

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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KLUJ TV-44/KLUJ DT-34 Harlingen

1ST QUARTERLY REPORT January, February, March 2009

REPRESENTING SAMPLING ASCERTAINMENT FROM CIVIC LEADERS, RESPONSES BY TELEPHONE FROM CET VIEWERS, FROM THE PRINTED MEDIA, CONSISTING OF NEWSPAPERS, MAGAZINES, PUBLICATIONS AND FROM TELEVISION AND RADIO WHENEVER POSSIBLE.

HEALTH
FAMILY
YOUTH
EDUCATION
CRIME

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF THE CET PROGRAMMING ADDRESSING THE ISSUES/PROBLEMS DETERMINED TO BE IMPORTANT, FOLLOWING FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE FIRST QUARTER 2009: JANUARY, FEBRUARY, MARCH

THE FIGURE DESIGNATED AS TOPIC SEGMENT DURATION IS BASED ON OUR GOOD FAITH JUDGMENT AND MAY NOT REPRESENT EXACT TIME.

KLUJ - TV 44 HARLINGEN, TEXAS

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
HEALTH	JOY IN OUR TOWN #07-09	29:00	14:00	L	PA/O	02/09/09 10:30AM 02/10/09 2:30AM 02/12/09 2:30AM 02/13/09 12:00PM
	<p>Mary Campos welcomes Dawn Rodriguez-RN from Harlingen Medical Center. Maintaining a healthy weight is something everyone should strive for. If you have medical conditions caused by being overweight then you may consider diet and exercise or having surgery for weight loss like a lap band procedure, gastric sleeve, and a gastric bypass. Surgical procedures are usually considered by your physician when they look at your Body Mass Index and your medical conditions. Mrs. Rodriguez says the internet is great to learn about these procedures and diets as well or you can always call her and she will provide you with information.</p>					
	JOY IN OUR TOWN #09-09	29:00	14:00	L	PA/O	02/23/09 10:30AM
	<p>Frances Benavides welcomes Dr. Pablo Tagle Jr. DDS from McAllen. There are two types of gum disease Gingivitis and Periodontal disease. With Gingivitis there are swollen gums and bleeding while Periodontal disease there is bone loss around the tooth and your teeth get loose. Periodontal disease can be caused by genetics, lack of maintenance, hormonal levels on women and bacteria in saliva that can be transferred into your blood stream by kissing or drinking from the same glass. Dr. Tagle says it can be prevented by brushing, flossing, and visiting your dentist or hygienist every 6 months and told how to keep your teeth.</p>					
HEALTH	JOY IN OUR TOWN #09-09	29:00	14:00	L	PA	02/23/09 10:30AM
	<p>Frances Benavides welcomes Dr. Pablo Tagle Jr. DDS from McAllen. Headaches in dentistry 90% of the time are due to stressed muscles or tension headaches. When you have a bad bite or even missing some teeth you are stressing and overworking your muscles so they will cause headaches. Grinding and clenching your jaw while sleeping also causes headaches. Headaches can be solved by placing a guard in your jaw to provide a more balanced and relaxed position. Dr. Tagle says there is a 90-95% success rate with the guards, but you need to find someone who knows how to make them and adjust them.</p>					

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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HEALTH	JOY IN OUR TOWN #10-09	29:00	14:00	L	PA/O	03/02/09 10:30AM 03/03/09 2:30AM 03/05/09 2:30AM 03/06/09 12:00PM
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Frances Benavides welcomes Alvaro Restrepo, M.D. Oncologist, and Anabel Arellano Oncology Liaison from Texas Oncology McAllen. Colon Cancer is the third most common cancer in adults over 50 and 1/3 of the cases will not survive more than 5 years after diagnosed. A person life expectancy depends on the size of the tumor, location, or if it is already in other areas like the lymph nodes, liver, lungs or bones. Colon cancer can be genetic but it can be preventable by taking a blood test to determine if you have those genes and take preventative measures prescribed. Dr. Restrepo and Ms. Arellano say getting informed, asking questions and learning plans of actions is good for everyone so they can be aware of colon cancer.

HEALTH	JOY IN OUR TOWN #11-09	29:00	14:00	L	PA/O	03/09/09 10:30AM 03/10/09 2:30AM 03/12/09 2:30AM 03/13/09 12:00PM
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Frances Benavides welcomes Enrique Griego M.D. from Guajira Family Clinic & Diabetes Care. Diabetes is seen more in the Hispanic population and they are either Type I or Type II. Type I is an auto immune disease in which the body develops antibodies that destroys the cells in the pancreas making them stop producing insulin. Type II has a genetic disposition plus obesity and a sedimentary lifestyle can contribute to it. Type I can be managed by diet, exercise, and insulin if needed as for Type II it can be controlled by diet, exercise, weight reduction, oral medications, then progress to insulin. Dr. Greigo says Diabetes is a preventable disease so don't wait for complications to occur.

Doctor #193	to	Doctor	28:30	28:30	REC	PA/O/E	01/06/2009	11:30 AM
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Dr. Scott Farhart talks about bulimia being an excessive eating cycle of bingeing followed by purging. Some consequences are dehydration, hypoglycemia, potassium loss and esophagus or stomach tears. Healthcare professionals such a dentist or doctor may notice changes over time. **Dr. Robert Gear** talks about Scoliosis meaning the "side bending of the spine". There are various levels of it depending on what region of the spinal cord is being affected. Treatment can greatly improve the curving of the spine. **Dr. David ERB** talks about how to cure asthma. It's important to decrease medication, inflammation, intensity of workout and to make sure your back/neck are adjusted. It's important to find a doctor that specialized in Asthma.

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KLUJ - TV 44 HARLINGEN, TEXAS

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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FAMILY	JOY IN OUR TOWN #01-09	29:00	14:00	L	PA/O	01/01/09 2:30AM 01/02/09 12:00PM
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Frances Benavides welcomes Social Service Outreach Coordinator Areli Bustos from the Food Bank of the Rio Grande Valley. The Social Outreach Services that they offer is assistance in the application process for food stamps, Medicaid, CHIPS, TANIF, and Women's Health. Basically they provide you with the required documents, assist you with the applications, and submit them for you to the Human Services Dept. who lets you know if you qualify. Mrs. Bustos reminds us that they offer free services to everyone with the Food Pantry and Healthy Living program which are classes on nutrition education, so feel free to call them or look them up on the web.

FAMILY	JOY IN OUR TOWN #02-09	29:00	14:00	L	PA/O	01/05/09 10:30AM 01/06/09 2:30AM 01/08/09 2:30AM 01/09/09 12:00PM
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Mary Campos welcomes Victim Advocate for MADD, Ana M. Verley. MADD's mission is to stop drunk driving and help the victims of these crimes. The valley has a large amount of drunk drivers more than anywhere else here in Texas. MADD helps by making initial contact with the victim and helping them with emotional support, and helps them with compensation. They keep the family informed when the trial dates are and once in court they explain the judicial process and what is going on. Mrs. Verley says if anyone needs to get a hold of them they can always call and leave a message and they will get back to them or reach them through the web.

FAMILY	JOY IN OUR TOWN #03-09	29:00	14:00	L	PA/O	01/12/09 10:30AM 01/13/09 2:30AM 01/15/09 2:30AM 01/16/09 12:00PM
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Frances Benavides welcomes Director/Pastoral Counselor Steven Benavides from Bridge Pointe Counseling Center. Domestic Violence is when someone uses force or assault to inflict violence on someone and it will continue in a cycle unless it is stopped. The valley has 57% first generation immigrants so they may see domestic violence as acceptable but it may take awhile for the next generations to become Americanized and realize that their cultural norms are no longer accepted. Domestic violence can be seen in different forms like threats, intimidation, put downs and isolation. Mr. Benavides says though laws for domestic violence are fairly recent, people still need to get educated in order to stop the violence from continuing to occur.

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	JOY IN OUR TOWN #03-09	29:00	14:00	L	PA/O	01/12/09 10:30AM 01/13/09 2:30AM 01/15/09 2:30AM 01/16/09 12:00PM
	<p>Frances Benavides welcomes Director/Pastoral Counselor Steven Benavides from Bridge Pointe Counseling Center. Divorce from a child's perspective is when parents decide they can't live together anymore while parents see it as a legal document which gives them freedom to remarry and many of them do. The child's age, personality, and their characteristics will determine how the child will cope with the divorce. Some children tend to think they are the reason for their parent's divorce and internalize blame on themselves so it can be very traumatic for them and they may need counseling. Mr. Benavides says couples should work on their marriages by communicating and try to solve their problems before they become serious and lead to a divorce, therefore; sparing their children the trauma that comes from divorce.</p>					
FAMILY	JOY IN OUR TOWN #04-09	29:00	14:00	L	PA/O	01/19/09 10:30AM 01/20/09 2:30AM 01/22/09 2:30AM 01/23/09 12:00PM
	<p>Frances Benavides welcomes Director/ Pastoral Counselor Steven Benavides from Bridge Pointe Counseling Center. Counseling in the Hispanic Culture is fairly new especially among the immigrant population so counselors need to know and appreciate the culture in order to properly help their clients. The Hispanic population is typically type cast with as the macho man with the submissive wife . Also families are big in the Hispanic culture so a lot of them live together and support one another. Mr. Benavides also says the Hispanic culture does not like to be assertive but will go out of their way in order to not insult someone so counselors should know what they are dealing with.</p>					
FAMILY	JOY IN OUR TOWN #11-09	29:00	14:00	L	PA/O	03/09/09 10:30AM 03/10/09 2:30AM 03/12/09 2:30AM 03/13/09 12:00PM
	<p>Frances Benavides welcomes Marina Rodriguez Project Director for Valley International Community Development Corporation. Mentoring to children whose parents are in prison is something that is being offered at VICDC .Children need someone to take the time and effort to bring hope and vision to them. Make them realize that there are other alternatives and they don't have to make the same mistakes their parents did. In order to be a mentor there is background check, criminal background check, and sexual offender list is checked then there are interviews and surveys to be taken. Miss Rodriguez says anyone wanting to mentor is welcome so come to apply and they do have to go through some training.</p>					

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FAMILY	JOY IN OUR TOWN #13-09	29:00	14:00	L	PA/O	03/23/09 10:30AM 03/24/09 2:30AM 03/26/09 2:30AM 03/27/09 12:00PM
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Frances Benavides welcomes Counselor Yolanda S. Hill from Hill Living Well, Inc. Children as young as 2 and 3 years old can be taught to be better people by teaching them 6 values. The first is to be kind by being nice to people and the second is to love. The third is gratitude shows them how to say thank you for the things they have and the fourth is learning to forgive by admitting they made a mistake and saying they are sorry. The fifth and sixth are being Patient and understanding we are all human and we need to learn to change our attitude and be an example. Mrs. Hill says everyone can learn from these values even adults so they should be the role models and help child learn by example.

YOUTH	JOY IN OUR TOWN #01-09	29:00	14:00	L	PA/O	01/01/09 2:30AM 01/02/09 12:30PM
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Frances Benavides welcomes Juvenile Probation Officer Rene Valencia Jr. from the Hidalgo County Juvenile Probation Dept. A Runaway is defined as a juvenile that leaves home without the parent or guardian's consent for a substantial length of time with no intent of returning home. A Runaway is a child in need of supervision and there can be many factors leading to it like physical, emotional, and sexual abuse at home or leaving with an older person to get married. 30 to 35% of the youth are runaways and 50% of them are females between 12 – 16 years old. Mr. Valencia says parents need to know their rights and they also need to communicate with their children.

