

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 2011**

**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  
ECONOMY  
CRIME  
CIVIC AFFAIRS  
FAMILY**

**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 2011: JANUARY, FEBRUARY, MARCH**

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**KLUJ - TV 44 HARLINGEN, TEXAS**

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
HEALTH	JOY IN OUR TOWN #02-11	29:00	14:00	L	PA/O	01/10/11 10:30AM 01/11/11 2:30AM 01/13/11 2:30AM 01/14/11 12:00AM
<p>Corina Lopez welcomes Jason Gandia a Personal Trainer for Fitness Zone Gym. Childhood obesity has increased 30% because they aren't exercising enough and eating the wrong foods. They should eat good carbs, protein and fiber like sweet potatoes, broccoli, lean meats and fish. Parents should get involved with their children, find out what they like and get them active. Mr. Gandia says parents should start giving their children the right foods and get them moving early in life to prevent obesity.</p>						
HEALTH	JOY IN OUR TOWN #03-11	29:00	14:00	L	PA/O	01/17/11 10:30AM 01/18/11 2:30AM 01/20/11 2:30AM 01/21/11 12:00PM
<p>Frances Benavides welcomes Dr. Michael Hohnadel a Dermatologist from Rio Valley Dermatology. There are two types of non melanoma skin cancer and they are Basal Cell and Squamous Cell Carcinoma. Basal Cell Carcinoma starts as a small papule translucent like acne bump and in months starts getting larger. Squamous Cell Carcinoma starts as a sensitive scaly red patch that with time becomes more firm and bleeds easily. Dr. Hohnadel tells people to stay away from mid-day sun, check your skin on a monthly basis and see your dermatologist especially if you have a history of skin cancer to catch it early.</p>						
HEALTH	JOY IN OUR TOWN #03-11	29:00	14:00	L	PA/O	01/17/11 10:30AM 01/18/11 2:30AM 01/20/11 2:30AM 01/21/11 12:00PM
<p>Frances Benavides welcomes Dr. Michael Hohnadel a Dermatologist from Rio Valley Dermatology. Melanoma is a cancer cell on the skin that is meant to protect you from the sun. Melanoma is visible cancer as it is a black or brown region and gets bigger over time and can spread to inside organs if not taken care of early. Melanoma isn't asymmetrical, the borders are not defined, the area will have two colors, and a diameter of 5mm or larger. Dr. Hohnadel tells us that there is a 99% cure rate when it is detected early.</p>						

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<b>HEALTH</b>	<b>JOY IN OUR TOWN #06-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>02/07/11 10:30AM 02/08/11 2:30AM 02/10/11 2:30AM 02/11/11 12:00PM</b>
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Frances Benavides welcomes Enrique Griego, M.D. from Guajira Family Clinic and Diabetes Care. Diabetes is a condition in which the pancreas does not produce insulin or not enough insulin to have a normal blood sugar. 5 to 10% of people have Type I which does not produce insulin and 90% of the people have Type II in which not enough insulin is produced. Diabetes can be genetic and Type II is also associated with obesity. Dr. Griego recommends that 20 year olds have a complete physical and check their liver, kidneys and cholesterol to see if they are pre-diabetic and prevent it from progressing.

<b>HEALTH</b>	<b>JOY IN OUR TOWN #07-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>02/14/11 10:30AM 02/15/11 2:30AM 02/17/11 2:30AM 02/18/11 12:00PM</b>
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Frances Benavides welcomes Enrique Griego, M.D. from Guajira Family Clinic & Diabetes Care. Cholesterol is a waxy fat like substance that is in our cell walls but when it is high is when it causes problems. When the cholesterol is high it forms plaque in the arteries and it affects the flow of blood supply to the brain, heart and other vital organs. Cholesterol can be lowered through medication, lowering the fat intake, weight loss and exercise. Dr. Griego believes in prevent through education and advises people to get a complete lipid profile as early as 20 years old.

700 Club CBN 1:00:00 6:00 REC PA/O/E 01/06/2011 2:00 PM  
NewsWatch  
#010611

Lori Johnson, CBN News Reporter, says resolving to live healthier in the new year is a great decision! If that's your goal, you should know studies show that the more specific you can be, the more likely you will reach your goal.

Here are the top ten healthy habits for the new year:

1. Exercise. Exercising has both short-term and long-term benefits. Right away, it can improve your mood, reduce stress, and even make your brain work better. Over time, exercise can prevent health problems ranging from obesity and diabetes to heart disease and even cancer. Even with all these benefits, some 60 percent of Americans stay on the couch. If you'd like to be in the 40 percent of regular exercisers, psychologists say to focus on the first three weeks. Be encouraged that it will get easier! Studies have shown that any activity repeated daily becomes a habit after three weeks.
2. Eat a healthy breakfast. Preferably with protein, within 90 minutes of waking-up. This starts your metabolism for the day and also prevents you from getting too hungry and overeating later in the day.
3. Eat five servings of fruits and vegetables a day. One serving equals a 1/2 cup of cooked vegetables or a full cup of raw or leafy vegetables or one small whole fruit.
4. Avoid trans fats. Trans fats are found mostly in processed foods, so if the list of ingredients includes the word, "hydrogenated," stay away.
5. Eat good fats. Omega-3s are found in foods like fish, especially salmon, sardines, and fish oil supplements. Other choices include walnuts, almonds, and flaxseed. These have been shown to reduce the risk of heart disease, improve your immunity, and reduce inflammation.
6. Avoid sugar.

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This is one of the toughest. Its negative laundry list runs from obesity to diabetes to heart disease and cancer. The average American consumes 135 pounds of sugar a year, compared with 109 pounds 20 years ago and only five pounds in the late 1800s! 7. Cleanse your hands often. Eating right and exercising aren't the only habits that keep you healthy. Did you know the best way to avoid getting sick is to keep your hands clean? When using hand sanitizer, make sure it's at least 60 percent alcohol, get in all those nooks and crannies, and rub your hands until they're dry. When using soap and water, lather-up for a full 20 seconds. 8. Practice good dental health. Believe it or not, periodontal infection contributes to heart disease, diabetes, and even premature, underweight births. 9. Get regular screening. The type of screenings you need depend on your age and gender, so consult with your doctor about which ones you need. Some of the most important ones include an annual physical, blood pressure, and cholesterol test, colonoscopy, mammogram, pap test, and prostate and skin cancer screening. 10. Get enough sleep. So at this time of year, when many of us vow to start afresh, take note of these habits to make 2011 your healthiest year yet.

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

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

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

Lori Johnson, CBN News Reporter, says during the past 50 years Americans have developed a drinking problem with convenience. We buy our drinks already-made, everything from water to coffee. But it's the ingredients found in some of those beverages that have some physicians sounding a warning. Take for instance energy drinks. With names like Rock Star, Monster, and Full Throttle, energy drinks pack a punch that young people can't get enough of. In fact, one in three teenagers regularly drinks them. Energy drinks burst on the scene 20 years ago. They are now so popular, Americans are expected to spend \$9 billion on them this year, making them the fastest-growing beverage market. What's in these energy drinks that has them flying off the shelves? Mainly caffeine, at least the amount found in a strong cup of coffee, sometimes much more. The U.S. Food and Drug Administration only requires that manufacturers list the presence of caffeine in a product, not how much. Energy drinks can also be loaded with sugar -- a quarter-cup on average. Also, since they're marketed as dietary supplements, they often contain unregulated herbal stimulants like Taurine,

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Guarana, Creatine and B vitamins. Doctors say this can be a dangerous mix. In fact, the medical journal Pediatrics warns energy drinks can cause kids to suffer heart palpitations, seizures, strokes, and even sudden death. The pediatrician also tells his patients not to even drink one because they can be highly addictive. Energy drinks are often marketed to athletes for that extra boost. But they can pose even more problems for athletes than non-athletes, including increased blood pressure and serious dehydration. Because of that risk, many athletes who shy away from the energy drinks choose the sports drinks instead. But doctors warn that while sports drinks don't have the caffeine that energy drinks contain, they do have their own set of problems. For instance, sports drinks can corrode teeth even more than soda. The acid in sports drinks erodes the teeth from the first sip until 45 minutes after the last sip, when the saliva returns the mouth to its normal ph balance. So how many carbohydrates are in what you're drinking? It's on the bottle. But watch out -- that number is carbohydrates per serving. Many bottles contain two or more servings. So if you drink the whole bottle, you're consuming at least twice the number of carbohydrates on the label. So while Americans have more beverage choices than ever, doctors say don't be fooled. Just because a drink has a healthy image, that doesn't mean it's good for you.

Doctor #280 to Doctor 28:30 28:30 REC PA/O/E 1/04/2011 11:30 AM

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

Doctor #284 to Doctor 28:30 28:30 REC PA/O/E 1/11/2011 11:30 AM

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

Doctor #285 to Doctor 28:30 28:30 REC PA/O/E 1/18/2011 11:30 AM

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

Doctor #286 to Doctor 28:30 28:30 REC PA/O/E 1/25/2011 11:30 AM

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

Doctor #287 to Doctor 28:30 28:30 REC PA/O/E 2/01/2011 11:30 AM

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

Doctor #288 to Doctor 28:30 28:30 REC PA/O/E 2/8/2011 11:30 AM

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

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

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	<p><b>Dr. Mike Ronsisvalle</b> talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. <b>Kay Spears</b> talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. <b>Dr. Dale Peterson</b> talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.</p>					
Doctor #290	to Doctor	28:30	28:30	REC	PA/O/E	2/22/2011 11:30 AM
	<p><b>Lisa Buldo</b> talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. <b>Dr. Ace Anglin</b> talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. <b>Dr. Glee Steele</b> talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of</p>					
Doctor #291	to Doctor	28:30	28:30	REC	PA/O/E	3/08/2011 11:30 AM
	<p><b>Dr. Brian Nimphius</b> talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. <b>Dr. Bob DeMaria</b> talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. <b>Dr. Bernice Gonzalez</b> talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.</p>					
Doctor #292	to Doctor	28:30	28:30	REC	PA/O/E	3/15/2011 11:30 AM
	<p><b>Dr. Don Colbert</b> talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. <b>Dr. Malcolm Hill</b> talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. <b>Dr. Kelafo Collie</b> talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.</p>					
Doctor #293	to Doctor	28:30	28:30	REC	PA/O/E	3/22/2011 11:30 AM

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

<b>ECONOMY</b>	<b>JOY IN OUR TOWN #05-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/31/11 10:30AM</b> <b>02/01/11 2:30AM</b> <b>02/03/11 2:30AM</b> <b>02/04/11 12:00PM</b>
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Frances Benavides welcomes Carlos Cascos the Cameron County Judge from the Cameron County Courthouse. Cameron County is in the process of the west and north railroads relocations which will alleviate traffic congestion from the Brownsville area. There is also the rail bridge that will allow goods and services to go into Mexico and help spur the economy. Even though there is border violence we must continue to solidify our relationship with Mexico who is our biggest trading partner. Judge Cascos says the Causeway is another needed project that is maybe a decade away depending on the funding.

