/O/E	05/30/2011 10:30 AM 05/31/2011 2:30 AM 06/02/2011 2:30 AM 06/03/2011 12:00 PM 06/04/2011 2:30 AM
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Host Keely Petty visits with Mr. Cliff Borosky, Director of Economic and Workforce Development with Project Quest. The interview began by Mr. Cliff introducing the services that Project Quest offers to the local community. Mr. Cliff identified the need for building our local workforce, building and transferring skills into other job markets. He introduced local statistics and provided viewers with resources offered free of charge.

<i>Issue/Problem Unemployment</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
	Joy in Our Town #0601-3	28:30	12:42	LOCAL	PA/O/E	06/27/2011 10:30 AM
						06/28/2011 2:30 AM
						06/30/2011 2:30 AM

Host Keely Petty visits with Eva Esquivel, Communications Manager with Workforce Solutions Alamo. Ms. Esquivel provided background information about the organization and presented statistics on our current employment reports since May 2011. The contributing factors to our employment outlook was contributed to having a more educated workforce and labor force. She gave the community high hopes for the near future in continuing to provide employment for our citizens. Some of the fields predicted for work expansion were the medical field, manufacture and trade.

Civic Affairs

Joy in Our Town #0406-1	28:30	12:04	LOCAL	PA/O/E	04/12/2011 10:30 AM
					04/14/2011 12:00 PM

Host Keely Petty visits with Councilman Ray Lopez with District 6. He explained where District 6 is located and its surroundings and the growth and progress taking place. The current focus is to meet community needs such as; economic development, infrastructure, health & safety, education and jobs. He shared the crafted strategy for economic development in the Lackland Base Area. He shared education statistics for Edgewood ISD and NISD. He shared the collaborative efforts to form a senior citizen one stop health and help center, as well as the implementation of neighborhood policing. The efforts are also being made into raising productive young people with good values.

Joy in Our Town #0310-4	28:30	12:51	LOCAL	PA/O/E	05/09/2011 10:30 AM
					05/10/2011 2:30 AM
					05/12/2011 2:30 AM
					05/13/2011 12:00 PM
					05/14/2011 2:30 AM

Host Keely Petty visits with Ms. Rosie Gonzalez, Intake Coordinator with Bexar County Dispute Resolution Center. Ms. Rosie gave the nature of the Dispute Resolution Center. The center works primarily through inquiries. Issues in conflicts and disputes are due to a lack of communication which will lead to a misunderstanding. The mediation services provided to the community are preventive of law suits and most citizens are not aware of their resources when they experience disputes in the legal system and often will not take action. Ms. Rosie provided the viewers with advise in the process of mediation and encouraged viewers to resolve conflict and find solutions.

<i>Issue/Problem Civic Affairs</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
	Joy in Our Town #0601-1	28:30	12:33	LOCAL	PA/O/E	06/13/2010 10:30 AM 06/14/2010 2:30 AM 06/16/2010 2:30 AM 06/17/2010 12:00 PM 06/18/2010 2:30 AM

Host Elisha Zuniga visits with Councilwoman Jennifer Ramos with City of San Antonio City Council District 3. Councilwoman Ramos addressed issues currently being faced in District 3. She addressed the current project that had come into fruition. She spoke about the Old Mission Drive In, the city acquired the property in 2007 and it is being turned into the 2nd library in District 3. The original marquee remains as a historical market all while building an amphitheater. The ribbon cutting taking place in March and stimulus funding was distributed into a stay fit task force. Contributing factors in inner city San Antonio are criminal activity, vacant lots and businesses and prostitution activity. The larger social impact prostitution is having in the community being addressed is the priority since last year's 200 arrests. The closing of some local businesses who took part in this activity has been a success to our community. The hopes for Dist. 3 to attract new business and build a better community.

	Joy in Our Town #0601-1	28:30	12:33	LOCAL	PA/O/E	06/13/2010 10:30 AM 06/14/2010 2:30 AM 06/16/2010 2:30 AM 06/17/2010 12:00 PM 06/18/2010 2:30 AM
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Host Elisha Zuniga visits with Councilwoman Jennifer Ramos with City of San Antonio City Council District 3. Councilwoman identified a large population suffering with diabetes and obesity in local families and even children. The factors contributing to this issue are the lack of health and playground facilities, too many fast food and inexpensive meal choices. A partnership has been established with Harlandale ISD to provide better menus and healthy meal choices for the children. The goal is for meals to be nutritious and it has the right components. The Mayor's fitness council is moving into the direction of creating a healthy and stay fit family friendly and fun activities found in local communities and even schools. She also addressed Senior issues, the need for senior centers, the Bob Ross Center serves over 500 seniors in the community.

San Antonio Community Educational Television, INC.

Quarterly Report

July, August, September, 2011

KHCE-TV San Antonio, Texas

KHCE-DT San Antonio, Texas

Ascertainment List

Leading Community Problems

Results of ascertainment from civic leaders, responses by telephone from KHCE viewers, from the Printed media, comprising newspapers, magazines, publications, and from television and radio, Whenever possible.

Civic Affairs

Drugs/Alcohol

Economy

Education

Family

Public Safety

Health

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Civic Affairs</i>	Joy in Our Town # 0601-5	28:30	12:53	LOCAL	PA/O/E	07/11/2011 10:30 AM
						07/12/2011 2:30 AM
						07/14/2011 2:30 AM
						07/15/2011 12:00 PM
						07/16/2011 2:30 AM

Host Andrea Hardeman visits with Dr. CEM Maxwell, Deputy Director with the San Antonio Joint Program Office. The interview began by giving background information on the organization. The purpose of BRAC was established by Congress in order to consolidate and resize our military. and discussed the transformation process. He discussed the elements BRAC occurring at all four military bases. Randolph, Lackland, Randolph and Brooks City Base. Dr. CEM spoke about the nature of the decisions not being only financial being that we are a Nation currently at war. Job-growth and development in government was discussed as it is pertinent to our city. Areas of interest to our community where identified as growth, jobs and home buying and building will increase in our community. The medical trainees across the country will be transferred to San Antonio. He explained BRAC has brought over 3 billion dollars to our San Antonio economy. He explained the meaning of "military value" that our city possesses, Camp Bullis is a field training side, Airforce training for military and medical mission.

Joy in Our own #0601-5	28:30	12:25	LOCAL	PA/O/E	07/11/2011 10:30 AM
					07/12/2011 2:30 AM
					07/14/2011 2:30 AM
					07/15/2011 12:00 PM
					07/16/2011 2:30 AM

Host Andrea Hardeman visits with Dr. CEM Maxwell, Deputy Director with the San Antonio Joint Program Office. This interview began by discussing the construction aspect of BRAC. He shared detailed information about the acquisition funds for BRAC. He identified the Brook Army Medical Center as the most notable and costly project currently being built. This entails moving the inpatients into Brooke Army Medical Center in order to create the San Antonio Military Medical Center. This is the project located off I-35. Because the trainees will be relocating to San Antonio, training facilities are being built, a dining center and a gymnasium. He also explained the process of renovating some of the buildings and occupying some of the space that has not been in previous use before.