	JOY IN OUR TOWN #07-09	29:00	14:00	L	PA/O	02/09/09 10:30AM 02/10/09 2:30AM 02/12/09 2:30AM 02/13/09 12:00PM
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Frances Benavides welcomes Counselor Yolanda S. Hill from Hill Living Well, Inc. Attention Deficit Hyperactivity Disorder (A.D. H. D.) and Attention Deficit Disorder (A.D. D.) are chemical disorders that affect youth. A.D.H.D. is noted with hyperactivity, assertiveness, low attention span, though some can be controlled by diets and determining what is bothering them. A.D.D. is noted for its low attention span and can be easily distracted. Mrs. Hill feels that counseling should be considered before ever starting a child on medications because sometimes that is all it takes to help kids change. Mrs. Hill says children can change but parents need to be involved and be committed in order for the child to change for the better.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
YOUTH	JOY IN OUR TOWN #12-09	29:00	14:00	L	PA/O	03/16/09 10:30AM 03/17/09 2:30AM 03/19/09 2:30AM 03/20/09 12:00PM
<p>Frances Benavides welcomes Counselor Yolanda S. Hill from Hill Living Well, Inc. Abuse whether it's parental, emotional, physical, or sexual, it all has a difficult process of healing. A lot of times parents have anger problems or other issues that they need to deal with so CPS has parenting skills that they have to go through and then go to individual counseling . The first step in any kind of relationship abuse is that they have to be willing to change, and let out the pain then they are ready to receive and forgive. Mrs. Hill says once this is done then the healing process can take place and the length depends on the individual person and how much hurt he has.</p>						
EDUCATION	JOY IN OUR TOWN #04-09	29:00	14:00	L	PA/O	01/19/09 10:30AM 01/20/09 2:30AM 01/22/09 2:30AM 01/23/09 12:00PM
<p>Frances Benavides welcomes Behavior Intervention Specialist Colleen Leclair and Educational Diagnostician Eleni Danelis from Harlingen Consolidated Independent School District. School readiness doesn't involve items but needed skills like establishing routines, taking on responsibilities like simple chores, knowing how to grasp items like crayons and scissors, knowing how to respond in complete sentences, and opening a book right side up. Parent's expectations are different from a child's expectations so you must give clear directions for them to follow. The ladies added that if you ask your child to do or not to do something please follow through and get involved with your child's education.</p>						
EDUCATION	JOY IN OUR TOWN #05-09	29:00	14:00	L	PA/O	01/26/09 10:30AM 01/27/09 2:30AM 01/29/09 2:30AM 01/30/09 12:00PM
<p>Frances Benavides welcomes Principal Manuel Olivo, 1st grade Teacher Cynthia Saucedo, 2nd grade Teachers Melissa Cavazos and Yolanda Cerda from Jefferson Elementary-HCISD. Getting kids ready for their TAKS test is something that both teachers and parents can get involved with to help them perform better. Teachers in the 1st and 2nd grades start preparing the children with TAKS objectives by doing alignment curriculum plus having their benchmarks. The teachers ask the parents get involved in their child's education, have open communication with their child's teacher and let them know areas where child is struggling and praise them in areas they are successful at.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
EDUCATION	JOY IN OUR TOWN #08-09	29:00	14:00	L	PA/O	02/16/09 10:30AM 02/17/09 2:30AM 02/19/09 2:30AM 02/20/09 12:00PM

Frances Benavides welcomes Principal Manuel Olivo, Kinder Teachers Yolanda Garcia, Blanca L. Estrada and Pre K Teacher Isabel R. Sotelo from Jefferson Elementary. Parents are the child's first teachers so when it comes to preparing a child for school, parents should communicate with them, read to them, listen to them and play with them to build their fine motor skills plus hand and eye coordination, and make learning fun for them. Help your child be an independent thinker, help them socialize and provide a comfortable environment for them. The teachers say parents should talk about school to their child so they can be ready for their first day in school and keep in touch with their teachers and get involved in their child's school.

EDUCATION	JOY IN OUR TOWN #10-09	29:00	14:00	L	PA/O	03/02/09 10:30AM 03/03/09 2:30AM 03/05/09 2:30AM 03/06/09 12:00PM
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Frances Benavides welcomes College Advisor Alex Salinas from Valley International Community Development Corporation. The statistics for Hispanic here in the Rio Grande Valley is low and the College Prep Program is meant to help students take the necessary steps to go to college. Students should also be researching different colleges as to what degrees they offer, what majors, what are the requirements, what are the deadlines, and if there is financial aid. Mr. Salinas says education is the key to success.

EDUCATION	JOY IN OUR TOWN #14-09	29:00	14:00	L	PA/O	03/30/09 10:30AM 03/31/09 2:30AM
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Frances Benavides welcomes Emma Cerbin-Garcia the Coordinator of Support Services from the University of Texas at Brownsville HEP. The drop-out rate here in the valley is high, that is why UTB offers the GED program to try and encourage people to continue with their education. Anyone 17 years or older can take the program and also if you are a migrant or seasonal workers. Mrs. Cerbin-Garcia says all that is needed is that they bring documentation of the school they've attended, or proof of work place or even a check stub and they can help them apply for the program.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
CRIME	JOY IN OUR TOWN #02-09	29:00	14:00	L	PA/O	01/05/09 10:30AM 01/06/09 2:30AM 01/08/09 2:30AM 01/09/09 12:00PM
	<p>Frances Benavides welcomes Community Educator and Manager Eva C. Rangel from Mujeres Unidas. Mujeres Unidas has been around for 30 years and it is a center in which victims of domestic violence or sexual assault can go to for help. The community can help victims by admitting it is there and reporting it. They need to learn to take care of themselves and their children and set boundaries of them. They need to love themselves first then they can be generous and give to others. Mrs. Rangel reminds us there is a national hotline they can call if they have questions, need counseling or need a shelter.</p>					
CRIME	JOY IN OUR TOWN #05-09	29:00	14:00	L	PA/O	01/26/09 10:30AM 01/27/09 2:30AM 01/29/09 2:30AM 01/30/09 12:00PM
	<p>Frances Benavides welcomes Prevention Specialist Advocate Claudia Cerda, and Community Educator Sandy G. Cuevas from Friendship of Women, Inc. A person can be by stalked by a loved one or a complete stranger. It occurs when the stalker is obsessed with you, starts following you and threatens you and your family. If they start following or threatening you then you should call the police and make a report . Write down everything in a diary, keep all notes and e-mails sent to you, so you can have proof when pressing charges. The ladies say to park in lighted areas and be aware of your surroundings, call the police or their agency and they will guide you through the proper steps to take.</p>					
	JOY IN OUR TOWN #06-09	29:00	14:00	L	PA/O	02/02/09 10:30AM 02/03/09 2:30AM 02/05/09 2:30AM 02/06/09 12:00PM
	<p>Frances Benavides welcomes Prevention Specialist Advocate Claudia Cerda and Community Educator Sandy G. Cuevas from Friendship of Women, Inc. Awareness of Teen dating violence is being introduced in Middle and High School curriculum. Teens are victimized as early as ten years old and they need to be aware that this isn't normal. Teen are advised to seek help for teachers, counselors, parents and they can also go to their agency but if you are under 17 you have to be accompanied by your parents. The ladies advise parents to know who their teen is dating and know their friends and help them out if they are in this situation.</p>					

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
CRIME	JOY IN OUR TOWN #14-09	29:00	14:00	L	PA/O	03/30/09 10:30AM 03/31/09 2:30AM
<p>Frances Benavides welcomes Community Educator and Manager Eva C. Rangel from Mujeres Unidas. Mujeres Unidas has been around for 30 years and it is a center for victims of domestic violence or sexual assault can go to for help. The community can help victims by admitting it is there and reporting it. They need to learn to take care of themselves and their children and set boundaries for them. They need to love themselves first then they can be generous and give to others. Mrs. Rangel reminds us there is a national hotline they can call if they have questions, need counseling or need a shelter.</p>						
ECONOMY	JOY IN OUR TOWN #12-09	29:00	14:00	L	PA/O	03/16/09 10:30AM 03/17/09 10:30AM 03/19/09 2:30AM 03/20/09 12:00PM
<p>Frances Benavides welcomes Francisco Castellanos Executive Director of Workforce Solutions Cameron. The National and world economy has affected us here in the Rio Grande Valley causing the unemployment rate to go up. It used to be where agriculture was the main source of economy for us but it has diversified allowing people more opportunities to fit in different positions. The Transportation industry between us and Mexico was growing but because of political uncertainty it has lessened. Mr. Castellanos says people who find themselves unemployed should train in these fields because these are industries that are growing and hiring.</p>						
ECONOMY	JOY IN OUR TOWN #13-09	29:00	14:00	L	PA/O	03/23/09 10:30AM 03/24/09 10:30AM 03/26/09 2:30AM 03/27/09 12:00PM
<p>Frances Benavides welcomes Francisco Castellanos Executive Director of Workforce Solutions Cameron. The Stimulus Plan that was signed on Feb. 17, 2009 is meant to help local economies throughout the country. For example, once the money is here Workforce Solutions Cameron will fulfill the projects therefore creating new jobs and matching people to them. Mr. Castellanos says every community has its own plan of action, but the main industries that are growing here now are Health Care and Homeland Security.</p>						

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ENVIRONMENT	JOY IN OUR TOWN #08-09	29:00	14:00	L	PA/O	02/16/09 10:30AM 02/17/09 2:30AM 02/19/09 2:30AM 02/20/09 12:00PM
<p>Frances Benavides welcomes Communications specialist Rod Santa Ana from the Texas AgriLife Extension Service. When Hurricane Dolly hit the valley, the cotton crop was effected because the cotton bolls were open and hit by rain but they were also blown everywhere by the winds. People are asked to pull out any volunteer cotton plant to get rid of the boll weevil. Another effort being made is preventive surveying on residential citrus trees looking for the psyllids that cause citrus greening. Again Mr. Santa Ana asks all residents to allow the government workers to go into your property to quickly survey your citrus trees to help agriculture survive in the valley.</p>						
SENIORS	JOY IN OUR TOWN #06-09	29:00	14:00	L	PA/O	02/02/09 10:30AM 02/03/09 2:30AM 02/05/09 2:30AM 02/06/09 12:00PM
<p>Mary Campos welcomes Outreach workers Yolanda Garza and Sandra Reyes from the Area Agency on Aging. Their agency received a grant to help seniors to become aware of the digital transition, so they are going to adult daycare centers and community centers to inform them and help them apply for coupons for converter boxes. On Feb.17th the transition will take effect and if they don't have a digital TV, cable, satellite, or a converter box they will not be able to see TV. If they buy a converter box and are having trouble installing it, they can always call their local fire departments or call their agency for help. The ladies say they will be taking applications until the end of March, so feel free to call them for information and help.</p>						

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KLUJ TV-44/KLUJ DT-34 Harlingen

2ND QUARTERLY REPORT April, May, June 2009

REPRESENTING SAMPLING ASCERTAINMENT FROM CIVIC LEADERS, RESPONSES BY TELEPHONE FROM CET VIEWERS, FROM THE PRINTED MEDIA, CONSISTING OF NEWSPAPERS, MAGAZINES, PUBLICATIONS AND FROM TELEVISION AND RADIO WHENEVER POSSIBLE.

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CRIME
ECONOMY
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CIVIC AFFAIRS
FAMILY

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HEALTH	JOY IN OUR TOWN #16-09	29:00	14:00	L	PA/O	04/06/09 10:30AM 04/07/09 2:30AM 04/09/09 2:30AM 04/10/09 12:00PM
	<p>Frances Benavides welcomes Christian Maluf, M.D. from McAllen Pulmonary & Sleep Center. Chronic Obstructive Pulmonary Disease (COPD) is a condition in which there is a lot of inflammation of the lungs and limitation of airway passages. Patients usually complain of dizziness on excursion and in the late stages will have early morning cough, shortness of breath with activity and at rest in advanced stage with phlegm, wheezing and cyanosis on nails and lips are noticed. Treatment consists of medications to dilate the airways, minimize the wheezing and make breathing easier, and oxygen if needed. Dr. Maluf says educating people to stop smoking is their main target because it can increase their life span.</p>					
	JOY IN OUR TOWN #16-09	29:00	14:00	L	PA/O	04/06/09 10:30AM 04/07/09 2:30AM 04/09/09 2:30AM 04/10/09 12:00PM
	<p>Frances Benavides welcomes Enrique Griego, M.D. from Guajira Family Clinic & Diabetes Care. Dyslipidemia (High Cholesterol) will cause plaque to build up in your arteries which will cause clots to occlude the arteries that go to your heart and brain. Cholesterol is made by your body, but when you eat high amounts of fatty or fried foods and red meats it elevates it to an excess amount, so dietary changes need to take place. Being aware of your total cholesterol level, plus your Triglycerides, LDL (bad cholesterol), HDL (good cholesterol) is necessary. Dr. Griego recommends getting away from processed foods and eating more fruits, vegetables, grains, cereals, and fish but also getting your cholesterol checked even if you don't have symptoms.</p>					
HEALTH	JOY IN OUR TOWN #17-09	29:00	14:00	L	PA	04/13/09 10:30AM 04/14/09 2:30AM 04/16/09 2:30AM 04/17/09 12:00PM
	<p>Mary Campos welcomes Tricia Barrera from the Texas Organ Sharing Alliance. The Rio Grande Valley has over 3000 people on the waiting list and out of those 2000 are waiting for kidneys. The kidney is one organ that a living person can donate while other organs can only be donated if the person is brain dead; but. Ms. Barrera says you can always call them if you have any questions and she advices everyone that if you wish to be a donor you need to communicate this with your family members.</p>					

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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HEALTH	JOY IN OUR TOWN #19-09	29:00	14:00	L	PA/O	04/27/09 10:30AM 04/28/09 2:30AM 04/30/09 2:30AM 05/01/09 12:00PM
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Frances Benavides welcomes Enrique Greigo, M.D. from Guajira Family Clinic & Diabetes Care. Hypertension here in the Valley is mainly due to obesity and diabetes, but the blood pressure also rises with age so, if you are obese and are up in age chances are you will develop hypertension. High salt intake, high fat diet, processed foods, stress, lack of sleep, and a sedimentary lifestyle all lead to hypertension. Dr. Griego says hypertension can't be cured but it can be controlled, that is why it is important to be diagnosed early and follow your doctor's recommendations in order to control it before complications develop.