<b>ECONOMY</b>	<b>JOY IN OUR TOWN #10-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/07/11 11:00AM</b> <b>03/11/11 12:30PM</b>
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Frances Benavides welcomes Steven Benavides a Counselor from Bridge Pointe Counseling. Finances are stressful and with today's economy we really need to take responsibility of our finances. Before a couple gets married they should make plans on how they are going to manage their finances in a calm, communicative, and responsible way. Once married their credit records are now joined legally so communication and a good realistic plan are essential. Mr. Benavides suggests to take control of your situation, live humbly and not beyond your means.

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<b>ECONOMY</b>	<b>JOY IN OUR TOWN #12-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/21/11 11:00AM</b> <b>03/22/11 2:30AM</b> <b>03/24/11 2:30AM</b> <b>03/25/11 12:30PM</b> <b>03/26/11 2:30AM</b>
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Frances Benavides welcomes Mayor Steve Brewer from the City of La Feria. The City of La Feria has be growing steadily, the sales tax revenues have gone up by 10% in the past month and with Mercedes having the outlet malls it will help spur economic growth. The school is the biggest employer but they have several businesses that are coming in. They continue to work on projects to improve the city and provide services like downtown renovations, a skate board park for teens, plus 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.

<b>ECONOMY</b>	<b>JOY IN OUR TOWN #12-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/21/11 11:00AM</b> <b>03/22/11 2:30AM</b> <b>03/24/11 2:30AM</b> <b>03/25/11 12:30PM</b> <b>03/26/11 2:30AM</b>
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Frances Benavides welcomes Mayor Patricio M. Ahumada Jr. from the City of Brownsville. Even though we are in a recession, they have a great labor force and unemployment is not as high as it could be. Brownsville is growing through annexation and a well planned infrastructure. This growth should be welcomed because it is providing new industries and creating jobs for the people of Brownsville and the surrounding areas. Mayor Ahumada asks the people to get involved with their community, get informed and be friendly, that's the way to attract others to visit and be part of our area.

<b>CRIME</b>	<b>JOY IN OUR TOWN #04-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/24/11 10:30AM</b> <b>01/25/11 2:30AM</b> <b>01/27/11 2:30AM</b> <b>01/28/11 12:30PM</b>
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Frances Benavides welcomes Omar Lucio the Sheriff from Cameron County Sheriff's Office. The border crime we are seeing is more of a turf war that is happening in Mexico over drugs with the Gulf cartel. There has been shooting, kidnappings, home invasions but over in the U.S., we are fairly prepared to deal with any spill over. The sheriff's department is in constant communication with other law enforcement like Customs, DEA, FBI and local police to prepare for any crime or spill over. Sheriff Lucio advises people to report any unknown people in your neighborhood or unusual activity so they can help protect your community.

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<p>Frances Benavides welcomes Omar Lucio the Cameron County Sheriff from the Cameron County Sheriff's Office. A law has been passed that doesn't allow texting on school zones. Most schools already have signs posted but if not people should be aware of the law. Also law enforcement officers are securing the areas so people can be given a citation for texting in the schools zones. Sheriff Lucio is meant for the safety of everyone especially our children.</p>						
CRIME	JOY IN OUR TOWN #07-11	29:00	14:00	L	PA/O	02/14/11 10:30AM 02/15/11 2:30AM 02/17/11 2:30AM 02/18/11 12:00PM
<p>Frances Benavides welcomes Omar Lucio the Cameron County Sheriff from the Cameron County Sheriff's Office. Cameron County has seen an increase of crime related to drugs where large amounts are being brought in when it used to small amounts. It used to be illegal aliens would break in homes because they were hungry or thirsty but home invasions are down with the increase of Border Patrols. What is seen is family violence and even though this crime is hard on everybody it should be reported. Sheriff Lucio advises people to be careful during the holidays by knowing your car's license plates, and being aware of your surroundings.</p>						
CRIME	JOY IN OUR TOWN #09-11	29:00	14:00	L	PA/O	02/28/11 10:30AM 03/01/11 2:30AM 03/03/11 2:30AM 03/04/11 12:00PM
<p>Frances Benavides welcomes Priscilla Flores the Sexual Assault Program Coordinator from Mujeres Unidas. Domestic violence can happen to anyone it doesn't discriminate on age, sex, race or ethnicity. It can be physical, verbal, or emotional and it affects the whole family unit not just the victim. People can help by listening to the victim, being a support system, and let the victim know about help that is out there for them. Mrs. Flores says they can help with counseling, legal information; you are not alone so call and get the help you need.</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
<b>CRIME</b>	<b>JOY IN OUR TOWN #09-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>02/28/11 10:30AM 03/01/11 2:30AM 03/03/11 2:30AM 03/04/11 12:00PM</b>
<p>Frances Benavides welcomes Priscilla Flores the Sexual Assault Program Coordinator from Mujeres Unidas. The State of Texas identifies sexual assault as any unwanted contact whether it is physical, oral, viewing being done with another person as a crime. There are different types of sexual assault and the severity depends upon each case. The offender can be anybody from a well to do class to a poor class, but 90% of the cases the victim is familiar with the offender. Mrs. Flores advices to always be aware of your surroundings, know your friends and let someone where you are going.</p>						
<b>CRIME</b>	<b>JOY IN OUR TOWN #11-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/14/11 11:00AM 03/15/11 2:30AM 03/17/11 2:30AM 03/18/11 12:30PM 03/19/11 2:30AM</b>
<p>Elsa Villarreal welcomes Yolanda S. Hill a Counselor and Nelda Perez also a Counselor from Hill Living Well Inc. Good mental health is important, that is why everyone needs to feel loved, accepted, and valued no matter what your age. Negative words and images effects the whole body, so in order to renew your mind a person needs to be careful what they hear and view. Parents need to be make time to talk to their children, be aware who their friends are, how things are going in school and try to be good positive examples. The ladies continue to say that parents should use constructive words that produce positive results and reinforce monitoring what they are viewing and listening to.</p>						
<b>CRIME</b>	<b>JOY IN OUR TOWN #13-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/28/11 11:00AM 03/29/11 2:30AM 03/31/11 2:30AM</b>
<p>Elsa Villarreal welcomes Claudia Cerda the Primary Prevention Coordinator, Sandy Cuevas the Community Educator, and Leslie Bolivar the Shelter Services Coordinator for Friendship of Women, Inc.. Sexual violence can happen to anyone no matter what age, sex or social status and 80% of the time it is done by someone you know. Victims often suffer with nightmares; don't trust other people, experience depression and other health issues. As a preventative measure they do presentations, provide pamphlets, and try to educate the public on this issue to let them know there is help out there. The ladies advice victims to report the crime and not to be ashamed but seek help.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN #01-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/03/11 10:30AM 01/04/11 2:30AM 01/06/11 2:30AM 01/07/11 12:00AM</b>
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Frances Benavides welcomes Leslie L. Young the Public Affairs Specialist from the Social Security Administration. If you have signed up for Social Security benefits then you are eligible for Medicare. Hospital insurance is cover in Medicare Part A, Part B covers medical and Part D is for prescription drugs but it is a private insurance. You can also sign up for extra help to help pay your premiums for Part D. Mrs. Young says you can always go the website to the frequently asked questions or file for extra help, or contact them by calling or visiting your local office.

<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN #01-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/03/11 10:30AM 01/04/11 2:30AM 01/06/11 2:30AM 01/07/11 12:00PM</b>
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Frances Benavides welcomes Carlos Cascos a Cameron County Judge from the Cameron County Courthouse. Texas has had a 20% growth in population so it has a fairly healthy economy and we are hoping it will translate into Cameron County because we still have unemployment. We have a young strong and willing work force when given the opportunity plus we have people who are going back to school to prepare for other areas of work. We need to be more diligent and promote our area so manufacturing companies or entities are willing to relocate and make a long term commitment to create jobs in our community. Judge Cascos says the Island's Causeway expansion will increase tax revenues all for the positive.

<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN #05-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/31/11 10:30AM 02/01/11 2:30AM 02/03/11 2:30AM 02/04/11 12:00PM</b>
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Frances Benavides welcomes Leslie L. Young the Public Affairs Specialist from Social Security Administration. The Spanish Retirement Estimator is the first interactive application process in any government agency that is in Spanish. They recognized the need for it and they are hoping the people will follow through and use it. The Estimator tells you what you have put into the system, what your earnings have been and you can plug in different scenarios to adjust and make plans for retirement. Mrs. Young says the online service is easy to access and something they can use from the comfort of their homes so she encourages people to use it.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>FAMILY</b>	<b>JOY IN OUR TOWN #02-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/10/11 10:30AM 01/11/11 2:30AM 01/13/11 2:30AM 01/14/11 12:00PM</b>
<p>Frances Benavides welcomes Anna Maria Trevino an Advocate for Resident Rights and Amalia Segovia an Ombudsman Tech for Area Agency on Aging. The Ombudsman Program is just basically advocating for seniors over 60 for resident rights, assistant living and nursing homes. They make sure they are in a safe environment, are well taken care of and have a good quality of life. They make sure the residents voices are heard and try to resolve whatever complaints are brought forth. Mrs. Trevino and Segovia say they also educate the resident and family on their rights and illness and diseases.</p>						
<b>FAMILY</b>	<b>JOY IN OUR TOWN #04-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>01/24/11 10:30AM 01/25/11 2:30AM 01/27/11 2:30AM 01/28/11 12:00PM</b>
<p>Frances Benavides welcomes Rene Valencia the Community Relations Assistant Coordinator from Judge Mario E. Ramirez, Jr. Juvenile Justice Center. The Juvenile Court Conference Committee Volunteer Program is program made up of volunteers that help first time offenders ages 10-16. The offender and family are interviewed and then the committee decides how to make the offender accountable and will follow up to make sure the conditions have been met. There has been a good success rate with this program. Mr. Valencia says they are looking for volunteers with a big heart that are willing to give of their time to redirect these juveniles.</p>						
<b>FAMILY</b>	<b>JOY IN OUR TOWN #08-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>02/21/11 10:30AM 02/22/11 2:30AM 02/24/11 2:30AM 02/25/11 12:00PM</b>
<p>Elsa Villarreal welcomes Amos V. Gonzales the CEO/President of the Exodus Project Counseling Center. Family Violence still happens and it happens to people of all races and all levels of income but most victims don't want to report it. His center takes care of the spiritual part but other agencies will step in to take care of the physical and psychological areas. If you are aware of abuse on children then it needs to be reported within 24 hours otherwise that person is liable. Mr. Gonzales says males also face abuse but is most prevalent in women.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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<b>FAMILY</b>	<b>JOY IN OUR TOWN #08-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>02/21/11 10:30AM 02/22/11 2:30AM 02/24/11 2:30AM 02/25/11 12:00PM</b>
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Frances Benavides welcomes Lourdes Rodriguez the Child Care Licensing Supervisor for Texas Department of Family and Protective Services. They do child care licensing for listed, registered and licensed homes plus child care centers on which they do inspections to make sure everything is up to regulations. Unregulated homes don't have inspections and there is no known history if they have any training or are in compliance with the agency. If parents have any concerns they can call them they will take a report and do an investigation. Mrs. Rodriguez says parents can go a facility unannounced to observe what kind of care their child is receiving.