Joy in Our own #0601-7	28:30	12:25	LOCAL	PA/O/E	07/25/2011 10:30 AM
					07/26/2011 2:30 AM
					07/28/2011 2:30 AM
					07/29/2011 12:00 PM
					07/30/2011 2:30 AM

Host Andrea Hardeman visits with Judge Renee McElhaney with the 73rd District Court. The program consisted of Judge Renee informing the community about Jury Duty. She explained the system and the process of jury duty and encouraged our community to see it as a constitutional right and encouraged them to enforce it. Current issues being faced in court are related to jury duty, people who see it as a negative thing rather than an opportunity. The qualifications for someone to be part of a jury were mentioned, being a U.S. Citizen, a Bexar County resident and have a clean record. Judge Renee also identified some exceptions to jury duty, if someone is a full time student, full time care giver for a child or an elder in the family or deployment. The interview turned a different direction when she presented the current family law cases being tried in her court.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Civic Affairs</i>	Joy in Our own #0601-7	28:30	12:25	LOCAL PA/O/E	07/25/2011	10:30 AM
					07/26/2011	2:30 AM
					07/28/2011	2:30 AM
					07/29/2011	12:00 PM
					07/30/2011	2:30 AM

Host Andrea Hardeman visits with Judge Renee McElhane with the 73rd District Court. The interview began by the identification of cases being tried in the 73rd court directly affecting and exposing the condition of families in Bexar County. 70% of cases are family law, CPS related, and divorce cases. Due to the family crisis experienced in Bexar County a large population of grandparents has been standing in the gap to be the primary caregivers and legal guardians of children until the parents can become healthy. After trials, parents who are suitable for intense parenting mentoring are referred to local organization and partnerships who are working together such as Catholic Charities, BCFS< Communities in Schools and San Antonio Fighting Back. This is a way to provide solutions for the current parenting and family crisis in our community.

Drugs/Alcohol

Joy in Our Town #0601-6	28:30	11:55	LOCAL PA/O/E	07/18/2011	10:30 AM
				07/19/2011	2:30 AM
				07/21/2011	2:30 AM
				07/22/2011	12:00 PM
				07/23/2011	2:30 AM

Host Andrea Hardeman visits with Abigail Moore, Executive director of San Antonio Council on Drug and Alcohol Abuse. Ms. Abigail began the interview by providing background information of the organization and the population they are currently serving in our community. The current issues being faced are the abuse of prescription drugs, the use of marijuana, and an average experimental age of 12 years of age in San Antonio. As methods to combat these issues she identified prevention as the key component, educating parents and adults, teachers to be vigilant and responsible with the medications that are currently at home and might be taken into school. The contributing factors to drug and alcohol abuse were identified by Ms. Moore as the following; the lack of teachable moments, providing correct information to the younger generation, social media and access to ways of making your own substances as a novelty. She also mentioned there is a huge problem with kids emulating parents' behavior, drinking and driving and using drugs.

Another huge problem is substance abuse and chemical dependency in our military and veteran community. She provided statistics over 2,000 veterans who reside in San Antonio, 1 out of 4 veterans are struggling with substance abuse.

Joy in Our Town #0804-1	28:30	12:32	LOCAL PA/O/E	09/05/2011	10:30 AM
				09/06/2011	2:30 AM
				09/08/2011	2:30 AM
				09/09/2011	12:00 PM
				09/10/2011	2:30 AM

Host Jessica Gonzales visits with Julie Wisdom Wild, Executive director of Alpha Home. The interview focused on substance abuse. Ms. Julie shared background information on the organization and explained how they are rehabilitating women who struggle with substance abuse through their residential and non-residential programs. Some of the current issues being in substance abuse are women who are heading families with children and who need help. Contributing factors to drug abuse were identified as traumatic experiences, 90% of women who suffer from drug abuse are victims of trauma. Homelessness, cycle of poverty and lack of direction were other contributing factors. There are several partnerships made locally to combat drug abuse in women, United Way, local churches and faith based communities, partnerships with the drug courts in Bexar County as well as several non-profits. The interview wrapped up by encouraging the community to become involved in this issue and Ms. Wild shared success stories and the progress they are experiencing while tackling this issue of drug abuse and rehabilitation in women in San Antonio.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Drugs and Alcohol</i>	Joy in Our Town #0804-4	28:30	12:17	LOCAL PA/O/E	09/26/2011	10:30 AM
					09/27/2011	2:30 AM
					09/29/2011	2:30 AM
					09/30/2011	12:00 PM

Host Jessica Gonzales visits with Judge John Fleming of Bexar County Court #1. The focus is treating cases referred to the drug court, providing treatment and recovery for individuals. Issues currently being faced in our community are unemployment, depression and crime. The process of the drug court was explained during this interview, assessment, treatment schedule and regiments, the level of participation differs from a regular court since there is a greater sense of accountability established for people being treated. The statistics for last year are at 120 graduates, 21% have been reenlisted into the program. There are over 200 cases filed in the drug court. Some of the contributing factors to the numbers being so high are family issues, escalation in crime and misdemeanors and substance abuse is a coping mechanism. The court is benefiting the community by saving money, and providing community safety.

<i>Economy</i>	Joy in Our Town # 0601-6	28:30	12:37	LOCAL PA/O/E	07/18/2011	10:30 AM
					07/19/2011	2:30 AM
					07/21/2011	2:30 AM
					07/22/2011	12:00 PM
					07/23/2011	2:30 AM

Host Andrea Hardeman visits with Carlos Najera, Admissions Manager with Goodwill Career Academy. He began by giving background information on Goodwill. Mr. Najera identified the city of San Antonio as one of the strongest and surviving cities nationally during the economic hardship. Mid level income people are frequenting the Good career academy. The sustainable career fields are identified as health-medical careers and technology. The alliance with Alamo Colleges and local employers helps provide an employer based perspective. This helps Goodwill to determine the classes that will be formed and offered, based on supply and demand. Mr. Najera explained the domino effect that job training for future employment out look will have in our community.

Joy in Our Town # 0702-2	28:30	12:36	LOCAL PA/O/E	08/15/2011	10:30 AM
				08/16/2011	2:30 AM
				08/18/2011	2:30 AM
				08/19/2011	12:00 PM
				08/20/2011	2:30 AM

Host Andrea Hardeman visits with Oscar Ramirez CEO of Avenida Guadalupe Association. The purpose and focus of this organization is the economic transformation in the lives of their residents, empowering the community. The west side of San Antonio is known as the greatest immigrant community. Issues faced in this community are unemployment, job skill training. This issue affecting the workforce and therefore the economy is being tackled by the CARES scholarship based 6 week program to train west side residents with job skills. Mr. Ramirez discussed the reasons why it is of great importance to develop this community. The goal is to holistically meet the needs of this community and meet tangible needs such as housing, transportation, food insecurity and job readiness training. La Promesa project is currently in progress in this community, the goal is to boost the economic developments of this area.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source Type</i>	<i>Air-Date</i>	<i>Time</i>	
<i>Economy</i>	Joy in Our Town #0804-2	28:30	12:16	LOCAL	PA/O/E	09/12/2011	10:30 AM
						09/13/2011	2:30 AM
						09/15/2011	2:30 AM
						09/16/2011	12:00 PM
						08/17/2011	2:30 AM

Host Jessica Gonzales visits with Rebeca Gonzalez, program manager with Café College. The interview begins by Ms. Gonzalez giving background information on the organization. Café College is a part of the Mayor's task force to prevent high school drop out rates and encourage higher education in the San Antonio population. Our community's economy is currently affecting our the students and parents of San Antonio due to tuition costs going up, parents and students are considering their options. Ms. Rebeca explained the challenges in understanding the process of college admission from applications all the way to financial aid and the misconceptions that usually come with this process. Some contributing factors affecting the economy and therefore education and preparation of our student population are identified as unemployment, families with low incomes who need younger siblings to work in order to make ends meet. Education is perceived as a second option not the primary route to success. The ways to tackle these issues were identified as prevention, parent and student education about the importance of a college education.