HEALTH	JOY IN OUR TOWN #22-09	29:00	14:00	L	PA/O	05/18/09 10:30AM 05/19/09 2:30AM 05/21/09 2:30AM 05/22/09 12:00PM
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Frances Benavides welcomes Enrique Griego, M.D. from Guajira Family Clinic & Diabetes Care. Osteoporosis is a silent killer that some people don't find out about until they have complications like a fracture that are secondary to it. People who have a high risk factor to get osteoporosis are people with a family history, smokers, or if you are medications for the thyroid, convulsions, asthma, arthritis, cancer and women with menopause. Dr. Griego says osteoporosis is reversible but people need to take Vitamin D and Calcium supplements, change their diets, exercise, sleep 7 to 8 hours, and have a happy attitude.

Doctor #206 to Doctor 28:30 28:30 REC PA/O/E 04/14/2009 11:30 AM

Dr. Caroline Leaf talks about how our thoughts can impact our physical function. We can grow good or bad memory in the brain. Negative memory looks like thorns and can release toxins into the body. Toxins can block creativity, cause memory to be foggy and can create physical illness. It's important to choose to create positive memories. **Dr. Robert Gear** talks about sore feet. The foot is composed of many bones that work together through the joints and are held together by the muscles. A problem in the spine can cause problems in the muscles which can then cause problems in the feet. It's important to look at the whole system if there is a problem. **Dr. Carl Schmidt** talks about bone health. Calcium can be leached out of the bones to help the blood to maintain a pH balance. It's important we get the right minerals, proteins and good oils for the bones. Vitamin D, Calcium, raw salads, sea plants, certain hormones, exercise and light weights can help the bones.

Doctor #207 to Doctor 28:30 28:30 REC PA/O/E 04/21/2009 11:30 AM

Dr. Asa Andrews talks about how healthy hearts results in healthy blood. High blood pressure can be treated with Potassium, L-Arginine, L-Citrulline, NADH, CoQ10, Vitamin B12, Folic acid, using sea salt and jumping on a trampoline. High Cholesterol can be helped by eating organic eggs and exercise. **Dr. Thomas Distefano** talked about the common conditions of the elbow Tennis elbow and Golfer's elbow. The terms used for these conditions are Lateral Epicondylitis and Medial Epicondylitis. Symptoms

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are mainly pain either inside, outside or a combination. Conservative treatment for it is Anti-Inflammatory medication, physical therapy and cortisone injections. **Dr. Yvonne Sanders** talked about childhood obesity. Overweight and obesity causes type 2 diabetes, hypertension and high cholesterol. Children should have a consistent diet, exercise 2 hours a day, receive at least 50% to 65% of carbohydrates and 30% of lean protein to prevent overweight and obesity.

Program Title Program Duration Topic Duration Segment Source Type Airdate Time

Health/Mental Health

Doctor #208 to Doctor 28:30 28:30 REC PA/O/E 04/28/2009 11:30 AM

Dr. Gene James talked about the introduction to chiropractic, what chiropractors do and the origin. He briefly discussed the connection of the spine, nervous system and the person's health. Chiropractors assess your condition through x-ray examination, studies and what adjustments need to be done. **Dr. Randy Burden** talked about blood clots. If a person has been diagnosed with blood clot they may be at risk for another blood clot. Warfarin is given to patients to make their blood thinner to prevent risks. **Dr. Tonya Lyons Anderson** talked about Pediatric concerns with children in the dental office. Children should be taken to the dentist at age 2 because at that age children should already have 20 of their primary teeth present in the mouth. Parents should also teach their children good habits and make sure they are brushing their teeth.

Doctor #209 to Doctor 28:30 28:30 REC PA/O/E 05/05/2009 11:30 AM

Dr. Craig S. Travis talked about the functionality of anxiety and depression as a stress reaction. Stress is the body's emergency reaction, it's like an alarm system that we have in our body, and it's highly adaptive and very functional. The core feature of anxiety is vulnerability. **Dr. Bettye Alston** talked about how our body's talk to us before something catastrophic happens. You always want to get checked by your physician. Headaches or migraines increase magnesium. Drink more water, probiotics and detox get all the bad stuff out. **Dr. Carolina Ceron-Canas** talked about pediatric nutrition. A child should be given a hug every morning. Four hugs a day for maintenance, eight for growth and twelve to maintain that. Exercise regularly with your children. Outdoor activities give us vitamin D. Children are required about 25% of their total carbohydrates in a day just to use for their brains.

Doctor #210 to Doctor 28:30 28:30 REC PA/O/E 05/12/2009 11:30 AM

Dr. David Sklar talked how to prevent injuries. Always wear your seat belts and go the speed limit when you're driving. Pedestrian injuries often occur around areas where there is a lot of walking. At each age group the risks are different and the same is true with driving. **Dr. Ace Anglin** talked about Bromhidrosis and Hyperhidrosis. The meanings of these two terms are sweaty and smelly feet. The increase of bacterium can cause foot odor. It's important to wear socks that are made from synthetic material it has properties that allow them to wick away moisture from the feet. **Dr. Eric Braverman** talked how to stay thin. The brain burns 25% to 50% of your calories if you feed your brain chemistry. Spices will build the brain chemical dopamine and cut your appetite for sugar and carbohydrates. Teas will cut your appetite for junk food and add appetite for many other important healthy foods.

Doctor to Doctor 28:30 28:30 REC PA/O/E 05/19/2009 11:30 AM

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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#211

Dr. Carl Schmidt talked about cold and flu preventions. People that supplement with vitamin C, a good quality supplement or multivitamin do much better. Grapefruit seed extract is in a little bottle and can be used to put in water or soap and it increases how things can be sterilize to prevent symptoms. **Dr. Caroline Leaf** talked about detoxing our brain through controlling our thought life. You need to evaluate what kind of thoughts you have, how many bad ones, how many if only's, how many negative things that you say and have a conscious decision to detox your thought life. **Dr. Robert Gear** talked about the autonomic nervous system and how it is sympathetic and parasympathetic. The sympathetic is the part that goes out of the spinal cord and in the neck. Parasympathetic is the part that comes out of the brain and out of the sacrum area. Seek doctor's consultation if you have any issues.

Doctor to Doctor 28:30 28:30 to REC PA/O/E 05/26/2009 11:30 AM
#212

Dr. Stefan Flink talked about chiropractic adjustment and how a thrust is put upon the spinal cord or spinal column. Activator methods are used in an instrument and this is a hand held instrument its either manual operated or they come in an electrical which is more a sensor that allows doing a quicker adjustment. **Dr. Dale Peterson** talked about multiple sclerosis. Symptoms are brief episode of blurred or double vision, vague numbness or tingling on one side of the body and unexplained muscle weakness. OPC allows nutrients to get the nervous system more effectively. **Dr. Hale Akamine** talked about road rage and how it puts people at risky behaviors. Talking to one self eventually unleashes angry and often dangerous responses. Talk to love ones if they have road rage it should be brought up to their attention but never during a road rage situation.

Program Title *Program Duration* *Topic Duration* *Segment Source* *Type* *Airdate* *Time*

Doctor to Doctor 28:30 28:30 to REC PA/O/E 06/02/2009 11:30 AM
#213

Dr. Tonya Lyons Anderson talked about illnesses that show signs in the month. Diabetes, high blood pressure and HIV are the types of illnesses that have oral manifestation. See dentist at least twice a year get a complete exam so that they can catch any bacteria or decay in time. **Dr. Armando Pineda-Velez** talked about high blood pressure and how it's not a disease it only means that you have your blood pressure higher than normal, which puts you at risk of a heart attack or stroke. High blood pressure can be treated with medication. **Dr. Carl Schmidt** talked about junk food. You make a product more acidic when it has fructose corn syrup. Natural ingredients sound good but it could have MSG or other preservatives that have chemicals that can harm us. Train yourself to eat healthy and make better choices.

Doctor to Doctor 28:30 28:30 to REC PA/O/E 06/09/2009 11:30 AM
#214

Dr. Ace Anglin talked about plantar warts and how they are caused by a virus that may affect the foot. It affects the bottom or the plantar surface of the foot. It's not dangerous but is extremely painful. To prevent warts keep foot moist and dry. If you have warts and they do not go away see your physician. **Dr. Caroline Leaf** talked about how our mind can affect the way we function. Attitude is a state of mind that will influence the brain. There are three places in the brain we can control our attitude, the outer part, the middle which is a very strong physical reaction and in the front where we have a free will. **Dr. Randy Burden** talked about diabetes and how it is characterized by an increase in your blood glucose or blood sugar levels that can be above normal. It can also cause a heart attack or stroke. Diabetes can be prevented or delay by incorporating a lifestyle change and increasing your activity and losing 5% to 10% of your body weight.

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Health/Mental Health

Doctor to Doctor 28:30 28:30 REC PA/O/E 06/16/2009 11:30 AM
#215

Dr. Chauncey Crandall talked about Diet. Most people start a diet when they are diagnosed with diabetes or hypertension. We should be eating 3 to 4 small meals a day. Focus on the number of calories. You should be taking 1200-1400 calories a day for weight reduction. **Dr. C. Mack Sewell** talked about the pandemic influenza. Influenza becomes pandemic when there is a novel influenza strain without natural immunity it can be transmitted person to person. To avoid influenza avoid exposure, get vaccinated, get anti-viral treatment, wash your hands and cover your mouth when you cough or sneeze. **Dr. Monica Allison** talked about orthokeratology (Ortho-K). The cornea is the front surface of the eye it's the clear part of the eye were we see through. Ortho-K is a process where they reshape the front surface of the eyes using special contact lenses that you can sleep in at night. People that are nearsighted can get this treatment. It is a safe process and can see an immediate improvement in your vision.

Doctor to Doctor 28:30 **28:30** REC PA/O/E 03/17/2009 11:30 AM
#216

Dr. Zev Mellman talked about posture. Structure determines function. If someone's head is tilted that is compressing their nerve system and how those cells and cellular posture your heart and lungs. Exercise and seek advice from your physician. **Dr. Glen Steele** talked about Infant see. If a baby don't look, don't follow, and are not aware of their parents the baby may have a vision problem. Glasses can take care of the problem, but other times you want to monitor and prescribe guidance activities like putting babies on their stomach. **Dr. Margaret Nagib** talked about dual diagnosis and co occurrences. These can cause eating disorder, substance abuse or alcohol problems. Treatment for eating disorder and OCD involves medication and behavioral management. Effective treatments also involves thorough assessment.

FAMILY	JOY IN OUR TOWN #21-09	29:00	14:00	L	PA/O	05/11/09 10:30AM
						05/12/09 2:30AM
						05/14/09 2:30AM
						05/15/09 12:00PM

Frances Benavides welcomes CEO/President Amos V. Gonzales from the Exodus Project Counseling Center. Anger and Sobriety are issues that both the individual and the family have to deal with through treatment or counseling to rid themselves out of the bitter feelings they may have toward one another plus learn how to communicate and avoid negative responses that will cause the individual to relapse. The individual has to be shown that his way of thinking hasn't been right and needs correction. Mr. Gonzales says most of his clients are in denial so it a matter of getting them to accept their responsibility, providing some training and changing their way of thinking so they can be productive citizens.