<b>FAMILY</b>	<b>JOY IN OUR TOWN #10-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/07/11 11:00AM 03/11/11 12:30PM</b>
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Frances Benavides welcomes Steven Benavides a Counselor from Bridge Pointe Counseling. Marriage is essential for civilization to continue but in order to maintain it the couple needs to control the stressors. Communication is essential and they have to talk, hear and listen intentionally and emotionally. The couple needs to take some time off work, the kids, and separate themselves from the daily lives to really talk and know each other. Mr. Benavides says each person should have their own expressions, hobbies, activities as long as they don't against the marriage and also have respect for one another.

<b>FAMILY</b>	<b>JOY IN OUR TOWN #11-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/14/11 11:00AM 03/15/11 2:30AM 03/17/11 2:30AM 03/18/11 12:30PM 03/19/11 2:30AM</b>
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Elsa Villarreal welcomes Elizabeth Gutierrez a Senior Career Counselor and Maria E. Alvarez a Phlebotomist from V.I.D.A. VIDA was created to help people 18 and older to obtain an education and get jobs with fair wages. VIDA helps people obtain certifications, associates degrees, and two bachelor degrees. They also provide counseling to prevent students from coming across any barriers that will prevent them from finishing their degrees and even pay for books, child care and gas. Mrs. Alvarez went through the VIDA program and says VIDA impacts the family as well as the whole community.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>FAMILY</b>	<b>JOY IN OUR TOWN #13-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>03/28/11 10:30AM</b> <b>03/29/11 2:30AM</b> <b>03/31/11 2:30AM</b>

Elsa Villarreal welcomes Elizabeth Gutierrez a Senor Career Counselor and Carmen Gurrola a Math Teacher from V.I.D.A. VIDA helps people by providing the funds, training and education so they can work and get a fair wage. VIDA is found in Cameron, Hidalgo, Willacy and Star County and basically anyone 18 years old or of low income can qualify. What they do require is that you attend school year round and they have counselors that meet with you throughout the school year. Mrs. Gurrola went through the program and says they really take care of you and make it easy for you to concentrate on your studies.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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## **KLUF-TV Harlingen**

# **2nd QUARTERLY REPORT April, May, June 2011**

**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  
 ECONOMY  
 CRIME  
 CIVIC AFFAIRS  
 FAMILY  
 PUBLIC SAFETY**

**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 SECOND QUARTER 2011: APRIL, MAY, JUNE**

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
HEALTH	JOY IN OUR TOWN # 14-11	29:00	14:00	L	PA/O	04/01/11 12:30PM
<p>Frances Benavides welcomes Dawn Rodriguez RN, BSN, and Director of Valley Baptist Surgical Weight Loss Program. Weight gain is part genetic and part happens when people eat more calories a day than they burn off. For weight loss to take effect people need to develop healthy eating habits, exercise, and limit the quantity of intake. When shopping it is best to stay away from processed foods and instead get fresh fruits and vegetables, plus lean meats so you can burn off calories easier. Mrs. Rodriguez says helping kids' lose weight also requires a change in lifestyle, making good choices and keeping unhealthy snacks away from the home.</p>						
HEALTH	JOY IN OUR TOWN # 15-11	29:00	14:00	L	PA/O	04/04/11 11:00AM 04/05/11 2:30AM 04/07/11 2:30AM 04/08/11 12:30PM
<p>Elsa Villarreal welcomes Tricia Barrera the Public Relations Coordinator from Texas Organ Sharing Alliance. Organ donations always seem to be viewed as a negative because it deals with death but people should view it as a positive as it saves lives. Diabetes and High Blood Pressure have caused the need for kidney transplants and the Valley has 3000 people waiting for kidney transplants. A person becomes a donor only if they are brain dead and they must have registered or informed the family members. Mrs. Barrera says people wishing to be donors should let family know their desires, register and become heroes by saving lives.</p>						
HEALTH	JOY IN OUR TOWN # 15-11	29:00	14:00	L	PA/O	04/04/11 11:00AM 04/05/11 2:30AM 04/07/11 2:30AM 04/08/11 12:30PM
<p>Elsa Villarreal welcomes Tricia Barrera the Public Relations Coordinator from Texas Organ Sharing Alliance. There are several myths about organ sharing one being that if you are registered and you are in an accident the medical personnel will not tend to your needs because they want your organs. Another being the family will receive a disfigured body once they are done with you. All are false as you will be taken care of by professional doctors whose aim is to serve you as best as they can. People can register while getting their driver's license, through the internet, or by calling their office. Mrs. Barrera says they offer free pamphlets or can give you information to clear your doubts so call, register and save lives.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
HEALTH	JOY IN OUR TOWN # 16-11	29:00	14:00	L	PA/O	04/11/11 11:00AM 04/12/11 2:30AM 04/14/11 2:30AM 04/15/11 12:30PM
<p>Elsa Villarreal welcomes Ruben D. Martinez M.D. a Gynecologist from Women's Health Specialists PA. Mammography is a diagnostic x-ray that is done on the women's breast to see if there are any changes in the cells. It is done annually on 40 year old women who are low risk but high risk women should get it done before 40. Women should check their breast manually after their menstrual cycle to note any changes like masses, drainage, changes in size and go to a doctor to get examined if changes are noted. Dr. Martinez says mammography helps identify cancer early and get the treatment needed to help cure them early before it spreads.</p>						
HEALTH	JOY IN OUR TOWN # 16-11	29:00	14:00	L	PA/O	04/11/11 11:00A M 04/12/11 2:30AM 04/14/11 2:30AM 04/15/11 12:30PM
<p>Elsa Villarreal welcomes Ruben D. Martinez M.D. a Gynecologist from Women's Health Specialists PA. A normal menstrual cycle can occur every 28-30 days but irregular ones can happen every 1-2 weeks or can miss it for 2-4 months. There are a number of reasons for it like hormonal imbalance, polycystic ovarian syndrome or the thyroid. Also people are gaining too much weight these days and there is an increase of fat cells which are also involved in hormonal functions. Dr. Martinez says people often tell him they have always been that way but they need to get medical attention to cure it because there can be more than one cause for the irregular menstrual cycle.</p>						
HEALTH	JOY IN OUR TOWN # 19-11	29:00	14:00	L	PA/O	05/02/11 11:00AM 05/03/11 2:30AM 05/05/11 2:30AM 05/06/11 12:30PM
<p>Elsa Villarreal welcomes Dr. Ruben D. Martinez a Gynecologist from Women's Health Specialist PA. A Pap smear is a test that is done by obtaining cells from the cervix with the intent to find change before they become cancerous or have the human papilloma virus and to save lives. Pap smears should be done on women who are 21 years old or within three years of being sexually active. If you are at risk or have had an abnormal pap smear than it should be done every year otherwise it should be done every two to three years. Dr. Martinez advises patients not to be embarrassed and have the test done because doctors are there to serve the community, prevent disease and help prevent early death.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
700 Club Watch #061610	CBN News	1:00:00	6:00	REC PA/O/E	06/16/2011 2:00 PM	
<p>Lori Johnson, CBN News Reporter, says if you're trying to eat healthy, perhaps you have heard to stay away from processed foods. While that's great advice, it seems many people are confused about what exactly constitutes processed food. If you can't identify them, it's hard to cut processed foods out of your diet. And although most people know processed foods are bad for them, it's often unclear what makes them so dangerous to a person's health. Remember - processed foods are foods that have been altered from their natural state. Have you ever wondered why a pre-packaged food stays fresh for months, when the same food made from scratch grows moldy in just days? It's because food manufacturers use man-made ingredients that prolong a product's shelf life. Unfortunately, they may have the opposite effect on peoples' health. Trans fats are commonly found in commercially fried food and packaged foods, especially baked goods. But you won't see the phrase, "trans fat" in the list of ingredients. Instead, look for the word, "hydrogenated." And beware of labels claiming no trans fats. They're often still in there, because the Food and Drug Administration allows food with up to a half-gram of trans fat per serving to be labeled "trans fat free." The problem is, those servings can be small so we eat many servings, and those half-grams add-up. Vending machines are often loaded with processed foods. In addition to trans fats, they often contain too much salt, which can cause heart problems and creates a craving for even more salt. Another addictive ingredient you'll find in processed foods is high fructose corn syrup, which is linked to obesity and diabetes. Although high fructose corn syrup manufacturers contend it's nutritionally the same as sugar, others say it's worse. Also on the list are other syrups and sweeteners like dextrose, glucose, lactose and maltose. And speaking of chemical names, here's another one to watch out for: monosodium glutamate, or MSG for short. Food manufacturers like it because it adds flavor. But doctors dislike it because it causes high insulin secretion. Believe it or not, even white flour is a processed food. Its soft texture and mild taste is created by removing the most nutritious parts of the wheat berry, the bran and the germ. The starch leftover is digested too fast in the body and can lead to weight gain, diabetes, heart disease and cancer. By contrast, whole wheat flour includes the entire wheat berry, which is digested slowly, making us feel full longer. Although identifying processed foods and removing them from our diet isn't easy, it may be less troubling than dealing with the health problems they could create</p>						
Doctor #295	to Doctor	28:30	28:30	REC PA/O/E	4/05/2011 11:30 AM	
<p><b>Dr. Eric Braverman</b> talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. <b>Jessic Setnick</b> talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. <b>Dr. Daniel Leeman</b> talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.</p>						
Doctor #296	to Doctor	28:30	28:30	REC PA/O/E	4/12/2011 11:30 AM	
<p><b>Dr. Scott Hannen</b> talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. <b>Dr. John Fisher</b> talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. <b>Dr. Ross Dorsett</b> talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.</p>						

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

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

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

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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Doctor #300 to Doctor 28:30 28:30 REC PA/O/E 5/17/2011 11:30 AM

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

Doctor #301 to Doctor 28:30 28:30 REC PA/O/E 5/24/2011 11:30 AM

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

Doctor #302 to Doctor 28:30 28:30 REC PA/O/E 5/31/2011 11:30 AM

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

Doctor #303 to Doctor 28:30 28:30 REC PA/O/E 6/07/2011 11:30 AM

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

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
Doctor #304 to Doctor	28:30	28:30	REC	PA/O/E	6/14/2011	11:30 AM
<p><b>Dr. Ace Anglin</b> talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. <b>Dr. James Krystosik</b> talked about the ph system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. <b>Jannie Wolff</b> talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.</p>						
Doctor #305 to Doctor	28:30	28:30	REC	PA/O/E	6/21/2011	11:30 AM
<p><b>Dr. Valerie Saxon</b> talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. <b>Dr. Bill Williams</b> talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. <b>Dr. Dale Peterson</b> talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.</p>						

**ECO NO MY**      **JOY IN OUR TOWN # 23-11**      **29:00**      **14:00**      **L**      **PA/O**      **06/06/11 11:00AM**  
**06/07/11 2:30AM**  
**06/09/11 2:30AM**  
**06/10/11 12:30PM**

Frances Benavides welcomes Steve Brewer the Mayor for the City of La Feria. The City of La Feria is moving forward with new projects that are set to start in Sept. like adding a second floor to the Library with new computers and a new Youth Club so kids can have a place to play tennis, soccer and basketball. They are also building a Health Center to help families by educating them on diabetes, high blood pressure and showing them how to exercise and learning new ways to cook. They are also adding sidewalks near the school to secure the children's safety. Mayor Brewer says they are staying busy trying to do good for the community.