Joy in Our Town #0804-3	28:30	11:57	LOCAL	PA/O/E	09/19/2011	10:30 AM
					09/20/2011	2:30 AM
					09/22/2011	2:30 AM
					09/23/2011	12:00 PM
					09/24/2011	2:30 AM

Host Jessica Gonzales visits with Ms. Cynthia Hazel, with Consumer Credit Counseling Service of Greater San Antonio. Ms. Hazel presented the mission and purpose of the organization. The interview quickly moved into current economy issues as well as some contributing factors being faced in our community, the mishandling of credit individually and as families which leads to debt, unemployment rates have worsen through the year and more people are being left with debt and no income. The greatest economy need in our community was identified as financial literacy. She mentioned the college age population, students in college campuses do not know how to budget, or make healthy financial decisions, how to handle or use credit cards. There are several agencies partnering together to tackle these issues, through community education, holding free and public workshops in college campuses, community centers etc. She explained the various resources offered to our community during the upcoming months and wrapped the interview by addressing the critical state of our economy and how debt is something we assume and it is not a required condition.

<i>Education</i>	Joy in Our Town #0601-8	28:30	11:51	LOCAL	PA/O/E	08/01/2011	10:30 AM
						08/02/2011	2:30 AM
						08/04/2011	2:30 AM
						08/05/2011	12:00 PM
						08/06/2011	2:30 AM

Host Andrea Hardeman visits with Siri Lindholm, Director of Development with The Healy Murphy Center. Ms. Siri provided background of the organization, this is a non-profit alternative school. The focus is to provide the opportunity to a special student population and proved individualized education. Teen parents, high school drop outs and students who have had a number of behavioral issues in other schools. The program serves students who are voluntarily part of this program, it is also an early childhood center focused in providing school readiness for their children. Issues being faced by their target population are: generational poverty cycle, behavioral and learning challenges, teen pregnancy cycles, under resourced families. The graduation rate of their program is at an 80% percentile, the interview concluded with a positive review on the work they are doing and seeing progress in the San Antonio community.

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

Joy in Our Town #0707-1	28:30	12:02	LOCAL	PA/O/E	08/08/2011	10:30 AM
					08/09/2011	2:30 AM
					08/11/2011	2:30 AM
					08/12/2011	12:00 PM
					08/13/2011	2:30 AM

Host Andrea Hardeman visits with Trey Holder, CEO of Read to Lead. The interview began by presenting background organization of this organization, the goal and purpose is to build awareness in literacy and reading as it has been a local problem. He addressed the effects of illiteracy in our community and how these issues affect our overall community, economically etc. 85% of students in the juvenile detention centers are illiterate. He addressed the importance of modeling the role to our younger community. Speaking about the school system, Mr. Trey expressed his concern as to how our students are being educated through school systems. He explained the frustration being expressed by the educational community teacher who is expressing the need to read simple word problems. He talked about the book series, the ability to read bilingual books at a pre-k level. To bring awareness to literacy and reading.

Joy in Our Town #0707-2	28:30	12:03	LOCAL	PA/O/E	08/14/2011	10:30 AM
					08/16/2011	2:30 AM
					08/18/2011	2:30 AM
					08/19/2011	12:00 PM
					08/20/2011	2:30AM

Host Andrea Hardeman visits with Cristina Bazaldua, Family Specialist with NEISD. The goal of this program is to make a connection between student life, school life and home life and successfully engage parents in the education process as well as teachers, counselors and such. Ms. Bazaldua explained some of the challenges experienced in District 2, economic disadvantages in families who are part of NEISD schools. The effects these disadvantages have on kids are shame, embarrassment going into school without the proper attire, low participation in any school activities and even skipping school. Behavioral issues are also an issue due to lack of family health services and insurance, even the ability to buy medicine and nutritious food for their children. How these issues are being combated are by personally becoming actively involved, working in close partnership with teachers and counselors there is help extended to the families in need. The language barrier usually prevents parents from becoming involved in the education of their child by holding an ESL parent academy, 70 parents have graduated from parent academy and therefore are more involved in school related activities. The fact that parents are learning the language is also building self-esteem in the lives of parents. The disadvantages experienced by the population of District 2 and NEISD are being broken in this community.

Joy in Our Town #0701-4	28:30	12:04	LOCAL	PA/O/E	08/29/2011	10:30 AM
					08/30/2011	2:30 AM
					09/02/2011	2:30 AM
					09/03/2011	12:00 PM
					09/08/2011	3:30 AM

Host Andrea Hardeman visits with Jacon Omondi Wasonga, Case Manager with Job Reading Training for the Homeless Veterans Reintegration program in San Antonio. he explained the purpose and mission of the program meeting the needs of homelessness, housing in order to be able to educate them and provide them with job skills. Some of the issues being faced by our veteran population are: reintegration into the community, disabilities, lack of accessible and affordable healthcare and housing. The homeless veteran community is being reached in the city through accessing and educating population who resides in temporary shelters and who lives in Haven for Hope, and even on the streets. The challenges being faced by the population being helped are: substance abuse, mental health issues and complications that are not being properly treated. These are all factors that must be taken into consideration before the attempt to educate the veteran population is successful.

The most effective way to educate the veteran population has been to assess the level of skill they attained while in the military and transfer those skills into the workforce some of these transitions require an additional level of skill training.

<i>Issue/Problem Family</i>	<i>Program Title</i>	<i>Duration</i>	<i>Program Duration</i>	<i>Topic Segment Source Type</i>	<i>Air-Date</i>	<i>Time</i>
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	Joy in Our Town #0601-8	28:30	12:51	LOCAL PA/O/E	08/01/2011	10:30 AM
					08/02/2011	2:30 AM
					08/04/2011	2:30 AM
					08/05/2011	12:00 PM
					08/06/2011	2:30 AM

Host Andrea Hardeman visits with Irene Hall, program director with community Based Services. This interview with Ms. Irene identifying the population that this organization works with, meeting the mental and physical health needs of children from low income families in San Antonio. The program serves over 2,000 children and families in an yearly basis the current issues being address are unemployment, mental health issues, housing, job-skills, lack of education and children with mental health issues. The greatest challenge currently being faced is trauma in children, either a on-time trauma event or on going trauma. She shared research shows trauma has the ability to chemically changed the brain and therefore certain outcomes in a person's life, therefore affecting families in our community. Contributing factors to family trauma were identified as; stressors, high risk behaviors, alcoholism, absence of a parent. She encouraged the community to become a supportive community and families and becoming healthy by learning how to communicate these issues in order for them to be addressed, assessed and resolved.

	Joy in Our Town #0701-1	28:30	12:33	LOCAL PA/O/E	08/08/2011	10:30 AM
					08/09/2011	2:30 AM
					08/11/2011	2:30 AM
					08/12/2011	12:00 PM
					08/13/2011	2:30 AM

Host Andrea Hardeman visits with Frank Castro Jr. Program Manager with the San Antonio Fatherhood Campaign. He introduced the target areas of his organization as he works training dads to become better fathers. All statistics have a root issue of fatherless ness 90% of youth in correctional facilities, 70% of high school dropouts etc. The process involves teaching fathers the social roles they are supposed to play in their family, re establishing the patterns of established behavior especially in the large Hispanic population here in our community. Some of the positive outcomes of working with families of San Antonio have been more fathers becoming actively involved in the life of their children. Mr. Castro explained the effects father absence has in a child, as they become adults. The need for extended kinship in our community where 33% of children do not have a dad. The core values of trust, respect, love and care are taught as the expectation for men who go through this process of learning how to parent.