FAMILY	JOY IN OUR TOWN #23-09	29:00	14:00	L	PA/O	06/01/09 10:30AM
						06/02/09 2:30AM
						06/04/09 2:30AM
						06/05/09 12:00PM

Frances Benavides welcomes Prevention Specialist Advocate, Claudia Cerda and Community Educator, Sandy G. Cuevas from Friendship of Women, Inc. Domestic violence is not a local problem but nationwide; every 9 seconds a women is being

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
	<p>abused by her husband, boyfriend, or significant other. If a person becomes a victim of domestic violence, you need to speak up, get educated, learn the red flags and know there are places you can call and go to. Mrs. Cerda and Cuevas say the Friendship of Women has hotline they can call 24/7 for help but they are also looking for volunteers who can assist the advocates with the calls.</p>					
FAMILY	JOY IN OUR TOWN #25-09	29:00	14:00	L	PA/O	06/15/09 10:30AM 06/16/09 2:30AM 06/18/09 2:30AM 06/19/09 12:00PM
	<p>Frances Benavides welcomes Interim Executive Director Gaylen Lange from Workforce Solutions Cameron. They have received funding to offer youth summer jobs to help them with job readiness, improve their skills and get them to know what they really want when they get out of school. Youth in Cameron County, ages 14-24 can apply but they have to meet the eligibility requirements which are income levels, and have to be legal residents. Mrs. Lange says they are looking for 575 youth who are looking for an opportunity to experience work so anyone interested must contact Workforce Solutions Cameron by the end of June.</p>					
FAMILY	JOY IN OUR TOWN #27-09	29:00	14:00	L	PA/O	06/29/09 10:30AM 06/30/09 2:30AM 07/02/09 2:30AM
	<p>Frances Benavides welcomes Xochitl Rodriguez who is Deputy/Director Community & Social Services and Amalia C. Garza Executive Director from Cameron Willacy Counties Community Projects, Inc. The elderly component is for people 60 and over or disable and qualification depends on their 12 month consumption history. Co-pay is combined with the case management component which is for people 18-59 who are willing to work and follow a contract. Mrs. Rodriguez and Mrs. Garza say they look at behavior patterns and consumption history to show them how their behavior affects their energy bill and they also look at the job history to help them better their situation.</p>					
FAMILY	JOY IN OUR TOWN #27-09	29:00	14:00	L	PA/O	06/29/09 10:30AM 06/30/09 2:30AM 07/02/09 2:30AM
	<p>Frances Benavides welcomes Executive Director Amalia C. Garza and Weatherization Director Noe Hernandez from Cameron Willacy Counties Community Projects, Inc. The Weatherization Program is designed to help families make their homes more</p>					

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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energy efficient. Anyone 18 and over can apply but they have to show proof of income, and consumption history, then they can go do an assessment of your home, from there they place you on a waiting list which goes pretty fast. Depending on the needs of your home, they are limited to spend 4 to 5 thousand but once the work is done it can last up to 20 years. Mrs. Garza and Mr. Hernandez say that once work has been done at their home they are asked to compare the utility bill the before and after and they can always see the savings.

700 Club CBN NewsWatch 1:00:00 6:00 REC PA/O/E 4/14/2009 12:00 PM
#041409

Heather Sells, CBN News Reporter, says today's media specialists are not just the librarian-turned-Internet-surfer at your child's school. It's parents. The job requirement? Monitor and mentor your child through often heavy use of cell phone, Internet, and other technological gadgetry. Cell phones. They're just the tip of the new media iceberg you may fear is headed your way. One Harris poll says more than half of all teens say their cell phone is key to their social life. And, they're good. Forty-two percent say they could text blind-folded! Besides cell phones, parents must oversee Internet use, video games, music and TV. Bottomline: For most, it's an overwhelming amount of content to help children navigate. When they go on-line, kids are always just a click away from danger. A recent Kaiser study found seven out of 10 kids accidentally view porn on the Internet. Ironically, much of the help to protect against dangerous new media can be found on the new media. For instance, Focus on the Family and Web-wise kids both have reliable, inexpensive filters you can download in minutes onto your computer. Other options -- you and your child can click onto [Cyberbully](#) for tips on online harassment. When it comes to TV, [ControlYourTV.org](#) shows you how to block entire channels or just specific programs using your TV and cable equipment. And when it comes to cell phones, there's [WebWiseKids](#) - a new interactive cell phone game teaches safety to a prime target: middle school age kids.

EDUCATION JOY IN OUR TOWN #15-09 29:00 14:00 L PA/O 04/03/09 12:00PM

Frances Benavides welcomes State Representative Juan M. Escobar. Higher education should be given high priority by parents because you can't do much without it. Higher education keeps this country competitive plus it opens doors and gives you more opportunities in this competitive world. Parent involvement and encouragement is vital, especially in the teenage years so they won't get lost and continue going to school. If it takes teachers, students and parents signing contracts to maintain high standards to build a bridge and improve the quality of education, do it. Mr. Escobar encourages parents to get involved in their child's education from the very beginning to help them succeed in life.

EDUCATION JOY IN OUR TOWN #24-09 29:00 14:00 L PA/O 06/08/09 10:30AM
06/09/09 2:30AM
06/11/09 2:30AM
06/12/09 12:00PM

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
	<p>Frances Benavides welcomes Emma Cerbin-Garcia the Coordinator for Support Services from the UT Brownsville. UT Brownsville offers a GED program for migrant and seasonal workers which can be done in English or in Spanish and it will cover the cost for tuition, testing, preparations, plus books and supplies. Classes are offered throughout the year, even in the summer, Monday through Friday and the time it takes to get your GED depends on how people apply themselves. Mrs. Cerbin-Garcia says that are other requirements that are needed to qualify like being a US citizen, driver license, and proof of work place by bring a check stub then you are on your way to a better future.</p>					
EDUCATION	JOY IN OUR TOWN #25-09	29:00	14:00	L	PA/O	06/15/09 10:30AM 06/16/09 2:30AM 06/18/09 2:30AM 06/19/09 12:00PM
	<p>Frances Benavides welcomes Counselor Ingo Tophoven from Blue skies Ministries. There are multiple reasons why kids don't want to learn and don't value education; but, one of the big ones is that they live a media age, where they get quick superficial bits of information so they don't have the attention span that they need to listen and learn for periods of time needed for challenging material. Mr. Tophoven says we need to teach the parents to be responsible and educate their kids and not blame some else but take on the responsibility of being a parent and help their kids succeed.</p>					
CRIME	JOY IN OUR TOWN #15-09	29:00	14:00	L	PA/O	04/03/09 12:00PM
	<p>Mary Campos welcomes Anna Lopez from the Social Security Administration. Mrs. Lopez wants to inform citizens especially the elderly about phone scams that have been in the rise in the months of January and February. People are calling and stating they are from the Social Security Administration, saying the computers have gone down and they need to obtain your social security number, date of birth, and your bank accounts or they are sending you money. Mrs. Lopez wants everyone to be aware of these phone scams and advises that unless you are requesting a service, never give out any personal information and you can always call the Social Security Administration if any questions.</p>					
CRIME	JOY IN OUR TOWN #20-09	29:00	14:00	L	PA/O	05/04/09 10:30AM 05/05/09 2:30AM 05/07/09 2:30AM 05/08/09 12:00PM
	<p>Frances Benavides welcomes Sheriff Omar Lucio from the Cameron County Sheriff's Dept. Law Enforcement is here to provide safety and well being to the people but the people, schools, and churches need to work together with them in order</p>					

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to make it a safer and better community because there are way too many criminals and too few officers out there. Any time something happens near the border the Sheriff's office is the first called and they work in conjunctions with other law enforcement to investigate. Sheriff Lucio says they are in need for more personnel unfortunately the county doesn't have the resources which creates a problem because whenever something happens in Mexico all eyes are on us and how we are handling the problem and how it will affect the rest of the United States.

CRIME	JOY IN OUR TOWN #21-09	29:00	14:00	L	PA/O	05/11/09 10:30AM 05/12/09 2:30AM 05/14/09 2:30AM 05/15/09 12:00PM
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Frances Benavides welcomes CEO/President Amos V. Gonzales from the Exodus Project Counseling Center. The courts are referring people to the counseling centers because they are shop lifting, breaking into homes or committing burglaries. Sometimes people think they have a license to take what doesn't belong to them because they feel they should also have it and this is a thinking error that needs to be corrected. Mr. Gonzales says rehabilitated can take place with the proper tools and understanding, and a change in their attitudes and thought process will help them be welcomed into the community once again.

CRIME	JOY IN OUR TOWN #26-09	29:00	14:00	L	PA/O	06/22/09 10:30AM 06/23/09 2:30AM 06/25/09 2:30AM 06/26/09 12:00PM
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Mary Campos welcomes Program Coordinator Gilbert Escamilla and Executive Director Lillian Champion from Friendship of Women, Inc. The Batterer's Intervention Program is a State certified 24 week program for family violence in which people are referred to them from probation, child protective services, and an occasional volunteer. 95% of the batterers are male and there are a few females batterers. Mrs. Champion says they work closely with the shelters, and offer emergency shelters, advocacy support, counseling, and support groups for the victims. Mr. Escamilla and Mrs. Champion say a lot of the batterers are in denial as to why they are there so they want them to recognize the true reason they are there and be accountable for their actions.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
ECONOMY	JOY IN OUR TOWN #18-09	29:00	14:00	L	PA/O	04/20/09 10:30AM 04/21/09 10:30AM 04/23/09 2:30AM 04/24/09 12:00PM
<p>Frances Benavides welcomes Mayor Steve Brewer from the City of La Feria. The school is the biggest employer but they have several businesses that are coming in. Hurricane Dolly did bring flooding and damage was done but some repairs have been done and they are still waiting for aid from FEMA to help continue to repair damages. They continue to work on projects to improve the city and provide services like downtown renovations, and a skate board park for teens, plus now they have plans for a senior center. Mayor Brewer says it is great to serve the community and it their goal to build a better place for the people to live in.</p>						
ECONOMY	JOY IN OUR TOWN #18-09	29:00	14:00	L	PA/O	04/20/09 10:30AM 04/21/09 10:30AM 04/23/09 2:30AM 04/24/09 12:00PM
<p>Frances Benavides welcomes Mayor Patricio M. Ahumada Jr. from the City of Brownsville. There is a lot of activities going on in Brownsville even though we are in a recession; they have a great labor force and unemployment is not as high as it could be. With population over 170,000, Brownsville is growing through annexation and they have a well planned infrastructure to protect itself from undesirable developments like colonias. Mayor Ahumada asks the people to get involved with their community, get informed and be open minded plus be friendly because you represent your community that's the way to attract others to visit and be part of our area.</p>						
ECONOMY	JOY IN OUR TOWN #19-09	29:00	14:00	L	PA/O	04/27/09 10:30AM 04/28/09 2:30AM 04/30/09 2:30AM 05/01/09 12:00PM
<p>Frances Benavides welcomes Marketing Director Brandy Celedon from Sol Technologies LLC and Project Specialist Hilario Diaz from Workforce Solutions Cameron. Energy conservation is very important especially now with the current economic. Start by unplugging all electrical appliances not being used because they are still drawing energy; raise your thermostat when you aren't home, recycle and use fluorescent lights are some of the things that can be done to conserve energy. Mrs. Celedon and Mr. Diaz say you don't need to spend much to make your home energy efficient, you can plant trees which helps keep your house cool and you save energy and help the environment.</p>						
ECONOMY	JOY IN OUR TOWN #23-09	29:00	14:00	L	PA/O	06/01/09 10:30AM 06/02/09 2:30AM 06/04/09 2:30AM

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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06/05/09 12:00PM

Frances Benavides welcomes Sheriff Omar Lucio from Cameron County Sheriff's Dept. When people don't have jobs, good paying job. Money is being used to build detention centers and it cost approximately \$30.00 a day sustain a person in jail while he waits for trail and this is money that could be used for other purposes such as schools, roads, and parks. Sheriff Lucio says law enforcement is going to the schools and doing drug and gang prevention programs to educate the kids but the key lies on the parents being involved and being aware of where their kids are to keep them out of jail.