**ECO NO MY**      **JOY IN OUR TOWN # 24-11**      **29:00**      **14:00**      **L**      **PA/O**      **06/13/11 11:00AM**  
**06/14/11 2:30AM**  
**06/16/11 2:30AM**  
**06/17/11 12:30PM**

Frances Benavides welcomes Joe H. Hernandez the Mayor for the City of San Benito. The City of San Benito has been able to bring in a national business and they are proud of it because it will create new jobs and bring more people into the city. San Benito is where the conjunto music originated in and they are in the process of building a museum which will also feature the city's star Freddy Fender and a cultural museum in the same building. It is also in the process of building a new Health Dept. Mayor Hernandez invites people to visit and shop in the city of San Benito.

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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<b>ECONOMY</b>	<b>JOY IN OUR TOWN # 24-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/13/11 11:00AM</b> <b>06/14/11 2:30AM</b> <b>06/16/11 2:30AM</b> <b>06/17/11 12:30PM</b>
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Frances Benavides welcomes Joe H. Hernandez the Mayor for the City of San Benito. The City of San Benito has already build a new Police Dept., a City Shop and a Fire Station which have helped keep their people in the city and also made them happy to be there. They also got a new water plant which is in compliance with the state and were able to buy some water for emergency situations such as a drought. They have also managed to buy 15 acres to expand the cemetery. Mayor Hernandez is also proud of the parks which have a new jogging and walking trail that passes through the heart of the city.

<b>ECONOMY</b>	<b>JOY IN OUR TOWN # 26-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/27/11 11:00AM</b> <b>06/28/11 2:30AM</b> <b>06/30/11 2:30AM</b>
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Elsa Villarreal welcomes Leticia Rodriguez the Regional Vice President from Primerica. When obtaining a credit card is important to look at the interest rates. With variable interest rates you may be end up paying interest above the interest if you don't pay above the minimum payment plan; so it is best to get one with a fixed interest rate. Another thing to watch out for is teaser rates which start of low but if you go over your limit or the first time you pay late will make the rate jump to the highest rate. Mrs. Rodriguez advises everyone to read all the information when applying for a credit card and make sure you understand or have them explain them to you.

<b>CRIME</b>	<b>JOY IN OUR TOWN # 17-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/18/11 11:00AM</b> <b>04/19/11 2:30AM</b> <b>04/21/11 2:30AM</b> <b>04/22/11 12:30PM</b>
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Elsa Villarreal welcomes Julian Villalobos a Police Officer from Santa Rosa Police Department. Crime in Santa Rosa is about the same as the entire valley. They do participate with the Cameron County Sheriff's Office with the STEP program which is for DWI's. Driving while intoxicated is something that shouldn't be done as it is not worth taking the risk of causing an accident, especially if you have children with you because now you also face child endangerment charges. Santa Rosa has also had its share of neighborhood robberies. Officer Villalobos says the police have helped the community because they have seen the crime rate go down.

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
<b>CRIME</b>	<b>JOY IN OUR TOWN # 18-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/25/11 11:00A M</b> <b>04/26/11 2:30AM</b> <b>04/28/11 2:30AM</b> <b>04/29/11 12:30PM</b>
<p>Frances Benavides welcomes Dr. Steven Benavides a Counselor for Bridge Pointe Counseling. In the last 20 years violence has decreased due to advances in criminology and criminal psychology plus people are more educated now and more reports are being done. Violence is an expression that is being acted out on what a person is feeling interiorly. Violence can sometimes be used as manipulation, a way to control, or revenge and it is learned so it is very important to teach children right from wrong. Dr. Benavides says a person who already has violent tendencies shouldn't be exposed to violent TV programs or video games because they will start to act on it.</p>						
<b>CRIME</b>	<b>JOY IN OUR TOWN # 19-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/02/11 11:00A M</b> <b>05/03/11 2:30AM</b> <b>05/05/11 2:30AM</b> <b>05/06/11 12:30PM</b>
<p>Elsa Villarreal welcomes Claudia Cerda a Primary Prevention Coordinator and Sandy Cuevas a Community Educator from Friendship of Women, Inc. Domestic violence can be verbal, physical, emotional, or sexual. Domestic violence affects the children in such a way that they learn from it and repeats itself through the generations. They advise parents to talk to the children while they are young using the positive words and not to fight in front of the children. The ladies say they have a 24 hour toll free number that people can call to get help as it could save their lives and prevent the cycle from continuing.</p>						
<b>CRIME</b>	<b>JOY IN OUR TOWN # 21-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/23/11 11:00AM</b> <b>05/24/11 2:30AM</b> <b>05/26/11 2:30AM</b> <b>05/27/11 12:30PM</b>
<p>Elsa Villarreal welcomes Rene Valencia an Assistant Coordinator from Judge Mario E. Ramirez Juvenile Justice Center. The Texas Family Code states the parents are responsible for providing the basic needs of their children (newborn to age 18). A juvenile is between ages 10-16 so if your child becomes a fugitive at age 17, he will be considered an adult. In order for the parents not to be considered negligent they should file a police report or file charges against them. Mr. Valencia says parents shouldn't loss their faith as parents but their children are our future and they need to be helped and corrected.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>CRIME</b>	<b>JOY IN OUR TOWN # 21-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/23/11 11:00AM 05/24/11 2:30AM 05/26/11 2:30AM 05/27/11 12:30PM</b>
<p>Elsa Villarreal welcomes Rene Valencia an Assistant Coordinator from Judge Mario E. Ramirez Juvenile Justice Center. The Juvenile Court Conference Committee Volunteer Program is made up of volunteers who help juveniles who are first time offenders. The juveniles go before the committee and sign a contract in which they must meet certain conditions and are held responsible for their actions. If the juvenile has not committed any crimes within two years they can go back to try to close the case legally. Mr. Valencia says they are always looking for volunteers who are willing to help change a youth's life for the better.</p>						
<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN # 14-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/01/11 12:30PM</b>
<p>Frances Benavides welcomes Leslie L. Young a Public Affairs Specialist from Social Security Administration. Medicare Part D is a prescription drug plan that everyone age 55 can get. Registration takes place every year between Nov. 15 through Dec. 31 and at that time people can decide on a plan or change to a plan that better suits them. In January there were changes that took effect so everyone is encouraged to apply or reapply if they have been denied before. If the elderly need help making decisions then a family representative can make the decision as to which plan is best for them, but they should also notify Social Security about the family representative. Mrs. Young says the elderly can apply online or call to set up an appointment or can even go to the Area Agency on Aging for help.</p>						
<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN # 22-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/30/11 11:00AM 05/31/11 2:30AM 06/02/11 2:30AM 06/03/11 12:30PM</b>
<p>Elsa Villarreal welcomes Salvador J. Castillo a Veterans Service Officer from Cameron County Veterans Office. Veterans can make claims when they are not in service and when they are in service. Those who have physical problems or are age 65 or older and are in need of assistance can come in to make a claim; as well as, those who experience a physical condition or injury during service can be compensated. Widows and widowers as well as those who have certain diseases such as Parkinson's are also able to make claims. Mr. Castillo says everyone is welcome to call or visit and ask questions to see if they are eligible for pensions or compensations.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN # 22-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/30/11 11:00AM 05/31/11 2:30AM 06/02/11 2:30AM 06/03/11 12:30PM</b>
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Elsa Villarreal welcomes Salvador J. Castillo a Veterans Service Officer from Cameron County Veterans Office. Veterans who served during war time whether in war torn countries, other countries or the United States and even those who served when there wasn't war are eligible for benefits. Depending on the case, veterans just need to bring their discharge and other required documents to see if they qualify. Veterans may be able to get benefits for certain physical conditions, diseases, and education. Mr. Castillo reminds veterans that they are there to assist them, so call them and they can answer your questions.

<b>FAMILY</b>	<b>JOY IN OUR TOWN # 18-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/25/11 11:00AM 04/26/11 2:30AM 04/28/11 2:30AM 04/29/11 12:30PM</b>
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Elsa Villarreal welcomes Yolanda S. Hill and Nelda N. Perez both are Counselors for Hill Living Well, Inc. As counselors they deal with children and adults who have been abused or are the abusers. Abuse can be emotional, physical, or sexual and all of these things should be reported and make sure they are taken care of. Parents need to be aware of whom they are leaving their children with and spending quality time with their children is very important. Adults can have more difficulty with interior healing because healing hasn't taken place unlike a child who has started talking about it early. Mrs. Hill says that sound emotions will make you physically sound so it is possible to have a good and sound family.

<b>FAMILY</b>	<b>JOY IN OUR TOWN # 20-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/16/11 11:00AM 05/17/11 2:30AM 05/19/11 2:30AM 05/20/11 12:30PM</b>
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Frances Benavides welcomes Dr. Steven Benavides a Counselor for Bridge Pointe Counseling. When couples fall in love when there is a physical attraction, acceptance of one another, wanting to satisfy one another's desires which leads to marriage but 25% of marriages end in divorce. Couples fall out of love when they stop attending to each other's needs so the attraction and satisfaction are gone. Couples need to be aware of when they are regressing back to acceptance, identify the problem in order to move forward. Dr. Benavides says marriages shouldn't be based on physical attraction but on mutual respect, values, family and edifying one another.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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<b>FAMILY</b>	<b>JOY IN OUR TOWN # 20-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>05/16/11 11:00AM 05/17/11 2:30AM 05/19/11 2:30AM 05/20/11 12:30PM</b>
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Frances Benavides welcomes Dr. Steven Benavides a Counselor for Bridge Pointe Counseling. Married couples are usually busy with their daily lives and often times they talk to each other but in a very passive way; they are hearing but not really listening. When problems manifest they likely may have started 7 years ago. Couples need to learn to dedicate one night a week out of their busy daily routine to talk and have that transparency and intimacy to really communicate as a couple and actively listen to each other. Dr. Benavides says couples need to figure out a plan of action to find a solution to whatever is causing a problem to prevent it from reoccurring and just continue to talk and actively listen.