	Joy in Our Town #0701-4	28:30	11:59	LOCAL PA/O/E	05/24/2010	10:30 AM
					05/25/2010	2:30 AM
					05/27/2010	2:30 AM
					05/28/2010	12:00 PM
					05/29/2010	2:30 AM

Host Andrea Hardeman visits with Alicia Walker, Family Specialist for NESID. The goal of this program is to make a connection between student life, school life and home life and successfully engage parents in the education process as well as teachers, counselors and such. Ms. Walker exp some of the challenges experienced in District 2, economic disadvantages in families who are part of NEISD schools. The effects these disadvantages have on kids are shame, embarrassment going into school without the proper attire, low participation in any school activities and even skipping school. The greatest challenges being faced are generational poverty, 3 family cycles per family, lack of language skills and job skills, not a lot of opportunities since parents and teenagers are competing for the same level of skilled work. She wrapped up the interview by sharing success stories from different successful students at NESID.

<i>Issue/Problem Family</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
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	Joy in Our Town #0804-2	28:30	12:34	LOCAL	PA/O/E	09/12/2011	10:30AM
						09/13/2011	2:30 AM
						09/15/2011	2:30 AM
						09/16/2011	12:00 PM
						09/17/2011	2:30 AM

Host Jessica Gonzales visits with Dawn White with Christian Assistance Ministry. She gave background information about the organization and its goal to stabilize the family crisis and refer them to long-term help. They have seen working families visit through the doors of this organization. She addressed the economic issues in our city as they pertain to low income families and their need to feed families on a low budget. She advised the community on steps to be taken to be healthy and keep a budget were water instead of soda, sugary juice etc. he recommended whole wheat bread and pastas etc. As contributing factors to family and children malnutrition could be the lack of education. Issues are being prevented by local partnerships with the San Antonio food policy council and SA Metro Health District.

	Joy in Our Town #0804-4	28:30	12:34	LOCAL	PA/O/E	09/26/2011	10:30 AM
						09/27/2011	2:30 AM
						09/29/2011	2:30 AM
						09/30/2011	12:00 PM

Host Jessica Gonzales visits with Margo De La Garza with Healthy Futures in Texas. Ms. De La Garza began the interview by providing background information about the organization. She explained the purpose and nature of work of the HFA Community coalition to reducing teen pregnancy in San Antonio. The current teen pregnancy rate at a national level is 1 in 3 and a higher percentile for Latino and African American population. Teen pregnancy is a multifaceted issue. In Texas 94% of students in schools receive abstinence or no sex educational at all. Abstinence plus is a new way of preventing teen pregnancy. Parent workshops and education is actively happening in our community where parents are encouraged to promote a healthy norm, sexuality is presented as a part of life rather than issue families don't talk about. The point of this campaign is to educate, prevent and encourage parents to inform their kids on where they stand on this issue, as well as establishing an open door policy and building a good self esteem for their kids. She addressed the usual misconceptions and dilemmas faced by teenagers when engaging in a relationship, this is where poor choices and unhealthy patterns are developed. The interview wrapped as she identified preventative methods and measures parents could use in their teenager's life. Not allowing teenagers to go on dates alone, supervise and not just take the child's word for truth, create socially healthy environments for kids to interact with each other.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Public Safety</i>	Joy in Our Town #0707-3	28:30	12:23	LOCAL	PA/O/E	08/22/2011	10:30 AM
						08/23/2011	2:30 AM
						08/25/2011	2:30 AM
						08/26/2011	12:00 PM
						08/27/2011	2:30 AM
						09/01/2011	3:30 AM
						09/08/2011	3:00 AM
						09/15/2011	3:30 AM
						09/22/2011	3:30 AM

Host Andrea Hardeman visits with Melissa Sparks, Public Information Officer with the San Antonio Fire Department. The purpose of the show was to cover safety precautions our community needs to take as we are in a season of severe drought. She advised the community on what is a proper way of grilling since it is such a summer activity. Being that San Antonio is a city surrounded by natural habitat and grass land we must be good stewards of where we live. She addressed the severity of drought season here in San Antonio. She presented the most recent natural disasters, in Texas more than 3 million acres have been burnt, millions of tax dollars are being invested in combating wild fires and because those are coming from Bexar County tax payers it is directly affecting our community in some way. She advised the viewers how to be preventative at home with fire safety issues. In Home safety issues such as inspecting heating and AC unit, cooking accidents and mishaps, the best way to respond in case of home fire is to call 911.

Joy in Our Town #0707-3	28:30	12:23	LOCAL	PA/O/E	08/22/2011	10:30 AM
					08/23/2011	2:30 AM
					08/25/2011	2:30 AM
					08/26/2011	12:00 PM
					08/27/2011	2:30 AM
					09/01/2011	3:30 AM
					09/08/2011	3:00 AM
					09/15/2011	3:30 AM
					09/22/2011	3:30 AM

Host Andrea Hardeman visits with Michelle Kleiss, public information officer with the San Antonio Police Department. She quickly identified the vehicle model and years that are being stolen in our community as pick up trucks, F-150's, Honda Civics older and newer models etc. Some of the existing crime in regards to vehicle theft is taking vehicles into the Rio Grand, breaking into vehicles at residences and public areas. The key way to prevent theft and provide safety for yourself and family is to be vigilant with your surroundings, layer protection offered by SAPD in partnership with HEB and other organizations by providing tracking systems and VIN numbers placed in a national data based to determine if a vehicle has been stolen. This has proven to significantly reduce auto theft in San Antonio and the country. This program addresses the recent statistics and methods of prevention in vehicle crime in our city. Partnerships with ICE, DPS and other local organization have been locally established in order to continue fighting this cause. Ms. Kleiss shared various methods to support *Hide, Lock Take* prevention local campaign and advised the community in case of experiencing auto theft or robbery the best thing is to give in and release your car. The best thing to do is use preventative tactics and be aware.

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

Joy in Our Town #0804-3		28:30	11:57	LOCAL	PA/O/E	09/19/2011	10:30AM
						09/20/2011	2:30 AM
						09/22/2011	2:30 AM
						09/23/2011	12:00 PM
						09/24/2011	2:30 AM

Host Jessica Gonzales visits with Jack Pike, Director of Disaster Services with the American Red Cross San Antonio Area Chapter. The interview begin by identifying the target population the red cross in San Antonio is serving and meeting various community needs. The are of interest was identified as Public Safety and he educated our viewers on hurricane season prevention and how to react and cope in case of any other natural disaster such as fires.

He encouraged all viewers to equip their homes with a first aid kit, make a plan ahead of time as well as keep all valuable documents and possessions in a place of easy access and portability in case of a natural disaster. He gave some examples of natural disasters, how people have responded and how to learn to prevent negative experiences.

Health/Mental Health

Doctor #307	to	Doctor	28:30	28:30	REC	PA/O/E	7/05/2011	9:30 AM
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Dr. Scott Hannen talked about food and suppression. Some foods can steal energy which can lead to being tired, rundown and feeling depressed. It's important to eat a balance diet and to exercise. **Dr. Ross Dorsett** talked about stroke. It is caused by areas of damage to the brain or spinal cord due to lack of blood flow. Risk factors include smoking, diabetes and high cholesterol. It's important to get medical attention with the onset of symptoms. **Dr. Mason Savage** talked about teeth whitening. It should not be performed if you have active tooth decay or periodontal disease. A dental exam should be performed prior to whitening to determine if you are an adequate candidate. Some problems cannot be corrected by whitening.