700 Club CBN NewsWatch 1:00:00 5:00 REC PA/O/E 4/27/2009 2:00 PM

#042709

Carolyn Castleberry , CBN News reporter, says besides being out of work, many Americans are now upside down in their homes. Their houses aren't worth what they paid for them. But there are options to simply not paying your mortgage. It begins with a phone call and that's the hardest part, admitting there's a problem. And timing is everything. Option one: a short sale. This is where the lender agrees to take less for the property, releasing their lien and allowing you to sell it. But like every financial transaction, you have to read the fine print. This type of sale releases the lien against the property, but doesn't necessarily release the individuals from the obligation to pay the debt. For example, if someone owes \$300,000 and the bank says we'll take \$200,000 to release the lien, so that your buyers can buy the property, you still may owe the lender the \$100,000 difference. And lenders may not tell you that which is why you need to negotiate a "release" from the remaining debt. The company may not let you out of all of it, but you can negotiate it down. Option two: deeding the home back to the lender. This is called a deed in lieu of foreclosure. This still goes on your credit, but you can make the argument that you were willing to work with your lender on this problem. Option three: a loan modification. A loan modification begins with a call to the lender, which is something you can do yourself to reduce the rate you're paying or to extend you time to pay it back. Bankruptcy and foreclosure should be your last options. Bankruptcy may keep you in your home, but it will stay on your credit for 7 years. Foreclosure sends another damaging message that you weren't cooperating with the lender and they had to go through the judicial process to take the property back.

SENIORS	JOY IN OUR TOWN #22-09	29:00	14:00	L	PA/O	05/18/09 10:30AM
						05/19/09 2:30AM
						05/21/09 2:30AM
						05/22/09 12:00PM

Frances Benavides welcomes Outreach specialists Yolanda Garza and Ruby Quintero from the Area Agency on Aging. They have a program geared at helping seniors become aware of the digital transition and help them apply for the coupons to get their converter boxes. If they already have their converter box but are having trouble installing it, they can call their local fire departments or call 211 for help. Mrs. Garza and Quintero want people to be prepared for the transition by having a new digital TV, cable, satellite, or getting a converter box which they are able to help you get the coupons and fill out the applications for you.

THE FIGURE DESIGNATED AS TOPIC SEGMENT DURATION IS BASED ON OUR GOOD FAITH JUDGMENT AND MAY NOT REPRESENT EXACT TIME.

KLUJ - TV 44 HARLINGEN, TEXAS

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
CIVIC AFFAIRS	JOY IN OUR TOWN #17-09	29:00	14:00	L	PA/O	04/13/09 10:30AM 04/14/09 2:30AM 04/16/09 2:30AM 04/17/09 12:00PM
<p>Frances Benavides welcomes the Mayor of the City of Brownsville, Patricio M. Ahumada Jr. The Border Wall is something that he and other mayors and judges have opposed because they see it as ineffective; states like California and Arizona don't have natural boundaries while we have the Rio Grande River which separates us from Mexico. He feels the border wall is too costly where money can be used to secure other areas like deep water-ports or airports. Mr. Ahumada states there are more effective ways of securing our borders and there should be more legislative reform for immigration to help people live here legally, educate themselves and comply with the law.</p>						
CIVIC AFFAIRS	JOY IN OUR TOWN #20-09	29:00	14:00	L	PA/O	05/04/09 10:30AM 05/05/09 2:30AM 05/07/09 2:30AM 05/08/09 12:00PM
<p>Frances Benavides welcomes Salvador Salinas the director of the Cameron County Veterans Office. The Veterans Office helps our Vets file claims, obtain burial and funeral benefits, get VA loans referrals, and file military upgrades. One of the main services provided is service connected claims which is when a Vet comes in with an injury or illness that is believed to be service related. The plus side of this is that if you meet the income criteria, you get free medical care at the VA clinic. Mr. Salinas says right now Vets can register at the Harlingen & McAllen clinics for medical care but they are pushing for VA hospital so the local Vets can get all their medical care attended to here instead of San Antonio.</p>						
CIVIC AFFAIRS	JOY IN OUR TOWN #24-09	29:00	14:00	L	PA/O	06/08/09 10:30AM 06/09/09 2:30AM 06/11/09 2:30AM 06/12/09 12:00PM
<p>Frances Benavides welcomes Sheriff Omar Lucio from the Cameron County Sheriff's Dept. The Border Wall is being built to keep our neighbors and illegal immigrants from coming in, yet he feels it isn't necessary because people will find other ways to come in. He feels the Border Wall is too costly to build and maintain, when the money can be used for other purposes like getting more personnel; therefore, stimulating the economy plus helping them do their work alongside the Border Patrol and other law enforcement agencies. Sheriff Lucio says what is really needed is local personnel that know the customs, the culture and the language in that way they not only serve and protect but they can also help the people feel at ease with the law enforcement personnel.</p>						

THE FIGURE DESIGNATED AS TOPIC SEGMENT DURATION IS BASED ON OUR GOOD FAITH JUDGMENT AND MAY NOT REPRESENT EXACT TIME.

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
CIVIC AFFAIRS	JOY IN OUR TOWN #26-09	29:00	14:00	L	PA/O	06/22/09 10:30PM 06/23/09 2:30AM 06/25/09 2:30AM 06/26/09 12:00PM

Frances Benavides welcomes Salvador Salinas Director of Cameron County Veterans Office. Veterans don't have to go to San Antonio for 15 minute exams, now they can go the Harlingen Clinic. Surgeries are now being done at Valley Baptist in Harlingen or Brownsville and stay there until their health care is complete but Vets must be registered at the VA office and it must be deemed an emergency. If the Vet doesn't have any type of transportation to get to an appointment then they can call the VA office and tell them the date of the appointment and they can provide a van to take you there. Mr. Salinas hopes everyone remembers and thanks our Veterans because it is because of them that we have are freedom.

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KLUJ - TV 44 HARLINGEN, TEXAS

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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KLUJ TV-44/KLUJ DT-34 Harlingen

3RD QUARTERLY REPORT July, August, September 2009

REPRESENTING SAMPLING ASCERTAINMENT FROM CIVIC LEADERS, RESPONSES BY TELEPHONE FROM CET VIEWERS, FROM THE PRINTED MEDIA, CONSISTING OF NEWSPAPERS, MAGAZINES, PUBLICATIONS AND FROM TELEVISION AND RADIO WHENEVER POSSIBLE.

HEALTH
FAMILY
YOUTH
PUBLIC AFFAIRS
EDUCATION
SENIORS

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF THE CET PROGRAMMING ADDRESSING THE ISSUES/PROBLEMS DETERMINED TO BE IMPORTANT, FOLLOWING FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE THIRD QUARTER 2009: JULY, AUGUST, SEPTEMBER

THE FIGURE DESIGNATED AS TOPIC SEGMENT DURATION IS BASED ON OUR GOOD FAITH JUDGMENT AND MAY NOT REPRESENT EXACT TIME.

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
HEALTH	JOY IN OUR TOWN #29-09	29:00	14:00	L	PA/O	07/13/09 10:30AM 07/14/09 2:30AM 07/16/09 2:30AM 07/17/09 12:00PM
	<p>Frances Benavides welcomes the Director of Business Development Elisa Schmidt from National Nursing & Rehab. Home Health is services provided to patients at home who are home bound by nurses and therapist. Mrs. Schmidt says they try to educate the patient and family in laymen terms in English or Spanish so they can understand the disease or medical conditions and even provide pictures to pin up to remind them what do when certain situations arise.</p>					
	JOY IN OUR TOWN #29-09	29:00	14:00	L	PA/O	07/13/09 10:30AM 07/14/09 2:30AM 07/16/09 2:30AM 07/17/09 12:00PM
	<p>Frances Benavides welcomes the Director of Business Development Elisa Schmidt from National Nursing & Rehab. Diabetes is a disease that patients and families need to be educated on as far as medication, diet, activity, and monitoring blood sugar. Home health service is provided upon doctors orders. Foot care is something that requires special attention in a diabetic so they try giving the best care they can. Mrs. Schmidt says taking care of Diabetes through home health requires doctors orders and the nurse and patient working as a team to help them learn how to control and care for the disease.</p>					
HEALTH	JOY IN OUR TOWN #32-09	29:00	14:00	L	PA	08/03/09 10:30AM 08/04/09 2:30AM 08/06/09 2:30AM 08/07/09 12:00PM
	<p>Corina Lopez welcomes Steve Womack the Administrator from Neighborhood Home Health Services. Presently the Health Care System is multiple layers of systems that interact with each other and the Health Care Reform system is trying to make things easier for everyone. The push for Health reform is for the millions who are uninsured and the tremendous cost involved. Mr. Womack says our lifestyle and choices we make will determine our future health care needs so when that time comes he hopes people will opt for Home Health.</p>					
HEALTH	JOY IN OUR TOWN #32-09	29:00	14:00	L	PA/O	08/03/09 10:30AM

THE FIGURE DESIGNATED AS TOPIC SEGMENT DURATION IS BASED ON OUR GOOD FAITH JUDGMENT AND MAY NOT REPRESENT EXACT TIME.

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
						08/04/09 2:30AM 08/06/09 2:30AM 08/07/09 12:00PM
	<p>Corina Lopez welcomes Steve Womack the Administrator from Neighborhood Home Health Services. Home Health can be paid for by Medicare, Medicaid, insurance, or by private pay on a sliding scale but it has to be order by a Doctor. All Home Health agencies provide nursing care but others provide additional services like Physical & Occupational Therapy, and Social Work services. Determining which agency to choose from is up to the client; they can ask the Physician to make a recommendation. Mr. Womack says Home Health delivers care in a more positive and satisfying way because it is done at the home setting.</p>					
HEALTH	JOY IN OUR TOWN #36-09	29:00	14:00	L	PA/O	08/31/0910:30AM 09/01/09 2:30AM 09/03/09 2:30AM 09/04/0912:00PM
	<p>Frances Benavides welcomes Charles R. Smith, Executive Director for the Valley AIDS Council. The Valley AIDS Council provides primary care for individuals who are HIV infected, helps affected families, and provides education to the community as well as substance abuse prevention. Some of the ways to contract HIV is sexual exposure, exposure to blood, spinal fluid and breast milk from a HIV positive mother. Statistics shows a current growing trend among heterosexual women ages 13-45 and their children and an immerging trend among geriatric population.</p>					
	Doctor to Doctor #218	28:30	28:30	REC	PA/O/E	07/07/2009 11:30 AM
	<p>Dr. Scott Hanan talked about Potential of Hydrogen (PH). PH can be too acidic it can cause chronic infections, or you wake up throughout the day with no energy, chronic pain syndromes, and headaches or stiff and tight. There are certain foods and nutrients you can put in your body to help balance PH. Dr. David Sklar talked about Emergency medical services system. Emergency physicians produced a report card broken up into 5 main areas. If you're getting seen in a timely manner, safety and quality, injury prevention, liability and state providing support for disasters. Dr Ace Anglin talked about leg cramps. This can occur if your experiencing heavy exercising, heavy lifting, dehydration and in many cases experience leg cramps when taking certain medications. It's very important you stretch before and after exercising, massage the affected area, take a warm shower and if necessary contact your physician.</p>					
	Doctor to Doctor	28:30	28:30	REC	PA/O/E	07/14/2009 11:30 AM

THE FIGURE DESIGNATED AS TOPIC SEGMENT DURATION IS BASED ON OUR GOOD FAITH JUDGMENT AND MAY NOT REPRESENT EXACT TIME.

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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#219

Dr. Dino Prato talked about Men's health. Men suffer from prostate issues, overweight, cardiovascular disease and diabetes. Estrogens are an epidemic for men because they have too much. The harmful estrogen's can cause mutations and changes the DNA in the prostate gland and can lead to cancer. By losing weight and eating healthy it can prevent diseases. **Dr. Robert Hromas** talked about four phases for new cancer drugs. First they need to test drug to see if it's effective or not. Two if it's effective against cancer being tested against. Three is how does it compare against alternative. Four how large of a dose should be given to patient. **Dr. Caroline Leaf** talked about how stress is a body's reaction to what's going on in deep in the limbic system which is in the middle of the brain. When we think negative we have a toxic memory. It is important to choose to create positive memories.