<b>FAMILY</b>	<b>JOY IN OUR TOWN # 25-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/20/11 11:00AM 06/21/11 2:30AM 06/23/11 2:30AM 06/24/11 12:30PM</b>
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Frances Benavides welcomes Amos V. Gonzales the CEO/President of the Exodus Project Counseling Center. Drug addiction changes the characteristics of the person using it toward the negative. When the parent is addicted to drugs it creates dysfunctional families because they leave their responsibilities behind and break family values. In order to hold families together, people need to start talking about what family values are and not so much about the effects of drug addiction. Mr. Gonzales advices parent who have a child on drugs not to create a scandal but be open minded, be a friend, take him to a counselor, or ask for help, there is help out there.

<b>FAMILY</b>	<b>JOY IN OUR TOWN # 25-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/20/11 11:00AM 06/21/11 2:30AM 06/23/11 2:30AM 06/24/11 12:30PM</b>
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Frances Benavides welcomes Amos V. Gonzales CEO/President of the Exodus Project Counseling Center. In today's society youth have more access to drugs without knowing much about them. Showing families good moral values can help them when they have someone on drugs. Drug addiction not only affects the family, but the work place as well and just breaks down society as a whole. People need to stop criticizing and start talking and helping one another with the right values in place to overcome it. Mr. Gonzales says families need to be educated and shown how to respect one another to hold the foundation of the family together.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>PUBLIC SAFETY</b>	<b>JOY IN OUR TOWN # 17-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/18/11 11:00AM 04/19/11 2:30AM 04/21/11 2:30AM 04/22/11 12:30PM</b>
<p>Elsa Villarreal welcomes Joseph De La Garza a Public Education Officer for the Harlingen Fire Department. Fire Prevention is the aim the county has taken by placing a Burn Ban into effect. The dry weather just does not allow anyone to burn trash or grass and possibly cause a fire. Families are also recommended to have smoke detectors and a fire prevention plan for the family members to follow. Families should also teach their young children not to play with matches and what to do in case of a fire. Mr. De La Garza says people are always welcome to visit the station and they will be glad to talk to them about fire prevention.</p>						
<b>PUBLIC SAFETY</b>	<b>JOY IN OUR TOWN # 23-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/06/11 11:00AM 06/07/11 2:30AM 06/09/11 2:30AM 06/10/11 12:30PM</b>
<p>Elsa Villarreal welcomes Joseph De La Garza a Public Education Officer for the Harlingen Fire Department. Adults should know what chemicals they have at home and make sure they have a safe and secure place for them where children can't get to them. Each chemical should to be stored in its own separate bottle and never be mixed together to get rid of clutter but also have a legible label on it to identify it otherwise get rid of it. When using chemicals to clean the house, it is best to open the windows to let fresh air in instead of cleaning with the air condition on. Mr. De La Garza tells parents to talk to their children about precautions with chemicals and they are also welcome to bring them to the Fire Dept. and they can talk to them.</p>						
<b>PUBLIC SAFETY</b>	<b>JOY IN OUR TOWN # 26-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>06/27/11 11:00AM 06/28/11 2:30AM 06/30/11 2:30AM</b>
<p>Frances Benavides welcomes Henry Lopez the Fire Marshal for the San Benito Fire Dept. Some people think they will wake up when they smell smoke but it doesn't happen that way, smoke alarms save lives so it's important to have them. They also should have a fire escape plan and have the whole family practice it so everyone knows what to do in case of an emergency. People should also turn off their stoves, candles; unplug all appliances such as the hair straightener before they leave their homes. Mr. Lopez also recommends that if a fire has started in the home make sure everyone is out of the house and don't allow anyone back inside the home to prevent asphyxiation and save their lives.</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 - Harlingen**

# **3<sup>rd</sup> QUARTERLY REPORT July, August, September 2011**

**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  
ECONOMY  
CRIME  
CIVIC AFFAIRS  
PUBLIC SAFETY  
FAMILY**

**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 2011: JULY, AUGUST, SEPTEMBER**

**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
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<b>HEALTH</b>	<b>JOY IN OUR TOWN #28-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/04/11 11:00AM</b> <b>07/05/11 2:30AM</b> <b>07/07/11 2:30AM</b> <b>07/08/11 12:30PM</b>
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Elsa Villarreal welcomes Arturo J. Lopez Jr. a Dentist from Lopez Dental Care. Pediatric dental care is something that shouldn't have to wait until the patient is 2-4 years old but as soon as the child gets the first tooth. Parents can use tooth paste without fluoride and a brush that wraps around the finger to clean the baby's tooth in the morning and at night time. It is best to eat fruits instead of sugary snacks or juices as they cause cavities and if you have sugary snacks it is best to have them with meals not in between meals. Dr. Lopez advises parents to teach their children to brush their teeth at morning and night time and floss everyday in order to prevent cavities.

<b>HEALTH</b>	<b>JOY IN OUR TOWN #28-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/04/11 11:00AM</b> <b>07/05/11 2:30AM</b> <b>07/07/11 2:30AM</b> <b>07/08/11 12:30PM</b>
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Elsa Villarreal welcomes Arturo J. Lopez Jr. a Dentist from Lopez Dental Care. The mouth can be viewed as the window to the body's health. Heart problems and blood sugar levels in diabetics are some of the problems that can be stabilize by correcting gum infections. Dental prevention can be done by having Dental visits every 6 months or at least once a year in that way cavities and infections can be corrected before it is too late. Dr. Lopez emphasis that prevention is vital in everyone's life so visit your dentist before major problems can occur and live a more healthy and pleasant life.

<b>HEALTH</b>	<b>JOY IN OUR TOWN #29-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/11/11 11:00AM</b> <b>07/12/11 2:30AM</b> <b>07/14/11 2:30AM</b> <b>07/15/11 12:30PM</b>
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Elsa Villarreal welcomes Melisa Tejada the Social Services Outreach Coordinator for the Food Bank RGV. The Food Bank RGV offers a Healthy Lifestyle program that has various themes like nutrition, exercise, recipes, and buying nutritious food at low cost. The food pyramid has changed to my plate which has half a plate with fruits and vegetables and the other half is divided into multigrains and protein plus a circle for lactose like milk or yogurt. The Nutrition program goes hand in hand with the SNAP program so they learn to buy nutritious food with their food stamps. Mrs. Tejada tells people to call them and they will help you with the SNAP forms and provide you with an emergency food supply while you wait for Human Services response.

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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HEALTH	JOY IN OUR TOWN #32-11	29:00	14:00	L	PA/O	08/01/11 11:00AM 08/02/11 2:30AM 08/04/11 2:30AM 08/05/11 12:30PM
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Elsa Villarreal welcomes Letty Q. Sanchez and Gloria Miranda both are Caregiver Specialists and Program Coordinators for Caregiver SOS. A caregiver can be a relative, a friend, anyone who is taking care of an individual who is ill or is a senior. As a caregiver you take on different roles as a nurse, giving medications, adjusting meals and caring for the security of the sick person. In order to care for another person, the caregiver also needs to have a balanced life health wise, mentally, physically and Caregiver SOS helps by educating them and providing experts to advice them. Mrs. Sanchez and Miranda say Caregiver SOS is a free service that is dedicated to the caregiver and located locally so call or stop by they are there to help.

HEALTH	JOY IN OUR TOWN #32-11	29:00	14:00	L	PA/O	08/01/11 11:00AM 08/02/11 2:30AM 08/04/11 2:30AM 08/05/11 12:30PM
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Elsa Villarreal welcomes Letty Q. Sanchez and Gloria Miranda both are Caregiver Specialists and Program Coordinators for Caregiver SOS. Stress is the plague of modern times sometimes it can be real and sometimes it can be imagined but it is a condition in which the person experiences long term anxiety very strongly. Caregivers experiencing stress feel isolated, frustrated and can't take it anymore and also may have medical symptoms like high blood pressure. Stress affects them emotional, physically, and socially but they can find relieve by proper nutrition, journaling, exercise and support groups. Mrs. Sanchez says they have a nine week program that helps the caregivers deal with stress.

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

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
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Doctor #308 to Doctor 28:30 28:30 REC PA/O/E 7/12/2011 11:30 AM

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

Doctor #309 to Doctor 28:30 28:30 REC PA/O/E 7/19/2011 11:30 AM

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

Doctor #310 to Doctor 28:30 28:30 REC PA/O/E 7/26/2011 11:30 AM

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

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**KLUJ - TV 44 HARLINGEN, TEXAS**

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
Doctor #311	to Doctor 28:30	28:30	REC PA/O/E	8/02/2011 11:30 AM		
<p><b>Dr. Bill Williams</b> talked about TMJ. Symptoms can be headaches, clicking jaw, neck ache, dizziness, over close bites and grinding teeth. Jaw EMG Study, motion study, and K7 neuromuscular analysis are used to diagnosis a problem and treatment. <b>Dr. Charles Simmons</b> talked about safe guarding your home. Crawl and search your home for hazards. Children will pull items down or run into low set items such as a coffee table. Kitchens and bathrooms have water which doesn't take much for a child to drown in. <b>Dr. Jill Westkaemper</b> talked about Metabolic Syndrome. It can lead to heart attack and stroke. A person with Metabolic Disease will have three of the following: belly circumference great than 40 inches for a man and 36 for a woman, elevated blood pressure, elevated fasting blood sugar, fasting triglyceride level over 50 and low HDL. Losing weight will reduce your risk.</p>						
Doctor #314	to Doctor 28:30	28:30	REC PA/O/E	8/23/2011 11:30 AM		
<p><b>Dr. Isabel Lopez</b> talked about insulin resistance. An over abundance of carbohydrates can produce insulin that doesn't work very well. This can cause diabetes and for hormones to be released that keep you hungry. It's important to eat protein, exercise and to see your doctor. <b>Dr. James Krystosik</b> talked about Omega 3 fats. It helps reduce inflammation, balance hormones and improve memory function. You can get them from plants or cold water fish such as salmon, trout or tuna. <b>Dr. Carl Schmidt</b> talked about Candida. It's a digestive disorder in the small and large intestine that can impact the rest of the body. Microorganisms in the digestive tract get out of balance and create problems. It's important to eliminate sugar, eat a lean diet and take herbal supplements.</p>						
Doctor #315	to Doctor 28:30	28:30	REC PA/O/E	8/30/2011 11:30 AM		
<p><b>Dr. Stephanie Blenner</b> talked about Dyslexia. It is a deficient with phonological processing. There is difficulty in recognizing that words are made up of letters and they correspond to specific sounds. Early intervention is important, prior to the third grade, because the brain is still growing. <b>Dr. Dale Peterson</b> talked about food allergies. It is a sensitivity of the body's immune system to a specific substance. Symptoms can be delayed and can include headaches, chronic skin irritations, and behavior issues. Skin tests and elimination diet can be used to determine the allergy. <b>Dr. Bernice Gonzalez</b> talked about healthy living and weight loss. Extra weight can cause diabetes, high blood pressure, heart disease and stroke. It's important to rid the body of fat and maintain muscle. It's important to eat fresh veggies/fruit, drink plenty of water, pay attention to portion sizes and exercise.</p>						
Doctor #316	to Doctor 28:30	28:30	REC PA/O/E	9/06/2011 11:30 AM		
<p><b>Dr. Valerie Saxon</b> talked about cleansing. Toxins build up in our system via food, drinks and chemicals. They can get in the way of cellular communication. It's important to get back to basics and give the body what it needs to heal. Gerson therapy is a method that can be used to cleanse the body. <b>Dr. Wayne Gordon</b> talked about Alzheimer's disease. It is a classification of dementia. The biggest risk factor is age. It's a decrease in prior intellectual functioning. There is no cure, but medications can slow it down. <b>Dr. Rick Winick</b> talked about sustainable dentistry. The mouth and body are connected and need to be treated as a whole. It's important to diagnosis an infection and treat it. It's important to look at nutritional deficiency, ph levels and take a proactive approach.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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Doctor #317 to Doctor 28:30 28:30 REC PA/O/E 9/13/2011 11:30 AM