Doctor #308	to	Doctor	28:30	28:30	REC	PA/O/E	7/12/2011	9:30 AM
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Dr. Mike Ronsisvalle talked about stressed out marriages. Circumstances in a marriage change and that causes stress, which can lead to fading love. It's very common to disconnect from the very person we pledge to spend the rest of our lives with and make critical mistakes. It's important to commit to the commitment and be humble in the marriage. **Jessica Setnick** talked about calories. It is a measurement of how much energy your body could make after eating a particular food. Calories are the same, but the nutrients are not. Each person is different in the amount of calories needed and burned. It's important to eat a variety of healthy food and focus on what you are getting for your calories. **Dr. James Mittelberger** talked about hospice care. It empowers people to be able to make choices that allow them to have a good death. It provides an array of services for people facing life threatening illnesses. It also provides bereavement programs to continue to support the family after death.

Doctor #309	to	Doctor	28:30	28:30	REC	PA/O/E	7/19/2011	9:30 AM
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Dr. Doreen Lewis talked about the thyroid. Thyroid problems can result in constipation, cold hands/feet, weight gain/loss, anxiety and nervousness. It is very sensitive to imbalances such as sugar problems, hydrochloric acid deficiencies, milk allergies and gluten sensitivity. It's important to have a doctor check you T3, T4, T7 and TSH. **Dr. George Rhoades** talked about forgiveness. It is very powerful in controlling anger or healing from a past hurt. It's important to say I am sorry and I forgive you. **Dr. Mark Sheehan** talked about heart disease. It is the number one killer of both men and women. Risk factors include family history, age, smoking, hypertension, high cholesterol, diabetes and physical activity. It's important to eat a low fat/low cholesterol diet and get plenty of exercise.

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

Doctor #310	to	Doctor	28:30	28:30	REC	PA/O/E	7/26/2011	9:30 AM
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Dr. Rita Hancock talked about hidden stress. An underlying stress can result in medical conditions. Women tend to manifest stress more in terms of physical illness than men do. It's important to deal with stresses at the appropriate time and seek out counseling if necessary. **Dr. Randy Brinson** talked about Celiac Disease. It's a disease in the small intestine that does not allow for gluten to be digested. It can cause damage to the small intestine and result in diarrhea, bloating, distension, cramping and constipation. It's important to get diagnosed and eat a gluten free diet. **Dr. Jeffery Crowhurst** talked about diabetes and the foot. Diabetes can cause foot complications such as Neuropathy, nerve damage, and poor circulation. This can lead to foot sores, infections and amputation. It's important to seek treatment early for any foot problem.

Doctor #311	to	Doctor	28:30	28:30	REC	PA/O/E	8/02/2011	9:30 AM
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Dr. Bill Williams talked about TMJ. Symptoms can be headaches, clicking jaw, neck ache, dizziness, over close bites and grinding teeth. Jaw EMG Study, motion study, and K7 neuromuscular analysis are used to diagnosis a problem and treatment. **Dr. Charles Simmons** talked about safe guarding your home. Crawl and search your home for hazards. Children will pull items down or run into low set items such as a coffee table. Kitchens and bathrooms have water which doesn't take much for a child to drown in. **Dr. Jill Westkaemper** talked about Metabolic Syndrome. It can lead to heart attack and stroke. A person with Metabolic Disease will have three of the following: belly circumference great than 40 inches for a man and 36 for a woman, elevated blood pressure, elevated fasting blood sugar, fasting triglyceride level over 50 and low HDL. Losing weight will reduce your risk.

Doctor #314	to	Doctor	28:30	28:30	REC	PA/O/E	8/23/2011	9:30 AM
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Dr. Isabel Lopez talked about insulin resistance. An over abundance of carbohydrates can produce insulin that doesn't work very well. This can cause diabetes and for hormones to be released that keep you hungry. It's important to eat protein, exercise and to see your doctor. **Dr. James Krystosik** talked about Omega 3 fats. It helps reduce inflammation, balance hormones and improve memory function. You can get them from plants or cold water fish such as salmon, trout or tuna. **Dr. Carl Schmidt** talked about Candida. It's a digestive disorder in the small and large intestine that can impact the rest of the body. Microorganisms in the digestive tract get out of balance and create problems. It's important to eliminate sugar, eat a lean diet and take herbal supplements.

Doctor #315	to	Doctor	28:30	28:30	REC	PA/O/E	8/30/2011	9:30 AM
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Dr. Stephanie Blenner talked about Dyslexia. It is a deficient with phonological processing. There is difficulty in recognizing that words are made up of letters and they correspond to specific sounds. Early intervention is important, prior to the third grade, because the brain is still growing. **Dr. Dale Peterson** talked about food allergies. It is a sensitivity of the body's immune system to a specific substance. Symptoms can be delayed and can include headaches, chronic skin irritations, and behavior issues. Skin tests and elimination diet can be used to determine the allergy. **Dr. Bernice Gonzalez** talked about healthy living and weight loss. Extra weight can cause diabetes, high blood pressure, heart disease and stroke. It's important to rid the body of fat and maintain muscle. It's important to eat fresh veggies/fruit, drink plenty of water, pay attention to portion sizes and exercise.

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

Doctor #316	to	Doctor	28:30	28:30	REC	PA/O/E	9/06/2011	9:30 AM
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Dr. Valerie Saxon talked about cleansing. Toxins build up in our system via food, drinks and chemicals. They can get in the way of cellular communication. It's important to get back to basics and give the body what it needs to heal. Gerson therapy is a method that can be used to cleanse the body. **Dr. Wayne Gordon** talked about Alzheimer's disease. It is a classification of dementia. The biggest risk factor is age. It's a decrease in prior intellectual functioning. There is no cure, but medications can slow it down. **Dr. Rick Winick** talked about sustainable dentistry. The mouth and body are connected and need to be treated as a whole. It's important to diagnosis an infection and treat it. It's important to look at nutritional deficiency, ph levels and take a proactive approach.

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

Doctor #318	to	Doctor	28:30	28:30	REC	PA/O/E	9/20/2011	9:30 AM
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Dr. Barbara Madden talked about hearing loss. Conductive hearing loss is when sound is not transmitted. This can be caused by fluid or ear wax. Sensorineural hearing loss in the inner ear caused by loud noises and cannot be medically corrected. Hearing aids can improve the quality of life. **Dr. Sylvia Johnson** talked about weight. It is a vital part of your life and there is no easy way to lose it. You need to look at your BMI, BMR and Fat Mass. It's important to consume less calories and burn more. **Dr. Allen Moore** talked about stress. It is the number one link to the number one killer which is heart disease. Symptoms can be insomnia, irritability, fatigue, headaches and loss of appetite. It's important to determine if you are stressed, to spend time with God and exercise.

San Antonio Community Educational Television, INC.

Quarterly Report

October, November, December 2011

KHCE-TV San Antonio, Texas

Ascertainment List

Leading Community Problems

Results of ascertainment from civic leaders, responses by telephone from KHCE viewers, from the Printed media, comprising newspapers, magazines, publications, and from television and radio, Whenever possible.