Doctor to Doctor 28:30 28:30 REC PA/O/E 08/04/2009 11:30 AM
#222

Dr. Caroline Leaf talked about stress in children and how it affects a child even more than an adult. Most time what may seem like a mild stress to adults may be a major catastrophe for a child. Stress activates by some kind of trigger. In order to control stress start to change your brain pattern by controlling stress levels, academic situations, and give your child lots of love. You may also seek consultation from physician. **Dr. Scott Hannen** talked about weight loss. Blood sugars are what dictate those cravings therefore you start to gain weight. If we eat the right food in the proper balance we don't get disruption in the blood sugar and we don't have canines and gain weight. To keep the weight off the Keto Diet is recommended as well as eating 4 to 6 meals a day with small meals that have protein, complex carbs and fruit or vegetables. **Dr. Melissa Walker** talked about colon cancer. Cancer makes cells form clumps also known as tumors. There are two types of tumors benign tumor which is non-cancerous and malignant tumor which is cancerous. In colon cancer the cells invade the colon which is large intestine in the body. If you experience diarrhea or constipation of any length of time you should go to the doctors to be examined. Early testing offers 92% cure rate.

Doctor to Doctor 28:30 28:30 REC PA/O/E 08/11/2009 11:30 AM
#223

Dr. Craig Thomas talked about attitude in health. How you think is the impact you have on your health through chemistry and gene expression. Subsequently it gets translated into things in our body and promotes health or will help to have an illness. Three ways to boost up your confidence is count your blessings, have an attitude of gratitude and train your brain to be positive. **Dr. Chauncey Crandall** talked about hypertension also known as the silent killer. Some people are born with hereditary defects and others are not living a good lifestyle, so they develop diseases. By lowering you blood pressure, eating better and losing weight it can help you live a healthier live. **Dr. Monica Allison** talked about dry eyes. Having a lack of tears can cause dry eyes. Tears wash away debris, prevent infections and provide a clear comfortable smooth surface as well as lubrication. You can get over the counter medication as long as there not for red eyes and preservative free.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
FAMILY	JOY IN OUR TOWN #31-09	29:00	14:00	L	PA/O	07/27/09 10:30AM 07/28/09 2:30AM 07/30/09 2:30AM 07/31/09 12:00PM

Corina Lopez welcomes PTC Senior Consultant Janie Rivera and Executive Director Gracie Curiel from the Pregnancy Testing Center. The Pregnancy Testing Center are a pro-life center and provide pregnancy tests, abortion recovery program, abstinence education, STD's education, and a 24 hour hotline. They find out what the client's needs are through an assessment form. The ladies say the clients that come for assistance can find someone to talk to in a peaceful environment and are educated through videos, literature, and the Bible but are allowed to make their own decisions.

FAMILY	JOY IN OUR TOWN #34-09	29:00	14:00	L	PA/O	08/17/09 10:30AM 08/18/09 2:30AM 08/20/09 2:30AM 08/21/09 12:00PM
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Corina Lopez welcomes Licensed Marriage and Family Therapist Moniel Powell. Families are facing more problems today, but families can do a lot to keep the family going strong . Because families are built on relationships, when one member is going through depression all members are affected. During therapy they figure out their problems but they also look their underlying emotions, thoughts, and behaviors and she tries to use their own personal values, faith and spirituality to try to help them in their therapy. Mrs. Powell says there is hope for families who are willing to seek help to change, grow and develop.

FAMILY	JOY IN OUR TOWN #37-09	29:00	14:00	L	PA/O	09/14/09 10:30AM 09/15/09 2:30AM 09/17/09 2:30AM 09/18/09 12:00PM
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Corina Lopez welcomes Juvenile Probation Officer and Coordinator Rene Valencia from the Juvenile Court Conference Committee Volunteer Program. The Texas Family Code is the law that explains the obligations the parents have toward their children. It is the parent's responsibility to provide them with an education, a home, three meals a day, medical attention, and proper clothing. Mr. Valencia asks people to get involved and join them at the volunteer program or another organization that encourages youth to become someone after all they are our future.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
FAMILY	JOY IN OUR TOWN #27-09	29:00	14:00	L	PA/O	06/29/09 10:30AM 06/30/09 2:30AM 07/02/09 2:30AM
<p>Frances Benavides welcomes Xochitl Rodriguez who is Deputy/Director Community & Social Services and Amalia C. Garza Executive Director from Cameron Willacy Counties Community Projects, Inc. The Comprehensive Energy Assistance Program (CEAP) entails four different components to service the community. The energy component has to do with the weather, the elderly component is for people 60 and over or disable and qualification depends on their 12 month consumption history. Mrs. Rodriguez and Mrs. Garza say they look at behavior patterns and consumption history to show them how their behavior affects their energy bill.</p>						
FAMILY	JOY IN OUR TOWN #27-09	29:00	14:00	L	PA/O	06/29/09 10:30AM 06/30/09 2:30AM 07/02/09 2:30AM
<p>Frances Benavides welcomes Executive Director Amalia C. Garza and Weatherization Director Noe Hernandez from Cameron Willacy Counties Community Projects, Inc. The Weatherization Program is designed to help families make their homes more energy efficient. Anyone 18 and over can apply but they have to show proof of income, and consumption history, then they can go do an assessment of your home, from there they place you on a waiting list which goes pretty fast. Mrs. Garza and Mr. Hernandez say that once work has been done at their home they are asked to compare the utility bill the before and after and they can always see the savings.</p>						
FAMILY	JOY IN OUR TOWN 38-09	29:00	14:00	L	PA/O	09/21/09 10:30AM 09/22/09 2:30AM 09/24/09 2:30AM 09/25/09 12:00PM
<p>Mary Campos welcomes Deputy Director of Programs for Valley Association for Independent Living, Melissa A. Escamilla. The Work Incentives Planning & Assistance Program is for anyone with a disability that is receiving some type of government assistance and it is designed to help them get back into the workforce. The Medicaid Buy-In Program gives working people who have a disability and receive SSI & SSDI an option to buy into Medicaid in this way they will not lose their medical benefits. Mrs. Escamilla wants the community to know that people with disabilities can be productive employees and beneficial to their companies.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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YOUTH	JOY IN OUR TOWN #28-09	29:00	14:00	L	PA/O	07/06/09 10:30AM 07/07/09 2:30AM 07/09/09 2:30AM 07/10/09 12:00PM
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Mary Campos welcomes Prevention Specialist Advocate Claudia Cerda and Community Educator Sandy G. Cuevas from Friendship of Women, Inc. Teen Dating Violence is any abusive act in a dating relationship and this is seen in teens ages 14- 17 years of age. The abuse can be physical, verbal, emotional, and sexual. The offender wants to take control over the victim. Some red flags to look out for are unexplained bruises, depression, wanting to commit suicide. Mrs. Cerda and Cuevas say parents should keep an open line of communication with the teens.

YOUTH	JOY IN OUR TOWN #34-09	29:00	14:00	L	PA/O	08/17/09 10:30AM 08/18/09 2:30AM 08/20/09 2:30AM 08/21/09 12:00PM
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Corina Lopez welcomes Licensed Marriage and Family Therapist Moniel Powell. When dealing with adolescents, you have to make them aware that they are responsible for the choices or decisions they make and they will affect their future. The family must also have open communication with the adolescent and must support and keep them busy in a healthy activity to keep them more focused and deal less with outside factors. Mrs. Powell says there is hope for the families and miracles do happen.

YOUTH	JOY IN OUR TOWN #36-09	29:00	14:00	L	PA/O	08/31/09 10:30AM 09/01/09 2:30AM 09/03/09 2:30AM 09/04/09 12:00PM
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Corina Lopez welcomes Lead Case Worker Erica Gonzalez from Tip of Texas Family Outreach. Child abuse can be noted by seeing marks on a child's body like the face, back of the head, their upper back and their inner thighs. In school, teachers can detect it because the child is withdrawn and their grades are lowering. Ways to prevent it is to educate yourself to know the difference between abuse and discipline and you can even take parenting classes. Mrs. Gonzalez says there is help out there so seek help, educate yourself, protect your children and the children of the community.

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YOUTH	JOY IN OUR TOWN #38-09	29:00	14:00	L	PA/O	09/21/09 10:30AM 09/22/09 2:30AM 09/24/09 2:30AM 09/25/09 12:00PM
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Mary Campos welcomes Deputy Director of Programs for Valley Association for Independent Living (V.A.I.L.), Melissa A. Escamilla. V.A.I.L. helps people in the Rio Grande Valley who have disabilities and their services are free. For the Independent Living Program there are no income restrictions or age limit, so anyone with a disability whether it is diabetes, heart disease, or a physical disability can qualify for services and all they have to do is call to set up an appointment. The trend they have seen is people 40 and up are looking for assess for adequate health care. Mrs. Escamilla says assistance for the program goes on a case by case basis so there is no set time limit for assistance.

YOUTH	JOY IN OUR TOWN #39-09	29:00	14:00	L	PA/O	09/28/09 10:30AM 09/29/09 2:30AM
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Frances Benavides welcomes Counselor Yolanda S. Hill from Hill Living Well, Inc. Attention Deficit Hyperactivity Disorder (A.D. H. D.) and Attention Deficit Disorder (A.D. D.) are chemical disorders that affect youth. A.D.H.D. is noted with hyperactivity, assertiveness, low attention span, though some can be controlled by diets and determining what is bothering them through counseling and in more severe cases medications are used. Mrs. Hill feels that counseling should be considered before ever starting a child on medications. Mrs. Hill says children can change but parents need to be involved and be committed in order for the child to change for the better.

PUBLIC SAFETY	JOY IN OUR TOWN #30-09	29:00	14:00	L	PA/O	07/20/09 10:30AM 07/21/09 2:30AM 07/23/09 2:30AM 07/24/09 12:00PM
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Frances Benavides welcomes Cameron County Judge Carlos Cascos. The emergency management team does hurricane preparedness drills year around to determine evacuation routes, food distribution, shelters and they work with neighboring counties and the state as well to know what everyone is doing to prepare. Another thing is that city municipalities, fire stations, banks and convenient stores all need to have adequate generator power to keep the city running. Judge Cascos says their main concern is the loss of life, so he stresses that planning an evacuation route is essential and would like everyone to plan ahead of time and not wait to the last minute.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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PUBLIC SAFETY	JOY IN OUR TOWN #30-09	29:00	14:00	L	PA/O	07/20/09 10:30AM 07/21/09 2:30AM 07/23/09 2:30AM 07/24/09 12:00PM
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Frances Benavides welcomes Cameron County Judge Carlos Cascos. On the regional level all adjoining counties continue to communicate and meet regularly to have drills and prepare for hurricanes or other situations. The State also has an agreement with cities throughout the state to accommodate the fleeing population. F Also people are encouraged to register through the 211 system early on, if they know that they will be requiring assistance to evacuate but people are still responsible to get to the pick-up points. Judge Cascos advices everyone to have an evacuation plan, safeguard your documents, and let your loved ones know where you are going.

PUBLIC SAFETY	JOY IN OUR TOWN #35-09	29:00	14:00	L	PA/O	08/24/09 10:30AM 08/25/09 2:30AM 08/27/09 2:30AM 08/28/09 12:00PM
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Frances Benavides welcomes Fire Marshal/Public Information Officer Henry Lopez from the San Benito Fire Dept. Fire Drills are important to keep in mind; everyone should be aware of at least two exists and also consider windows, and if you have two story home there should be a chained latter. Smoke detectors have to be in every bedroom and the hallway by the return air condition vent. Also invest in Carbon Monoxide detectors if you have a gas stove and this should be placed near the appliance. Mr. Lopez reminds us that fire extinguishers are meant for small fires so call the Fire Dept. so they can help.