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

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

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

**ECONOMY JOY IN OUR TOWN #27-11 29:00 14:00 L PA/O 07/01/11 12:30PM**

Frances Benavides welcomes Carlos Cascos the Cameron County Judge from the Cameron County Courthouse. Cameron County is in the process of the west and north railroads relocations which will alleviate traffic congestion from the Brownsville area. There is also the rail bridge that will allow goods and services to go into Mexico and help spur the economy. Even though there is border violence we must continue to solidify our relationship with Mexico who is our biggest trading partner. Judge Cascos says the Causeway is another needed project that is maybe a decade away depending on the funding.

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**KLUJ - TV 44 HARLINGEN, TEXAS**

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>ECONOMY</b>	<b>JOY IN OUR TOWN #29-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/11/11 11:00AM</b> <b>07/12/11 2:30AM</b> <b>07/14/11 2:30AM</b> <b>07/15/11 12:30PM</b>

Frances Benavides welcomes Melisa Tejada the Social Services Outreach Coordinator for the Food Bank RGV. The Food Bank RGV assists people with programs that address different needs like TANIF, CHIP, and Medicaid. People just have to call and set an appointment and if they don't have transportation they will meet you in a setting closest to you like a library or community center. One of their main functions is to stop hunger so they have a feeding and nutrition program to educate them on a healthy lifestyle and provide families, kids and the elderly with food. Mrs. Tejada says to call them and they will help you or direct you to other organizations that can help you with your needs.

<b>ECONOMY</b>	<b>JOY IN OUR TOWN #31-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/25/11 11:00AM</b> <b>07/26/11 2:30AM</b> <b>07/28/11 2:30AM</b> <b>07/29/11 12:30PM</b>
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Frances Benavides welcomes Joe H. Hernandez the Mayor for the City of San Benito. The City of San Benito has been able to bring in a national business and they are proud of it because it will create new jobs and bring more people into the city. San Benito is where the conjunto music originated in and they are in the process of building a museum which will also feature the city's star Freddy Fender and a cultural museum in the same building. It is also in the process of building a new Health Dept. Mayor Hernandez invites people to visit and shop in the city of San Benito.

<b>ECONOMY</b>	<b>JOY IN OUR TOWN #31-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/25/1111:00AM</b> <b>07/26/11 2:30AM</b> <b>07/28/11 2:30AM</b> <b>07/29/11 12:30PM</b>
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Frances Benavides welcomes Joe H. Hernandez the Mayor for the City of San Benito. The City of San Benito has already build a new Police Dept., a City Shop and a Fire Station which have helped keep their people in the city and also made them happy to be there. They also got a new water plant which is in compliance with the state and were able to buy some water for emergency situations such as a drought. They have also managed to buy 15 acres to expand the cemetery. Mayor Hernandez is also proud of the parks which have a new jogging and walking trail that passes through the heart of the city.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>ECONOMY</b>	<b>JOY IN OUR TOWN # 34-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/15/11 11:00AM 08/16/11 2:30AM 08/18/11 2:30AM 08/19/11 12:30PM</b>
<p>Frances Benavides welcomes Steve Brewer the Mayor for the City of La Feria. The City of La Feria has just completed one of their projects and that is a new Water Plant which provides irrigation water and clean drinking water for the community. In the Nature Park they have added two walkways, two lakes and have added fish so kids can go fishing. In the main street they have added speakers which are used to play music depending on the holiday season and also to provide important information such as emergencies. Mayor Brewer says they have a skateboard park for the school kids; it helps keep them busy and out of trouble so cities need parks for the people.</p>						
<b>CRIME</b>	<b>JOY IN OUR TOWN #33-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/08/11 11:00AM 08/09/11 2:30AM 08/11/11 2:30AM 08/12/11 12:30PM</b>
<p>Elsa Villarreal welcomes Carlos L. Garcia the Chief of Police from Brownville Police Department. Border crime here in Brownsville has reduced in the last two years unlike Laredo and El Paso who have had bad experiences. People who fall victims of Mexican crime are usually involved in criminal activity with the Mexican criminals. People living here who are involved with the Zetas, and Gulf Cartels have had their families involved for years and they are used to find ways to transport drugs and get the money back to them. Chief Garcia says if for whatever reason you need to go to Mexico don't drive SUV's or vehicles that draw attention and take as minimal as possible with you.</p>						
<b>CRIME</b>	<b>JOY IN OUR TOWN #36-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/05/11 11:00AM 09/06/11 2:30AM 09/08/11 2:30AM 09/09/11 12:30PM</b>
<p>Elsa Villarreal welcomes Carlos L. Garcia the Chief of Police from the Brownsville Police Department. Children have been left unattended by their family for various reasons like being a single parent, family problems, having to work, and low income. Children shouldn't be left alone for whatever the reason may be as it is against the law. Children have been left alone in their family car and have dehydrated and suffered cardiac arrest. Some 10 or 11 year old children have been left taking care of their younger siblings; these children shouldn't be responsible as they are children themselves. Chief Garcia says parents need to have security for their families and perhaps look for a family member or different organizations to help care for the children so they will not be unattended.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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<b>CRIME</b>	<b>JOY IN OUR TOWN #38-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/19/11 11:00AM</b> <b>09/20/11 2:30AM</b> <b>09/22/11 2:30AM</b> <b>09/23/11 12:30PM</b>
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Elsa Villarreal welcomes Carlos L. Garcia the Chief of Police from the Brownsville Police Department. Crime in Brownsville is down in comparison to 2010 it a minimum of at least 10% and these is due the programs in which we are working with the community. Home, car and business robberies are down but what is seen right now are graffiti, cell phones being taken, or for example things taken while you left the garage door open. When a crime does occur the police should be called so they can get a report and the information needed to investigate, plus see how they can help you. Chief Garcia wants to thank the community for participating in the special programs that has resulted in positive relationships with them.

<b>CRIME</b>	<b>JOY IN OUR TOWN #39-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/26/11 11:00AM</b> <b>09/27/11 2:30AM</b> <b>09/29/11 2:30AM</b> <b>09/30/11 12:30PM</b>
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Elsa Villarreal welcomes Rene Valencia an Assistant Coordinator from Judge Mario E. Ramirez Juvenile Justice Center. The Texas Family Code states the parents are responsible for providing the basic needs of their children (newborn to age 18). A juvenile is between ages 10-16 so if your child becomes a fugitive at age 17, he will be considered an adult. In order for the parents not to be considered negligent they should file a police report or file charges against them. Mr. Valencia says parents shouldn't loss their faith as parents but their children are our future and they need to be helped and corrected.

<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN #27-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/01/11 12:30PM</b>
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Frances Benavides welcomes Leslie L. Young the Public Affairs Specialist from Social Security Administration. The Spanish Retirement Estimator is the first interactive application process in any government agency that is in Spanish. They recognized the need for it and they are hoping the people will follow through and use it. The Estimator tells you what you have put into the system, what your earnings have been and you can plug in different scenarios to adjust and make plans for retirement. Mrs. Young says the online service is easy to access and something they can use from the comfort of their homes so she encourages people to use it.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN #30-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/18/11 11:00AM 07/19/11 2:30AM 07/21/11 2:30AM 07/22/11 12:30PM</b>

Frances Benavides welcomes Henry Lopez the Deputy for Emergencies from the San Benito Fire Department. To prepare for a Hurricane season one must start off early and not wait for the last minute to look for supplies so the best time is now. Some of the local stores are offering a list of supplies that are needed for preparation like flash-lights, batteries, medications, prescriptions, radios and food. Have your luggage and extra money or credit cards ready in case you have to evacuate the area. Mr. Lopez says if you choose to stay during the storm it is best to remain inside of the house and not go out and just be prepared ahead of time.

<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN #30-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>07/18/11 11:00AM 07/19/11 2:30AM 07/21/11 2:30AM 07/22/11 12:30PM</b>
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Frances Benavides welcomes Henry Lopez the Deputy for Emergencies from the San Benito Fire Department. After a hurricane has occurred and the people who evacuated the area want to come back should call the local officials to find out if is okay to return. There may be flooding, no electricity, trees blocking roadways, and no stores open yet so people should call city officials first before coming back into the area again. If there are any wires on the ground call the city officials or the electric company but do not touch the wires. Mr. Lopez says that at times like this everyone should do their part to help one another and their community and you can even volunteer to help at the fire department.