Civic Affairs

Crime

Minority

Youth

Health

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

Joy in Our Town #0601-7	28:30	12:29	LOCAL	PA/O/E		10/3/2011	10:30AM
						10/13/2011	3:00AM
						10/20/2011	3:00 AM
						10/25/2011	3:00AM
						10/31/2011	10:30AM
						11/24/2011	12:30PM

Host Andrea Hardeman visits with Judge Renee McElhaney with the 73rd District Court. The program consisted of Judge Renee informing the community about Jury Duty. She explained the system and the process of jury duty and encouraged our community to see it as a constitutional right and encouraged them to enforce it. Current issues being faced in court are related to jury duty, people who see it as a negative thing rather than an opportunity. The qualifications for someone to be part of a jury were mentioned, being a U.S. Citizen, a Bexar County resident and have a clean record. Judge Renee also identified some exceptions to jury duty, if someone is a full time student, full time care giver for a child or an elder in the family or deployment. The interview turned a different direction when she presented the current family law cases being tried in her court.

Joy in Our Town #0601-7	28:30	10:55	LOCAL	PA/O/E		10/3/2011	10:30AM
						10/13/2011	3:00AM
						10/20/2011	3:00 AM
						10/25/2011	3:00AM
						10/31/2011	10:30AM
						11/24/2011	12:30PM

Host Andréa Hardeman visits with Judge Renee McElhaney with the 73rd District Court. The interview began by the identification of cases being tried in the 73rd court directly affecting and exposing the condition of families in Bexar County. 70% of cases are family law, CPS related, and divorce cases. Due to the family crisis experienced in Bexar County a large population of grandparents has been standing in the gap to be the primary caregivers and legal guardians of children until the parents can become healthy. After trials, parents who are suitable for intense parenting mentoring are referred to local organization and partnerships who are working together such as Catholic Charities, BCFS< Communities in Schools and San Antonio Fighting Back. This is a way to provide solutions for the current parenting and family crisis in our community.

Joy in Our Town #0804-4	28:30	10:55	LOCAL	PA/O/E		10/01/2011	2:30AM
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Host Jessica Gonzales visits with Judge John Fleming of Bexar County Court #1. The focus is treating cases referred to the drug court, providing treatment and recovery for individuals. Issues currently being faced in our community are unemployment, depression and crime. The process of the drug court was explained during this interview, assessment, treatment schedule and regiments, the level of participation differs from a regular court since there is a greater sense of accountability established for people being treated. The statistics for last year are at 120 graduates, 21% have been reenlisted into the program. There are over 200 cases filed in the drug court. Some of the contributing factors to the numbers being so high are family issues, escalation in crime and misdemeanors and substance abuse is a coping mechanism. The court is benefiting the community by saving money, and providing community safety.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Civic Affairs</i>							
	Joy in Our Town #1027-2	28:30	12:26	LOCAL	PA/O/E	11/22/2011	10:30 AM
						11/22/2011	2:30 AM
						11/24/2011	12:00 PM
						11/25/2011	12:00 PM
						11/28/2011	10:30 AM
						12/2/2011	12:00 PM

Host Keely Petty visits with Mr. Hector Villarreal director with San Antonio Coalition for Veterans. The interview began by host Petty asking the guest to share the background of the organization, this is a non-profit organization that serves veterans and their families in San Antonio. Mr. Villarreal identifying the local issues related to the veteran population currently affecting our community. The greatest barrier once a soldier comes back from combat is to reintegrate into society, their family, normal life and the work force. Veterans who were affected physically and emotionally usually find themselves alone through this process, assimilation needs to take place in their lives and they each need a supportive community for this to take place successfully. The predominant issues are the change of lifestyle, anxiety, paranoia, guilt, self-medication, drug abuse and alcohol abuse when they return back to their "normal" life.

	Joy In Our Town #1027-1	28:30	12:26	LOCAL	PA/O/E	12/16/2011	12:00 PM
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Host Andrea Hardeman visits with Dr. Cem Maxwell, Deputy Director of San Antonio Joint Program Office (SAPO). Dr Cem began by talking about the new construction happening around San Antonio on all our Military Bases like BRAC and Fort Sam Houston, due to new government funding. Also a number of renovations are happening like the Army Installation Management command that is moving from Washington D.C. to San Antonio. Currently 160 projects are being worked on in San Antonio including the completion of Bamsey Medical. Dr Maxwell also spoke about the relief that is coming to the surrounding neighborhoods because of the renovations to the surrounding streets at Sam Houston and new multi car entrances and exits that are under construction.

Crime

	Joy in Our Town #0901-2	28:30	12:33	LOCAL	PA/O/E	10/17/2011	10:30 AM
						10/18/2011	2:30 AM
						10/20/2011	2:30 AM
						10/21/2011	12:00 PM
						10/22/2011	2:30 AM

Host Jessica Gonzalez visits with Nellie Garay, founder of When Love Hurts Ministry. She introduced the focus of the program and the goals to empower women who are victims of domestic abuse. She accomplished this by linking the community families to various community services, such as S.A.F.E. with the San Antonio Police Dept., Jewish Family Services, and other family service organizations in our community. She described the domestic model of abuse in our community. She shared local statistics pertaining domestic/violent relationships, 1 in 4 women. She also address teen dating and violence, 12,633 violent acts were recorded by San Antonio Police Dept. in the year 2005 and there is a rapid increase. The number one resource to report domestic violence is 911 as identified by Ms. Garay. She also identified domestic abuse as verbal, physical, sexual, a control of finances and the home economy. She shared the contributing factors to victims of domestic violence as the following: modeled behavior, control issues etc. Some other overlapping issues are homelessness, unemployment, life skills and language skills.

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

Joy in Our Town #0901-4	28:30	12:29	LOCAL	PA/O/E	11/07/2011	10:30 AM
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Host Jessica Gonzales visits with Trianna Johnson, Advocate with Stop Child Trafficking Now San Antonio. The interview by introducing the mission and vision of the organization and the local work being planned in order to Fight child trafficking in San Antonio. The goal is to end the demand, working to locate users , and prosecute them. Trianna introduced the reality of this issue currently affecting our community, field missions who serve to gather information and turn in into law enforcing authorities. The GT rescue database is another way to reach She explained people usually tend to want to ignore such a horrible issue. Trianna also shared national and Local statistics in order to inform and create an awareness for the viewers. Ms. Johnson shared a success story with the audience and again reinforced the importance of community awareness and education in this issue and how children can be rescued through the work of our community.

Joy in Our Town #0914-4	28:30	12:29	LOCAL	PA/O/E	11/07/2011	10:30 AM
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Host Jessica Gonzales visits with Chris Burchell, executive director of and founder of Texas Anti Trafficking in Persons. The interview begin by Mr. Burchell introducing the organization and its mission here in San Antonio. It serves to identify victims of human trafficking, the different face of slavery is being exposed through a number Of crimes committed against children in our community. These crimes committed against children usually take placed on "the dark side of the internet", radio and truck stops in our community. Mr. Burchell identified run-away youth as the most targeted age group by pimps and solicitors. The community is being empowered through this task force through education and awareness, local law enforcement is also currently receiving training to be able to address this crime. Mr. Burchell shared the local partnerships with over 36 organizations who offer to help the victims of these crimes. He shared the average age of 13 and 14 year for both male and females as the entry age. He addressed viewers who are parents of young kids, to remain vigilant of all activities with friends, on the internet, phone calls and texts, since unfortunately pimps look for unsupervised kids who are vulnerable.