PUBLIC SAFETY	JOY IN OUR TOWN #35-09	29:00	14:00	L	PA/O	08/24/09 10:30AM 08/25/09 2:30AM 08/27/09 2:30AM 08/28/09 12:00PM
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Frances Benavides welcomes Fire Marshal/Public Information Officer Henry Lopez from the San Benito Fire Dept. It is essential to clean the central heating unit as it accumulates lint during the off season which causes that burning odor when you first turn it on and can actually cause a fire. Gas and propane appliances should also be cleaned an example is if the gas stove has an uneven flame that is an indication that it needs to be cleaned so have by a technician correct the problem. Mr. Lopez says fire safety is using common sense like making sure your appliances are turned off when you leave the house and make sure everything is in its proper place so can get out quickly if there is a fire.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
EDUCATION	JOY IN OUR TOWN #33-09	29:00	14:00	L	PA/O	08/10/09 10:30AM 08/11/09 2:30AM 08/13/09 2:30AM 08/14/09 12:00PM

Corina Lopez welcomes program director Eva Alejandro from Alternative–South Texas Educator Program. A-STEP is a program that trains people with a Bachelor’s degree in another field other than education through internship to become a certified Teacher in the public schools in Texas. Instead of taking a two year course they can train and be certified in one year. Once you apply, they will find out which area you are interested in teaching. Mrs. Alejandro says you can apply anytime of the year, there is no set time to apply but you do have to train for a whole year.

EDUCATION	JOY IN OUR TOWN #33-09	29:00	14:00	L	PA/O	08/10/09 10:30AM 08/11/09 2:30AM 08/13/09 2:30AM 08/14/09 12:00PM
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Corina Lopez welcomes Program Director Eva Alejandro from Alternative–South Texas Educator Program. A-STEP is unique in the fact that you can enter at anytime during the year and work as an intern for a whole year. The certification program gets qualified teachers in the classroom plus the interns get full teacher pay with full benefits as they train. The intern isn’t left alone they are observed by a field specialist and have a mentor teacher as mandated by the state. Mrs. Alejandro invites anyone interested in the program to call them or look at their website to get any questions you may have answered.

EDUCATION	JOY IN OUR TOWN #39-09	29:00	14:00	L	PA/O	09/28/09 10:30AM 09/29/09 2:30AM
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Frances Benavides welcomes Behavior Intervention Specialist Colleen Leclair and Educational Diagnostician Eleni Danelis from Harlingen Consolidated Independent School District. School readiness doesn’t involve items but needed skills like establishing routines, taking on responsibilities like simple chores, knowing how to grasp items like crayons and scissors, knowing how to respond in complete sentences, and opening a book right side up. The ladies added that if you ask your child to do or not to do something please follow through and get involved with your child’s education.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
SENIORS	JOY IN OUR TOWN #31-09	29:00	14:00	L	PA/O	07/27/09 10:30AM 07/28/09 2:30AM 07/30/09 2:30AM 07/31/09 12:00PM
<p>Frances Benavides welcomes Benefit Counselors Veronica Alegria, Mary Solis and Anna De Leon from the Area Agency on Aging. As Benefit Counselors they help seniors with public benefits such as Medicare, Medicaid, Social Security, and food stamps by screening for eligibility, helping them apply, and offering legal assistance or directing them to someone else. All the services are bilingual and free for anyone 60 and older or anyone on Medicare at any age. The ladies say they also provide services such as transportation, provider services, and medical equipment systems so all seniors are welcome to come.</p>						
SENIORS	JOY IN OUR TOWN #28-09	29:00	14:00	L	PA/O	07/06/09 10:30AM 07/07/09 2:30AM 07/09/09 2:30AM 07/10/09 12:00PM
<p>Frances Benavides welcomes Long Term Care Ombudsmen Molly Segovia and Anna Maria Trevino from Area Agency on Aging. The Ombudsman program consists of them going out and visiting the residents to advocate for quality of life and care while they are in a nursing home or assisted living facility. They make sure the residents are well taken care of, that they aren't abused and disrespected especially if the resident has Alzheimer's or Dementia. Mrs. Segovia and Trevino say they are in need of volunteers to help visit the residents so if anyone would like to volunteer and serve their community they can call and go through some training.</p>						
SENIORS	JOY IN OUR TOWN #37-09	29:00	14:00	L	PA/O	09/14/09 10:30AM 09/15/09 2:30AM 09/17/09 2:30AM 09/18/09 12:00PM
<p>Corina Lopez welcomes Jodie Petitta RN and Alternate Administrator for Eldercare Home Health & Heart of the Valley Hospice. Home Health consists of short term acute health care that is provided on an intermittent basis by a nurse, a nursing assistant, a physical therapist, occupational or speech therapist and there is always education involved. Hospice is a coordinated effort to meet the patient's physical, emotional, mental, and spiritual needs in their final days of life with as much comfort and dignity as possible. Mrs. Petitta says the objective of hospice is having a peaceful and comfortable life and death.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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KLUJ - TV 44 HARLINGEN, TEXAS

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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Doctor to Doctor 28:30 28:30 REC PA/O/E 10/27/2009 11:30 AM
 #233

Dr. Dale Peterson talked about Breast Cancer Prevention. Women with high levels of estrogen are at more risk of developing breast cancer. Women that ate mushrooms, soy, vegetables and drank green tea reduced their risk. Omega3 Fatty acids and weight reduction also helped in preventing breast cancer. **Dr. Scott Hannen** talked about hormones being out of balance, particularly estrogen and proestrogen. It's important that there is balance in the Adrenal System. It can be achieved by not eating refined sugar, taking a B Complex Supplement, moderate exercise and natural phytoestrogens. **Dr. Doreen Lewis-Overton** talked about Cholesterol. Cholesterol is important for creating Vitamin D, helping with digestion and making brain/skin cells. If your Cholesterol is high, it is important to find the cause. Food allergies, medications and infections can lead to high Cholesterol.

Doctor to Doctor 28:30 28:30 REC PA/O/E 11/17/2009 11:30 AM
 #234

Dr. Dino Prato talked about women's health. It's important to know your family history and find a prevention plan to reverse the disease process. Synthetic hormones and Estrogen Dominance can lead to increased risk of cancers, Alzheimer's, heart disease and strokes. It's important to see a doctor and have your hormone levels checked. **Dr. Gene Jams** talked about dehydration since our body is 75% water. Symptoms can be thirst, nausea, dry skin/mouth, dizzy, muscle cramps and headaches. We should drink 8 glasses of pure, clean water a day. It should be sipped slowly throughout the day. We may need to drink more if it is hot or we have been exercising. **Dr. Margaret Nagib** talked about self injury. It is when a person deliberately inflicts a self injury without the suicidal intent. It is usually connected to some other mental issue and used as a coping mechanism. It's important that a person gets treatment and learns different patterns of behavior.

Doctor to Doctor 28:30 28:30 REC PA/O/E 11/24/2009 11:30 AM
 #235

Dr. Gerry Curatola talked about food for a beautiful smile. 80% of adult American have gum disease. This is the principal source of low grade inflammation which increases the chance of having a heart attack. It's important to alkalize your body by eating green leafy vegetables. Eat antioxidant rich foods and avoid anti-inflammatory triggers. **Dr. Martin Finkelstein** talked about reversing degenerative diseases such as arthritis, diabetes, cancer and periodontal disease. 40% is hereditary and 60% is based on information we receive. It's important to eat healthy, exercise daily, deep breathing and positive thinking. **Dr. Joan Baumbach** talked about influenza also known as the flu. It is a respiratory illness that is contagious and can result in high fever, sore throat, stuffy nose, cough and vomiting. It's important to get a flu shot and to wash your hands.

Doctor to Doctor 28:30 28:30 REC PA/O/E 12/01/2009 11:30 AM
 #236

Dr. Asa Andrew talked about healthy holiday eating. It's important to eat sprouted grains and lean meats such as turkey and chicken. It's important to drink plenty of water and cook with butter or coconut oil. It's important to make good choices for healthier lifestyle. **Dr. Caroline Leaf** talked about 7 types of thinking. The brain is neuroplastic which means it's always changing. Each person processes things different and uniquely. It's important to know how your thinking process works. **Dr. Rhonda LeBlanc** talked about common eye conditions. There is a sty, pterygium, pink eye, myopia, hyperopia, astigmatism, presbyopia and computer vision syndrome. With any persistent eye problems, it is important to see an eye doctor.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
Doctor to Doctor #237		28:30	28:30	REC PA/O/E		12/08/2009 11:30 AM
<p>Dr. Bettye Alston talked about diabetic holiday eating. It's important to inform people that you are diabetic, watch the extra portions, chose when you want to indulge, step up exercise and bring your own goodies to parties. It's also important to focus on the fun not just the food. Dr. Craig Travis talked about avoiding holiday stress. It can be a stressful time due to economic difficulty, the death of a loved one, or pressure to create the perfect holiday. It's important to acknowledge the stress, develop a strategy, get plenty of rest, water and exercise. Dr. Malcom Hill talked about eating healthy during the holiday season. People generally gain between 5 to 10 lbs because of unhealthy choices. It's important to eat healthy, exercise, drink lots of water , get sunlight, fresh air and plenty of sleep.</p>						
Doctor to Doctor #238		28:30	28:30	REC PA/O/E		12/29/2009 11:30AM 11:30 AM
<p>Dr. Dino Prato talked about health and nutrition. The quality of diet and lifestyle makes a difference. It's important to eat a healthy diet, exercise, take supplements such as multivitamin and fish oil, and eat more fruits and vegetables. It is also important to be smarter about your health. Dr. Jeremy Martin talked about stress management. There can be physical, mental and chemical stress. It is important to identify the stressors in our lives and eliminate them. It's also important to exercise, have proper nutrition, drink plenty of water and get enough sleep at night. Dr. Doreen Lewis-Overton talked about lowering blood pressure. It's important to look at what is causing the high blood pressure. It could be genetics, need a chiropractic adjustment, colon backed up, need more fiber, food allergies, lung or heart problem. It's important to check with your doctor and find out the cause</p>						
CIVIC AFFAIRS	JOY IN OUR TOWN #46-09	29:00	14:00	L	PA/O	11/09/09 10:30AM 11/10/09 2:30AM 11/12/09 2:30AM 11/13/09 12:00PM
<p>Frances Benavides welcomes Supervisor Border Patrol Agent/Public Affairs Officer, John Lopez from the Rio Grande Valley Sector of the United States Border Patrol. The Border Wall here in the valley is part of an infrastructure that includes roads, lights, and electronics that helps the Border Patrol with their operational needs. There are different kinds of fences we have a pedestrian fence which is meant to keep people from crossing; other areas like Hidalgo have a levee concrete fence, but the whole idea is divert illegal entry . Mr. Lopez says they have seen an improvement in illicit activity while keeping the community more secure and safe since the wall was placed.</p>						
CIVIC AFFAIRS	JOY IN OUR TOWN #46-09	29:00	14:00	L	PA/O	11/09/09 10:30AM 11/10/09 2:30AM 11/12/09 2:30AM 11/13/09 12:00PM
<p>Frances Benavides welcomes Supervisor Border Patrol Agent/Public Affairs Officer, John Lopez from the Rio Grande Valley Sector of the United States Border Patrol. The Border Patrol's job is to protect this country and prevent illegal entry like someone entering here illegally, drug smugglers, and even terrorist. The Border Patrol uses a combination of Agents, Technology infrastructures and equipment like SUV's, Four Wheelers, and horses to prevent illegal entry and have seen a decrease of apprehensions. Mr. Lopez suggests that anyone wanting to come into this country to do it legally even though the process takes time, it is better to wait and not risk your life.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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CIVIC AFFAIRS	JOY IN OUR TOWN #49-09	29:00	14:00	L	PA/O	12/07/09 10:30AM
						12/08/09 2:30AM
						12/10/09 2:30AM
						12/11/09 12:00PM

Frances Benavides welcomes Supervisor Border Patrol Agent/ Public Affairs Officer, John Lopez from the Rio Grande Valley Sector of the United States Border Patrol. The Border Patrol not only protects our country and ports of entry from illegal entries, narcotic smuggling and terrorist but they are also doing Community Outreach. They go out to the local schools and community centers to inform and educate the public. They do two different programs aimed for schools. Mr. Lopez says the Border Patrol personnel not only work but they also volunteer to improve and serve their community.

CIVIC AFFAIRS	JOY IN OUR TOWN #49-09	29:00	14:00	L	PA/O	12/07/09 10:30AM
						12/08/09 2:30AM
						12/10/09 2:30AM
						12/11/09 12:00PM

Mary Campos welcomes Public Information Officer Cari Lambrecht from the Hidalgo County Judge's Office. The Census is a count that is done about every ten years. The people are asked to fill out the questionnaire and return it to the federal government as this will determine the appropriations, districting, and house of representative based on the population. It is for generating statistics, and allocating funding for schools, roads and getting the proper representation in Washington. Mrs. Lambrecht encourages people to fill out the census and says the counties are finding creative ways to inform the public to fill out and return the census forms.