<b>PUBLIC SAFETY</b>	<b>JOY IN OUR TOWN #33-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/08/11 11:00AM 08/09/11 2:30AM 08/11/11 2:30AM 08/12/11 12:30PM</b>
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Elsa Villarreal welcomes Carlos L. Garcia the Chief of Police from the Brownsville Police Department. To prevent accidents or injuries and even death from happening some communities have placed ordinances to prohibit texting while driving. Once you start driving, you take on the responsibility to drive safely and that means being aware of people and drivers in front and beside you because any distraction can cause accidents. If a person really needs to answer a phone or respond to a text message it is best to pull to the side of the road or wait until you reached your destination or come to a complete stop. Chief Garcia says people do get fined for texting while driving and if a life is lost there will be a high fine plus prison time.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>PUBLIC SAFETY</b>	<b>JOY IN OUR TOWN #38-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/19/11 11:00AM 09/20/11 2:30AM 09/22/11 2:30AM 09/23/11 12:30PM</b>
<p>Elsa Villarreal welcomes Joseph De La Garza a Public Education Officer for the Harlingen Fire Department. Adults should know what chemicals they have at home and make sure they have a safe and secure place for them where children can't get to them. Each chemical should be stored in its own separate bottle and never be mixed together to get rid of clutter but also have a legible label on it to identify it otherwise get rid of it. When using chemicals to clean the house, it is best to open the windows to let fresh air in instead of cleaning with the air condition on. Mr. De La Garza tells parents to talk to their children about precautions with chemicals and they are also welcome to bring them to the Fire Dept. and they can talk to them.</p>						
<b>PUBLIC SAFETY</b>	<b>JOY IN OUR TOWN #39-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/26/11 11:00AM 09/27/11 2:30AM 09/29/11 2:30AM 09/30/11 12:30PM</b>
<p>Frances Benavides welcomes Henry Lopez the Fire Marshal for the San Benito Fire Dept. Some people think they will wake up when they smell smoke but it doesn't happen that way, smoke alarms save lives so it's important to have them. They also should have a fire escape plan and have the whole family practice it so everyone knows what to do in case of an emergency. People should also turn off their stoves, candles; unplug all appliances such as the hair straightener before they leave their homes. Mr. Lopez also recommends that if a fire has started in the home make sure everyone is out of the house and don't allow anyone back inside the home to prevent asphyxiation and save their lives</p>						
<b>FAMILY</b>	<b>JOY IN OUR TOWN #34-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/15/11 11:00AM 08/16/11 2:30AM 08/18/11 2:30AM 08/19/11 12:30PM</b>
<p>Elsa Villarreal welcomes Letty Q. Sanchez and Gloria Miranda both are Caregiver Specialist and Program Coordinators for Caregiver SOS. RGV Teleconnection is a free educational service that is offered to anyone who is taking care of someone with a chronic illness or a senior and is not being paid for it. This can be done in the comfort of your home, at the center, or wherever you have access to a phone. Simply call the center to provide you with a list of conferences being offered, once decided then they are given an access code so they can listen experts and are given an opportunity to get their questions answered. Mrs. Sanchez and Miranda invite you to call them so they can give you more details on the free services they offer.</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
<b>FAMILY</b>	<b>JOY IN OUR TOWN #35-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/29/11 11:00AM 08/30/11 2:30AM 08/01/11 2:30AM 08/02/11 12:30PM</b>
<p>Elsa Villarreal welcomes Oralia C. Jaure a Sexual Assault Educator for the Family Crisis Center. There are different forms of violence in the family such as physical, sexual, emotional, and verbal abuse. All members of the family suffer when there is abuse. Women, men, children and seniors can experience it but the first thing a person must do is call the police and then call an agency that protects them and these agencies can be found in different cities of the valley. Mrs. Jaure says their agency is there to listen, support, and give them options and they also have a 24 hour hotline to help them.</p>						
<b>FAMILY</b>	<b>JOY IN OUR TOWN #35-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>08/29/11 11:00AM 08/30/11 2:30AM 08/01/11 2:30AM 08/02/11 12:30PM</b>
<p>Elsa Villarreal welcomes Oralia C. Jaure a Sexual Assault Educator for the Family Crisis Center. When sexual assault happens 95% of the time the abuser is at home. Sexual assault among children has increases in the last months so children should be taught about their private part and to talk if something should happen. An abuser usually starts by winning the person's confidence whether they are child or adult, male or female these persons are targeted and made their victims. Mrs. Jaure says everyone should be educated on sexual assault and we need to believe them, don't judge them but support them and take whatever legal action needed to protect them.</p>						
<b>FAMILY</b>	<b>JOY IN OUR TOWN #36-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/05/11 11:00AM 09/06/11 2:30AM 09/08/11 2:30AM 09/09/11 12:30PM</b>
<p>Frances Benavides welcomes Mary Solis and Anna de Leon both are Benefits Counselors for the Area Agency on Aging. Extra Help is offered to anyone 65 and older who is on Medicare or are disable and it helps cost of prescribed medications. People often pay \$800-\$1000 for brand name meds when they can get them for \$6.30 with the Extra Help and generics are \$2.50. With this program people are not limited as to how medications they can get; they can get all the medications they need at these prices as long as they are prescribed and not over the counter. Mrs. Solis and de Leon say the requirements are income and resources and they are there to help you fill out the forms.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>FAMILY</b>	<b>JOY IN OUR TOWN #37-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/12/11 11:00AM 09/13/11 2:30AM 09/15/11 2:30AM 09/16/11 12:30PM</b>

Elsa Villarreal welcomes Dom Fernandez a Health Benefits Specialist for the Centers for Medicare & Medicaid Services. Medicare is a benefit for people age 65 or older, or disable and have to be a legal citizen plus paid their taxes in the U.S.A. This benefit is not something you get automatically once you've reached the age of 65 so people do need to sign up for it. It has two parts, Part A covers the hospital stay and the person has to pay the first \$1,100 while Part B covers the doctor visits, Lab work, etc. the participant pays 20% of the cost and Medicare pays the rest. Mr. Fernandez says people can get information by going to their website, or calling because they have 24 hour services and there is someone to help you even if you don't speak English.

<b>FAMILY</b>	<b>JOY IN OUR TOWN #37-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>09/12/11 11:00PM 09/13/11 2:30AM 09/15/11 2:30AM 09/16/11 12:30PM</b>
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Elsa Villarreal welcomes Dom Fernandez a Health Benefits Specialist for the Centers for Medicare & Medicaid Services. Managed Care Plans are plans with approved Medicare Part A and Part B but are offered through a private company and with a lot more benefits. People do have to pay monthly premiums for them and the higher you pay the more benefits you have while the less you pay the fewer benefits you get and the more out of pocket money you have to spend. The enrollment period has changed to Oct. 15<sup>th</sup> through Dec. 7<sup>th</sup>. Mr. Fernandez advises people about presentations offered at different locations that sign you up for plans without you being aware of what you signed it's best to take it someone to explain what you are signing instead of being stuck with a plan for an entire year.

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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 - Harlingen**

# **4th QUARTERLY REPORT October, November, December 2011**

**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  
CRIME  
CIVIC AFFAIRS  
EDUCATION  
FAMILY  
ECONOMY**

**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 FOURTH QUARTER 2011: OCTOBER, NOVEMBER, DECEMBER**

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**KLUJ - TV 44 HARLINGEN, TEXAS**

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
HEALTH	JOY IN OUR TOWN #40-11	29:00	14:00	L	PA/O	10/03/11 11:00AM 10/04/11 2:30AM 10/06/11 2:30AM 10/07/11 12:30PM
<p>Elsa Villarreal welcomes Brian Smith M.D., M.P.H. the Regional Medical Director for the Texas Department of State Health Services. The required immunizations for this year are 2 vaccines for chickenpox, 2 for measles, and meningitis especially for people who are attending the university for the first time and are under 30 years old. Whooping Cough is another vaccine that should be given to children ages 4-6 and also adults especially women before having children. Measles is another important vaccine as it can be transmitted just by passing by a person carrying the infection. Dr. Smith reminds everyone that vaccines very important as they protect us, the young as well as the adults especially people working in a hospitals or a clinic.</p>						
HEALTH	JOY IN OUR TOWN #40-11	29:00	14:00	L	PA/O	10/03/1111:00AM 10/04/11 2:30AM 10/06/11 2:30AM 10/07/1112:30PM
<p>Elsa Villarreal welcomes Arturo J. Lopez Jr. a Dentist from Lopez Dental Care. People generally lose their teeth due to large cavities that don't have enough teeth to work with and have to be removed, gum disease, and accidents. The best option to replace a tooth is a dental implant in which a titanium screw is placed in the bone and a porcelain crown is placed on top. Other options are a bridge in which the side teeth are reduced and place the missing teeth between them and there is also the partial in which all your teeth are removed and a complete dental replacement is done. Dr. Lopez says people can prevent losing their teeth by brushing and flossing their teeth everyday and seeing their dentist every six months.</p>						
HEALTH	JOY IN OUR TOWN #44-11	29:00	14:00	L	PA/O	10/31/11 11:00AM 11/01/11 2:30AM 11/03/11 2:30AM 11/04/11 12:30PM
<p>Elsa Villarreal welcomes Marcos H. Ikeda MD a Gynecologist from Women's Clinic of South Texas. Breast cancer affects 1 in 8 women between the ages of 20-70 years old. Women should do self breast exams at home by examining their breasts checking for lumps and looking in the mirror for color changes or secretions coming from their nipples. If something is noted the doctor will examine you more thoroughly with tests like a mammogram or even a biopsy. Dr. Ikeda says detecting cancer early on is best because they can take care of it or even cures it and in more advanced stages treatment is done to try to lessen the severity of it.</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 #47-11	29:00	14:00	L	PA/O	11/28/11 11:00AM 11/29/11 2:30AM 12/01/11 2:30AM 12/02/11 12:30PM
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Elsa Villarreal welcomes Brian Smith the Regional Medical Director for the Texas Department of State Health Services. Public health services were started because of communicable diseases but now they are seeing chronic illnesses and complications such as obesity, asthma, heart problems and hypertension. Kids have obesity now and this is due to lack of exercise and the type of nutrition they are getting. Diets that are high in fat, white flour, fried potatoes, and foods that turn quickly to sugar cause diabetes early in life. Dr. Smith says children should be allowed to play and minimize their time in front of the computer and adults should walk two miles every day to prevent obesity and diseases.

HEALTH	JOY IN OUR TOWN #47-11	29:00	14:00	L	PA/O	11/28/11 11:00AM 11/29/11 2:30AM 12/01/11 2:30AM 12/02/11 12:30PM
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Elsa Villarreal welcomes Marcos H. Ikeda MD a Gynecologist from Women’s Health Clinic of South Texas. Incontinence can happen at any age, some women may experience incontinence after pregnancy yet as women get older the muscles in the vaginal area aren’t as strong and they start to get incontinence. There are two types of incontinence, the first is urgency in which the person feels the urge to go the bathroom immediately and start leaking. The other is stress incontinence in which the cough, even body weight causes the leaking. Dr. Ikeda tells people not to be embarrassed about incontinence but see your Doctor so they can do the necessary studies so they can treat or cure your problem.