Joy in Our Town #1110-2	28:30	12:29	LOCAL	PA/O/E	12/26011	10:30 AM
					12/30011	12:00 PM

Host Andrea Hardeman visits with Martha Pelaez, executive director of Family Violence Prevention Services in San Antonio. The interview began by asking Ms. Pelaez to share the background of the organization and the current work they organization is doing in our community. Ms. Pelaez quickly address local issues affecting our community that are leading root causes of domestic violence against women, although some cases where men are also victims of this crime. The greatest need right now in our community is to find a housing solution for the elderly population currently staying in the battered women's shelter. She identified the economy, stress, unemployment, divorce and other issues that create home stress, young adults who are affected by these issues are in need to move in back with their parents, in their home. Ms. Pelaez identified this to be a strange dynamic and shared the new statistics of grandparents, parents being verbally, physically and emotionally abused by their own family and children. Ms. Pelaez, shared with the community ways to avoid this type of abuse, to contribute by reporting abuse and also shared about the new plan to build an additional shelter for elderly men and women affected by domestic abuse, something never before experienced in our san Antonio community.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Minority</i>	Joy in Our Town #0901-3	28:30	11:27	LOCAL	PA/O/E	10/24/2011	10:30 AM
						10/25/2011	2:30 AM
						10/27/2011	2:30 AM
						10/28/2011	12:00 PM
						10/29/2011	2:30 AM

Host Jeesica Gonzales visits with Linda A. Brandmiller, Director of Immigration Services with the Catholic Charities Archdiocese of San Antonio. She begins the interview by sharing the background of the organization, identified as one of the largest non-profits in San Antonio.

Their immigration department, works directly with low income, victims of crimes committed against them such as, domestic abuse, human trafficking, death threats etc. The services are also extended to U.S. citizens who are trying to bring their family from a different country. They are helped in an individual and case by case basis. The clients vary from legal immigrants, illegal immigrants, refugees, options open and offered per case are generally, for those having resided in the US for less than a year, refugees etc. they may qualify for asylum. Most recently the priorities for the over 300,000 Open cases in the U.S. this announcement only applies for people who are already under a case in the immigration system. The immigration laws currently make it impossible for the families under this status to remain together, people who have made a mistake in the past and now have a record. The Dream Act proposed for the children who have illegally and unknowingly entered the United States and who want to pursue a higher education but cannot due to their immigration status. One of the ways immigration affects our community is the evident "us and them" mentality, the population tends to neglect the fact that immigrants are also a vital part in our community and they too contribute to the economy and the community we live in, Ms. Brandmiller stated immigrants strengthen our community.

Joy in Our Town #1027-3	28:30	11:57	LOCAL	PA/O/E	12/05/2011	10:30 AM
					12/09/2011	12:00 PM

Host Keely Petty visits with Ms. Adela Flores, executive director with Hispanas Unidas. She began the interview by giving background information about the organization. Hispanas Unidas is a non-profit in San Antonio who works in the local school districts through the "Escuelitas" program, designed to empower young latina women to break stereotypes, family cycles of teen pregnancy and poverty and foster values in their lives. One of the greatest issues affecting San Antonio is teen pregnancy, the local statistic is higher than the national teen pregnancy rate.

Hispanas Unidas, works in a holistic way to address many of the contributing factors that lead to issues affecting young minority women in the community. The importance of using a culturally sensitive program is being implemented in Edgewood ISD in order to reach young Latinas living in this area of San Antonio.

Ms. Flores, identified the lack of priorities for education, family stress etc.

The collaborations currently in place with other local organizations such as The Martinez's Street Women's Home, and the city of San Antonio are working together to empower young latina women in San Antonio in an after school program setting.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
<i>Minority</i>	Joy in Our Town #1110-2	28:30	11:56	LOCAL	PA/O/E	12/26/2011	10:30 AM
						12/30/20101	2:30 AM

Host Andrea Hardeman visits with Anais Biera Miracle, Communications Director with Girls Inc. San Antonio. The interview began by Ms. Biera sharing background information of the organization and educating the viewers on the services they provide to minority and latina girls ages 6-18 in San Antonio. The issues identified by Ms. Beira were low income families struggling to make ends meet, this affects young women, their self esteem, self worth, they have to overcome the messages being received by media, family, school peers etc. in order to become successful and self sufficient women in our community. The services are designed to inform and equip young girls to learn the necessary skills in order to make decisions when life happens. A lot of teenagers especially girls in our community have a tendency to become easily discouraged, so therefore it is important as a community to become involved and educate young girls. A contributing factor to teen pregnancy as identified by Ms. Biera, is the lack of a strong parental figure, mom or dad. Peer pressure, bad use of social network and media outlets are also contributing factors to the lack of self esteem and are affecting young women in our society.

Youth

<i>Youth</i>	Joy in Our Town #0901-3	28:30	12:25	LOCAL	PA/O/E	10/24/2011	10:30 AM
						10/25/2011	2:30 AM
						10/27/2011	2:30 AM
						10/28/2011	12:00 PM
						10/29/2011	2:30 AM

Host Jessica Gonzales visit with Shara Pierce with South Texas Pregnancy Care Center. The interview began by Ms. Pierce sharing background information about the organization it helps women in crisis pregnancy settings. Some of the issues being faced in the community are early pregnancy, teenagers in school who are facing big life decisions, becoming a parent and making a parenting plan, giving up your child for adoption, and health risks of having an abortion, medical procedures and such. Some of the contributing factors in Texas and especially San Antonio are the cultural acceptance of early pregnancies, the lack of sex education by parents at home to their kids and teenagers, discussing sexual topics at home is uncomfortable and often a taboo topic. Ms. Pierce, encouraged parents to begin the tough conversation by asking questions and allow the kids to answer freely without judgment. Our community is affected economically but the morale of the community is affected more, if one teen is in a crisis situation we must take the social responsibility to help them in their crisis and hopefully be able to break some cycles. The interview ended by Ms. Pierce sharing a success story about a client who received their services.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
Youth	Joy in Our Town #1027-2	28:30	12:26	LOCAL	PA/O/E		
						11/21/2011	10:30 AM
						11/22/2011	2:30 AM
						11/24/2011	12:00 PM
						11/25/2011	12:00 PM
						11/28/2011	10:30 AM
						12/2/2011	12:00 PM

Host Keely Petty visits with Vanessa Rodriguez, communications director with CASA of San Antonio. She began the interview by sharing the services offered to the children and families of our community by their organization, through court appointed volunteers.

One of the biggest myths are that children are placed in a great foster home after they are removed, the reality is that a large number of children fall into the cracks of the system. CASA recruits, seeks and trains court appointed volunteers for each child. Each volunteer is able to select the child they want to represent according to the severity of the case, age, gender, home and family background etc. She addressed the issue of child abuse and neglect and address common misconceptions of cases affecting only a certain type of families, since abuse and neglect is around all San Antonio. 33% of CPS cases have legal representation, leaving a large percentage of children without representation, this is why it is imperative for the community to become involved in these cases.

Joy in Our Town #1027-1	28:30	12:26	LOCAL	PA/O/E			
						12/16/2011	12:00 PM

Host Andrea Hardeman visits with Cynthia LeMonds CEO of San Antonio Youth. The interview began to take place by Ms. Andrea asking Ms. Cynthia to introduce the organization's background. SA Youth is a local non profit organization who services over 3,600 inner city youth an year. Some issues affecting the local youth in our community were identified as a high school drop out rate, teen and early pregnancy, poverty and low income living situations with families. Students need a motivating factor to continue on and become encouraged about pursuing an education and a better life. Other challenges currently being faced by teenagers in our community are 75% live in households earning under. The interview elaborated on a recent publication by SA Youth called "Education Matters" this is a publication that highlights the work this organization is doing in the community of San Antonio and has created more exposure for the organization and therefore their services for teenagers in San Antonio and the school districts who they partner with during their mentoring programs.