CIVIC AFFAIRS	JOY IN OUR TOWN #50-09	29:00	14:00	L	PA/O	12/14/09 10:30AM
						12/15/09 2:30AM
						12/17/09 2:30AM
						12/18/09 12:00PM

Frances Benavides welcomes Leslie L. Young a Public Affairs Specialist from the Social Security Administration. Identity theft is when someone assumes and uses your personal information like your social security number as their own. It is our responsibility to be proactive and take care of our identity. People usually find out their identity has been stolen by a letter

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from the IRS stating they have been working in a different location. Mrs. Young suggest not to carry your Social Security Number with you, keep it in a safe place and to safeguard your information online also.

FAMILY	JOY IN OUR TOWN #42-09	29:00	14:00	L	PA/O	10/12/09 10:30AM 10/13/09 2:30AM 10/10/09 2:30AM 10/03/08 12:00PM
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Mary Campos welcomes Community Educator Sandy G. Cuevas and Prevention Specialist/Advocate Claudia Cerda from Friendship of Women, Inc. Domestic Violence is a learned behavior in which the violator abuses their partner or victim either verbally, emotionally, or physically and it is seen a lot here in the valley. Both men and women can be the victims. Some signs to look for are a controlling behavior, always wanting to know where you are at, telling you who and who not to talk to, and telling you how to dress. Mrs. Cuevas and Cerda want people to know that there is help out there and they have a 24 hour Hotline anyone can call and all calls are confidential.

FAMILY	JOY IN OUR TOWN #45-09	29:00	14:00	L	PA/O	11/02/08 10:30AM 11/03/08 2:30AM 11/05/08 2:30AM 11/06/08 12:00PM
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Frances Benavides welcomes Counselor Ingo Tophoven from Blue Skies Ministries. Crisis are a part of life and they come in all varieties some are just imaged, some are real, some we create on our own, some are personal, some are things beyond our control, and some are natural disasters but whether they are big or small it is our attitude that helps us get through them. People have to see it as a way to go forth and grow and learn from our mistakes, but take time get some tools, have faith, adjust and take action to get you to the next level. Mr. Tophoven advises that if the person needs help dealing with their crisis then it is best to seek help to help you grow for the better.

FAMILY	JOY IN OUR TOWN #47-09	29:00	14:00	L	PA/O	11/23/09 10:30AM 11/24/09 2:30AM 11/26/09 2:30AM 11/27/09 12:00PM
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Frances Benavides welcomes Letty Q. Sanchez a Care Advocate from Leeza's Place By WellMed-Physicians Health Choice. A Caregiver is a person who takes on the responsibility of an individual who might be aging, disable, or have a chronic disease but the caregiver needs to have a plan to avoid burnout. The caregiver has to have a balance between care giving and their personal life. All the stress of care giving can take its toll and can cause the caregiver to neglect their own emotional and

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
						physical wellbeing and sometimes even neglect the recipient. Mrs. Sanchez says the caregiver needs to take care of themselves and realize they can't do it all so they need to ask for help and support.
FAMILY	JOY IN OUR TOWN #50-09	29:00	14:00	L	PA/O	12/14/09 10:30AM 12/15/09 2:30AM 12/17/09 2:30AM 12/18/09 12:00PM
						Frances Benavides welcomes Letty Q. Sanchez a Care Advocate from Leeza's Place By WellMed-Physicians Health Choice. The aging of the Valley are faced with chronic and progressive illnesses like Alzheimer's, Parkinson's, cancer and diabetes. A care giver is faced with plenty of challenges like balancing time to do the care giving, having transportation, raising their own family, and financial matters. Some of the things they do are try to educate the care giver with information of the illness. Mrs. Sanchez says the care giver has to realize that they can't always do it all by themselves, but there is help out there.
FAMILY	JOY IN OUR TOWN #52-09	29:00	14:00	L	PA/O	12/28/09 10:30AM 12/29/09 2:30AM 12/31/09 2:30AM
						Mary Campos welcomes Victim Advocate for MADD, Ana M. Verley. MADD's mission is to stop drunk driving and help the victims of these crimes. The valley has a large amount of drunk drivers more than anywhere else here in Texas. MADD helps by making initial contact with the victim and helping them with emotional support, and helps them with compensation. They keep the family informed when the trial dates are and once in court they explain the judicial process and what is going on. Mrs. Verley says if anyone needs to get a hold of them they can always call and leave a message and they will get back to them or reach them through the web.
YOUTH	JOY IN OUR TOWN #42-09	29:00	14:00	L	PA/O	10/12/09 10:30AM 10/13/09 2:30AM 10/15/09 2:30AM 10/16/09 12:00PM

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Mary Campos welcomes Susan Sanchez the Director of N.T.C. Drug Testing Services, Inc. and Ariel Sanchez. Red Ribbon week has been around since the 1980's as a way of delivering a drug free message to students and their families. October has been the month that schools have dedicated a week as Red Ribbon week to get the message across to the children that they have choices and they can make the wise choice by not choosing drugs and alcohol. Mrs. Sanchez says they have free pamphlets and information for all ages as a way of bringing something positive and bringing hope to future generations.

YOUTH	JOY IN OUR TOWN #44-09	29:00	14:00	L	PA/O	10/26/09 10:30AM 10/27/09 2:30AM 10/29/09 2:30AM 10/30/09 12:00PM
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Frances Benavides welcomes Dr. Jose Batista a Private Consultant. The majors issues that today's adolescents face are an increase of drugs, violence, children having children, crime and disorder attention. What is happening is that they lack the ability to process suffering as a challenge to grow; instead, there is an increase of stress, anxiety and an increase of suicide among them. Dr. Batista says there is a need to bring families, churches, schools, and the community to negotiate a set of values that will integrate into a language that will eventually create meaning to values, symbols, and culture.

YOUTH	JOY IN OUR TOWN #44-09	29:00	14:00	L	PA/O	10/26/09 10:30AM 10/27/09 2:30AM 10/29/09 2:30AM 10/30/09 12:00PM
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Frances Benavides welcomes Dr. Jose Batista a Private Consultant. Values and emotions play a part in the adolescent's lives and people have got to realize emotional problems create three major emotions which are anger, sadness, and

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bitterness. An example is that everyone wants to feel appreciated, recognized and valued and when that doesn't happen it creates sadness which can drive you to depression and even drugs. Dr. Batista says that you have to look at emotions in relation to values and rebuild an identity to learn a new way to grow.

YOUTH	JOY IN OUR TOWN # 51-09	29:00	14:00	L	PA/O	12/21/09 10:30AM 12/22/09 2:30AM 12/24/09 2:30AM
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Mary Campos welcomes Chris Villarreal from Friendship of Women, Inc. Teen dating violence involves a dating relationship with threats, manipulation, and physical abuse. They tend to believe that being physical and aggressive is part of masculinity but it is a way of controlling and showing aggression. There are many resources and agencies out there that can help. Friendship of Women helps by giving guidelines, tactics, tips and wisdom in this area. Mr. Villarreal advises the parents to have an honest talk with their teens so they can help them re-evaluate their dating relationship and guide them in the right direction.

YOUTH	JOY IN OUR TOWN#52-09	29:00	14:00	L	PA/O	12/28/09 10:30AM 12/29/09 2:30AM 12/31/09 2:30AM
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Frances Benavides welcomes Community Educator/Manager Eva C. Rangel from Mujeres Unidas. Domestic Violence not only affects the victim but the children as well. The children are traumatized as they witness their moms being battered and sometimes they become victims themselves. Those fears build up and create stress related problems. The children's sense of security, safety, and love is shaken up, and so the adult has the option to move to a shelter. Mrs. Rangel says the adults need to find a place of safety for the children because otherwise the children will start to resent them for not protecting them.

EDUCATION	JOY IN OUR TOWN #40-09	29:00	14:00	L	PA/O	10/01/09 2:30AM 10/02/09 12:00PM
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Frances Benavides welcomes Principal Manuel Olivo, 1st grade Teacher Cynthia Saucedo, 2nd grade Teachers Melissa Cavazos and Yolanda Cerda from Jefferson Elementary-HCISD. Getting kids ready for their TAKS test is something that both teachers and parents can get involved with to help them perform better. Teachers in the 1st and 2nd grades start preparing the children with TAKS objectives by doing alignment curriculum plus having their benchmarks. The parents can help by providing books for them to read, providing opportunities like taking them to the library, and having them read to them for

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10 minutes and building up endurance. The teachers ask the parents get involved in their child's education, have open communication with their child's teacher and let them know areas where child is struggling and praise them in areas they are successful at.

EDUCATION	JOY IN OUR TOWN #40-09	29:00	14:00	L	PA/O	10/01/09 2:30AM 10/02/09 12:00PM
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Frances Benavides welcomes Principal Manuel Olivo, Kinder Teachers Yolanda Garcia, Blanca L. Estrada and Pre K Teacher Isabel R. Sotelo from Jefferson Elementary. Parents are the child's first teachers so when it comes to preparing a child for school; they should communicate with them, read to them, listen to them, playing with them with blocks, puzzles and play catch with them to build their fine motor skills plus hand and eye coordination, and make learning fun for them. Help your child be an independent thinker, help them socialize and provide a comfortable environment for them. The teachers say parents should talk about school to their child so they can be ready for their first day in school and keep in touch with their teachers and get involved in their child's school.

EDUCATION	JOY IN OUR TOWN #51-09	29:00	14:00	L	PA/O	12/21/09 10:30AM 12/22/09 2:30AM 12/24/09 2:30AM
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Frances Benavides welcomes Principal of Bridge Pointe Academy, Steven Benavides. Level values in the educational system are critical for a good education. Parents need to know what level your children are in and make sure it is the right level for them. They should not be promoted without unless the children are learning at their proper level. It is best to master the information given before passing to the next level. There should also be rewards and consequences that go along with learning. Mr. Benavides reminds parents to be involved in their child's education, talk to the teachers and make sure your child is learning what they are suppose to be learning.

SUBSTANCE ABUSE	JOY IN OUR TOWN #45-09	29:00	14:00	L	PA/O	11/02/09 10:30AM 11/03/09 2:30AM 11/05/09 2:30AM 11/06/09 12:00PM
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Mary Campos welcomes the Director of NTC Drug Testing Services, Inc., Susan Sanchez. NTC Drug Testing Services, Inc. has been around for 17 years, offering their services to businesses, for court cases, for accidents, or for personal use. Companies use drug testing as a positive step to prevent hiring employees that might create future problems, or as a way

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to show their employees can be trusted. Mrs. Sanchez says they not only test for illegal drugs but for prescription drugs also, so people need to be responsible and also read labels.

SUBSTANCE ABUSE	JOY IN OUR TOWN #48-09	29:00	14:00	L	PA/O	11/30/09 10:30AM
						12/01/09 2:30AM
						12/03/09 2:30AM
						12/04/09 12:00PM

Mary Campos welcomes CEO/President of the Exodus Project Counseling Center, Amos V. Gonzales. Drugs whether they are prescription or illegal drugs all can cause severe mental and psychological effects on the user. Some of the reasons people start using drugs are because of peer pressure, the economy, and escape from their family problems. Once they are start using drugs they can be in for the short term which is just in for the gratitude of having it and this can lead to the use of stronger drugs and long term use which can brings hallucinations and memory loss. Mr. Gonzales advises parents to get involved in school and to take time to communication with their kids.

SUBSTANCE ABUSE	JOY IN OUR TOWN #48-09	29:00	14:00	L	PA/O	11/30/09 10:30AM
						12/01/09 2:30AM
						12/03/09 2:30AM
						12/04/09 12:00PM

Mary Campos welcomes CEO/President of the Exodus Project Counseling Center, Amos V. Gonzales. Relapse Prevention is done to help the drug user understand his own triggers and coping skills in order not to fall back into drug use. The problem is that the patient is getting the understanding he needs while the family is experiencing resentment and angry feelings toward him and don't trust him. They are focusing on the pass faults and not looking at the present, so the family also needs to understand treatment also so they can help him from relapsing. Mr. Gonzales says families shouldn't deny that there is a problem but they should also seek help from the medical field, obtain some counseling and look to faith for help.

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