<i>Issue/Problem</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Segment Duration</i>	<i>Source</i>	<i>Type</i>	<i>Air-Date</i>	<i>Time</i>
Health	Joy in Our Town #0901-1	28:30	12:26	LOCAL	PA/O/E		
						10/10/2011	10:30 AM
						10/11/2011	2:30 AM
						10/13/2011	2:30 PM
						10/14/2011	12:00 PM

Host Jessica Gonzales visits with Ms. Melanie Lane, Clinical Director for Center for Health Care Services Restoration Center in San Antonio. Ms. Lane is a MSW and a member of the circle of hope, a national organization that travels around doing public speaking events to educate women in communities around the country and the community in San Antonio.

Fetal Alcohol Spectrum Disorder affects 40,000 babies born a year, in the San Antonio community it is a very unknown and uncommon disorder and there is a need for awareness in a public level. FASD is a totally preventable disorder, consuming any amount of alcohol during pregnancy puts your child at risk. She referred to the national website for FASD and the state task force for information. One of the main goals of the Texas prevention Task force is to create a 10 year strategic plan, the first step is to increase the education in local clinics, increase the number of diagnostic clinics, a lot of the children who are born with this defect can be often misdiagnosed and do not receive the intervention they need at the correct age. There are a lot of ways FASD can affect a child, with cognitive disorders, behavioral disorders, growth and development of child in womb and at birth. Ms. Lane, informed the community about various organization whom she partners with in the community, Alpha Home, Christus Santa Rosa, substance abuse prevention programs. Ms. Lane informed the community there is hope available for women who are currently abusing alcohol and drugs in order to help the families and the children of our community. She stressed a need for awareness in our community.

Joy in Our Town #0901-1	28:30	12:26	LOCAL	PA/O/E			
						10/10/2011	10:30 AM
						10/11/2011	2:30 AM
						10/13/2011	2:30 AM
						10/14/2011	12:00 PM

Host Jessica Gonzales visits with Joan Lawhon and advocate and survivor with Susan G. Komen for The Cure. Ms. Lowhan gave background of the organization, currently it is empowering people. Ms. Lowhan address some areas of preventive care,

It is recommended to get checked once a year, if in case there is a risk due to breast cancer in the family, see a physician for prevention treatment. She stressed the importance of all women, even the early stages of late teen years to be aware of what their body looks and how you feel. Some of the procedures once cancer was diagnosed options are Mastectomy, Chemotherapy, vasectomy for men. During the year Komen has community education seminars, screenings, referrals etc.

Ms. Lawhon is also a promoter, who is a person who knocks door to door their goal is create awareness to local women about screenings, prevention programs, where to get a mammogram and free services.

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

Joy in Our Town #0901-2	28:30	12:26	LOCAL	PA/O/E	10/17/2011	10:30 AM
					10/18/2011	2:30 AM
					10/20/2011	2:30 AM
					10/21/2011	12:00 PM
					10/22/2011	2:30 AM

Host Jessica Gonzales visits Jacob Wasonga, researcher with the San Antonio AIDS foundation. He began the interview by providing background information about the organization. The organization services clients who have tested HIV positive, with case management services and housing. Mr. Wasonga, clarified the difference between being a carrier of the HIV virus vs. having AIDS. The first means you can still live a healthier life if you provide the proper care for yourself. Mr. Wasonga elaborated on the type of case management that is offered to the population of San Antonio who are affected by it. He tackled a lot of myths of how people can spread and get the virus, an often misconception is kissing someone, via their saliva which he said it is not true. The research and data gathering he is currently working on is based on prevention services, he hopes to eradicate the stigma that come with having AIDS. Mr. Wasonga shared local statistics with those being affected by AIDS, he identified the young adults to be at a higher risk due to sexual practices and multiple sexual partners and lack of proper protection. In order to be tested someone must keep in mind all information provided to the health care professional is completely confidential, one of the steps to combat this issue is engaging in safer sexual practices, avoid the use of drugs, needles. He shared some of the signs of how to become aware if you are affected by HIV, the virus has a 3 month incubation period, he shared some of the symptoms and referred viewers to visit the full list of information on the current website.

Doctor #321	to	Doctor	28:30	28:30	REC	PA/O/E	10/11/2011	9:30 AM
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Dr. George Rhodes talked about biblical parenting. Many times parents don't follow through or lack consistency in their parenting. Parents need to be a role model for their children and train their child starting at birth. It's important to know the personality of the child and to guide them accordingly. **Dr. Mark Sheehan** talked about congestive heart failure. This is when the heart function has been weakened to the point where it's no longer doing the job the body requires. It can be caused by coronary artery disease, hypertension, valve disease and cardiomyopathy. Symptoms can be shortness of breath and fatigue. Medications, pacemakers and heart transplants are ways to help fight it. **Dr. Chip Null** talked about chiropractic care. The spin, that protects the nerves, can get knocked out of position and put pressure on the nerves. Pinch nerves can cause pain in the back, neck and cause headaches. An adjustment can put the spin back into position. It's important to maintain proper posture when sitting, standing and sleeping.

Doctor #322	to	Doctor	28:30	28:30	REC	PA/O/E	10/18/2011	9:30 AM
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Dr. Jill Westkaemper talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. **Dr. Leonard Scott** talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. **Dr. Janet Poole** talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.

Doctor #323	to	Doctor	28:30	28:30	REC	PA/O/E	10/25/2011	9:30 AM
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Dr. April Speed talked about breast cancer. It's important for women to be aware of their own breasts and know what normal is like for them. Things to look for are redness, swelling or thickening. If there is a problem, it's important to get a mammogram. If you get a call back about something abnormal, then follow up immediately. It's important to eat plenty of healthy food and to exercise. **Dr. Wayne Gordon** talked about Migraine Headaches. Symptoms include one sided throbbing or pounding, nausea, vomiting, light and noise sensitivity. It can last from 4-72 hours. Relaxation techniques, massage, medications and preventative medications can help reduce them from occurring. **Dr. Thomas Di Stefano** talked about hip replacement. It has a longevity problem because it can cause bone loss, difficulty in repeating surgery, complications and success rates decrease. They are looking at other options such as ceramic on ceramic, metal on metal and ceramic on cross-linked polyethylene.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #324	28:30	28:30	REC	PA/O/E	11/15/2011	9:30 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.

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

Doctor to Doctor #327	28:30	28:30	REC	PA/O/E	11/29/2011	9:30 AM
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Dr. Bettye Alston talked about sugar free holiday desserts. It's important for diabetics to not elevate their blood sugar, but still be able to enjoy desserts. You can make smoothies and tarts by using certain ingredients that diabetics can enjoy. **Dr. Malcolm Hill** talked about holiday stress. Stresses are situations that come into our life that causes us to have to change. It can lead to high blood pressure, heart attack, stroke, diabetes and depression. It's important to live within our means, exercise daily, drink plenty of water and eat a plant based diet. **Dr. Brian Nimphius** talked about health care vs. sick care. Health care is preventative and involves eating right and exercising. It's taking the necessary steps to make sure your body stays healthy. Sick care is reactive and it's waiting until you are sick to seek care. It's not exercising and not eating right.