Doctor to Doctor 28:30 28:30 REC PA/O/E 10/04/2011 11:30 AM  
#320

**Doreen Lewis** talked about breast cancer. The rates for breast cancer are rising. 8% is genetics, but 92% is environmental. Birth control, water with fluoride and chlorine, make-up, chemicals and even French fries can increase the risk of breast cancer. It’s important to look at the chemicals being used, cut sugar and exercise. **Dr. Elizabeth Matthews** talked post partum depression. It impacts 1 in 5 women and can occur during the first year after a baby is born. Symptoms can be anxiety, worthlessness, guilt, not eating well or lack of sleep. It’s important to get help and the treatment based up the severity of the depression. **Dr. Samuel Verghese** talked about the brain. Generalized anxiety begins in the brain and can include different centers of it. It can cause headaches, tremors, insomnia, phobias and sweating. If symptoms last more than 6 months, then seek medical help.

Doctor to Doctor 28:30 28:30 REC PA/O/E 10/11/2011 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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#321

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 10/18/2011 11:30 AM  
#322

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

Doctor to Doctor 28:30 28:30 REC PA/O/E 10/25/2011 11:30 AM  
#323

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

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**KLUJ - TV 44 HARLINGEN, TEXAS**

ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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Doctor #324 to Doctor 28:30 28:30 REC PA/O/E 11/15/2011 11:30 AM

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

Doctor #326 to Doctor 28:30 28:30 REC PA/O/E 11/22/2011 11:30 AM

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

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

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

**CRIME** **JOY IN OUR TOWN #43-11** **29:00** **14:00** **L** **PA/O** **10/24/11 11:00AM**  
**10/25/11 2:30AM**  
**10/26/11 2:30AM**  
**10/28/11 12:30PM**

Elsa Villarreal welcomes Alvaro Garcia the Chief of Police from Palm Valley Police Department. Residential robberies are seen in Palm Valley but not as much as Cameron County. When these crimes do occur it is best to report them in this way the police can go to your home and see the prints and gather evidence left behind. People can try to prevent this crime by closing their windows and doors and even forming a neighborhood watch. Chief Garcia tells people that if you happen to be there when the robbery is taking place it is best not to be aggressive but run into a room, lock the door and call the police and try to remember as much details of the person as best as you can.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>CRIME</b>	<b>JOY IN OUR TOWN #43-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/24/11 11:00AM 10/25/11 2:30AM 10/26/11 2:30AM 10/28/11 12:30PM</b>
<p>Elsa Villarreal welcomes Alvaro Garcia the Chief of Police from the Palm Valley Police Department. Senior citizens can become crime victims by people soliciting information such as date of birth or social security numbers as that is enough to steal their identity. Seniors are advised not carry unnecessary things with them especially limit the things that can identify them; unfortunately many carry birth certificates, social security numbers, and checks with them. When shopping it is best to take only the money that they will need for their purchases and don't take too much money with you. Chief Garcia says seniors can sometimes fall victims of people they know so they should call the police and Adult Protective Services also.</p>						
<b>CRIME</b>	<b>JOY IN OUR TOWN #45-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/07/11 11:00AM 11/08/11 2:30AM 11/10/11 2:30AM 11/11/11 12:30PM</b>
<p>Elsa Villarreal welcomes Carlos H. Cascos the Cameron County Judge from the Cameron County Courthouse. Border violence is just now being reported; we are seeing the spillover violence with recent events that have occurred. We have drug cartel members living here quietly because they don't want to attract police attention but if there is trouble with another group then our citizens are at risk. It used to be people would cross back and forth on the border but there are fewer people crossing due to fear and people are risking their lives by crossing. Judge Cascos says our government needs to recognize we have a problem and sent more resource funds to put more police and sheriffs on the streets.</p>						
<b>CRIME</b>	<b>JOY IN OUR TOWN #45-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/07/11 11:00AM 11/08/11 2:30AM 11/10/11 2:30AM 11/11/11 12:30PM</b>
<p>Elsa Villarreal welcomes Jose J. Trevino, Juan S. Torres, Robert Avitia, and Carlos Osorio all are board members from the Brownsville Crime Stoppers. Crime Stoppers was started in 1982 with the thought that the public could help stop crime in their community. People basically just call in and report a crime, give information or suspicions anonymously and are given a number ID and if they have helped the police solve a crime case then they can be compensated for it. The good thing about remaining anonymous is that they don't have to go to court or identify someone; this is all left for the police to handle. The men say it is our responsibility to call and report crime as it not only stops crime but it helps you live in a more safe and comfortable community.</p>						

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN #41-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/10/11 11:00AM 10/11/11 2:30AM 10/13/11 2:30AM 10/14/11 12:30PM</b>

Elsa Villarreal welcomes Dom Fernandez a Health Benefits Specialist for the Centers for Medicare & Medicaid Services. Medicare Part D is a program that got started to help older people by helping cover their medications. In order to get Part D, you have to be enrolled in Part A or Part B or both and you must pay a premium. The program is not mandatory but if you don't sign up on the specified time period there will be an increase in your premium and once you have chosen a plan than you remain with that plan for one year unless. Mr. Fernandez says you can find all the information on plans by going to the website and you can even sign up for a plan but have your medications at hand so you can find out which plan is best for you.

<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN #44-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/31/11 11:00AM 11/01/11 2:30AM 11/03/11 2:30AM 11/04/11 12:30PM</b>
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Elsa Villarreal welcomes Dom Fernandez a Health Benefits Specialist from the Centers for Medicare & Medicaid Services. Sometimes people have illnesses that are too costly and insurance companies deny them so they are left with all the cost for their medical treatments, but now there is a new plan for pre-existing conditions that has taken effect that covers medical benefits that are above cost. Anyone who has been denied medical benefits and is a U.S. citizen or is here legally can apply and get these benefits. There are two ways people can apply for it; one is by calling and two by applying through the internet. Mr. Fernandez says this is a good plan for anyone with a pre-existing condition and once applied coverage starts at the beginning of next month.

<b>CIVIC AFFAIRS</b>	<b>JOY IN OUR TOWN #48-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/05/11 11:00AM 12/06/11 2:30AM 12/08/11 2:30AM 12/09/11 12:30PM</b>
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Frances Benavides welcomes Salvador J. Castillo a Veterans Service officer for the Cameron County Veterans Office. Vets can get their health benefits by applying but they must have served 24 continuous months or ended the period of the contract and served honorable. Once applied the form will be processed and within one to two weeks they will receive a letter informing them if they qualified and what priority group they qualified for. If the Vet has an emergency they can call 911 or go to the hospital but if it's a medical need then they have to apply and depending on the case and the urgency it will determine how rapidly they will be seen. Mr. Castillo says Vets can now go the clinic in Harlingen which has advanced equipment to meet their medical needs so apply and use your health benefits.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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<b>EDUCATION</b>	<b>JOY IN OUR TOWN #42-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/17/11 11:00AM 10/18/11 2:30AM 10/20/11 2:30AM 10/21/11 12:30PM</b>
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Elsa Villarreal welcomes Letty Q. Sanchez the Program Manager for Caregiver SOS. Alzheimer's in a marriage changes the roles they once had as husband and wife to a nurse, and a coordinator for doctors appointments. Caregiver SOS is offering an educational workshop meant only for husband and wives to help them deal with the stress, emotions and roles in a more positive way. It is designed to help them learn about the disease and survive by expressing themselves and not having anyone judge them. Mrs. Sanchez says this workshop is free to any husband or wife who is experiencing Alzheimer's or a related mental disorder, so call and she will give them the details.

<b>EDUCATION</b>	<b>JOY IN OUR TOWN #42-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/17/11 11:00AM 10/18/11 2:30AM 10/20/11 2:30AM 10/21/11 12:30PM</b>
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Elsa Villarreal welcomes Letty Q. Sanchez the Program Manager for Caregiver SOS. Caregiver SOS offers the RGV teleconnection in which educational monthly sessions on varied themes are given through the phone to provide the caregiver with knowledge on how to care for the sick person. They have a calendar with different topics of interest and even a mini evaluation on memory loss to help them answer their doubts, deal with the stress and even care for themselves as caregivers. Mrs. Sanchez says they welcome volunteers and all that is needed is time and wanting to help.

<b>EDUCATION</b>	<b>JOY IN OUR TOWN #46-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/21/11 11:00AM 11/22/11 2:30AM 11/24/11 2:30AM 11/25/11 12:30PM</b>
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Elsa Villarreal welcomes Ernesto Villarreal the Program Director for Encore. Encore was created to bring emphasis on the importance of a University education and careers. The Hispanic community has a very low percentage of people who graduate from the university. It was found that most Hispanic parents haven't graduated from high school but do have influence on their children, so Encore also works with parents to give them resources and tools to guide and prepare their children for university education. Mr. Villarreal says the a whole point of Encore is to get students to be college ready and go to the university, get a career and have a good future.

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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<b>EDUCATION</b>	<b>JOY IN OUR TOWN #46-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>11/21/11 11:00AM 11/22/11 2:30AM 11/24/11 2:30AM 11/25/11 12:30PM</b>
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Elsa Villarreal welcomes Adrian Arranga a Recruiter and Graciela Salazar an Assistant Director of Marketing and Public Relations for the Marine Military Academy. Military school is different in the type of classes given and the way the day is structured so the student comes out better at the end of the day. The students have various activities that keep them busy from 6AM to 10PM. Because the classes are smaller than public school classes they get to know the students better and know when to advance a student in a certain subject if they are doing well. Mr. Arranga and Mrs. Salazar say most people think the students go into the military once they graduate but no most go onto a university and do well.

<b>FAMILY</b>	<b>JOY IN OUR TOWN #41-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>10/10/11 11:00PM 10/11/11 2:30AM 10/13/11 2:30AM 10/14/11 12:30PM</b>
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Elsa Villarreal welcomes Claudia Cerda the Primary Prevention Coordinator and Sandy Cuevas the Community Educator for Friendship of Women, Inc. Domestic violence happens when someone has power and control over another person. The abuse can be physical, verbal, emotional, and psychological and both women and men can experience it. Abuse is something that is learned, so if a child see the father abuse his mother it's more than likely that that child will grow and become an abuser himself. The ladies say that there is help out there and they offer services free of charge and confidential and they also have a 24 hour crisis line to help them when they need it.

<b>FAMILY</b>	<b>JOY IN OUR TOWN #48-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/05/11 11:00AM 12/06/11 2:30AM 12/08/11 2:30AM 12/09/11 12:30PM</b>
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Elsa Villarreal welcomes Letty Q. Sanchez the Program Manager for Caregiver SOS. Caregiver SOS has new program for stress management for the caregiver which helps them know how to identify it and know what it does to you physically and emotionally. This program is a nine week program in which you are given options like aroma therapy, exercise, or music therapy as new ways to combat it each week. They are also certified to offer programs on how to manage diabetes and arthritis; the classes generally last about an hour and a half and are given once a week and are free of charge. Mrs. Sanchez invites people to call them to get a calendar on scheduled programs.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
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<b>FAMILY</b>	<b>JOY IN OUR TOWN#49-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/19/11 11:00AM</b> <b>12/20/11 2:30AM</b> <b>12/22/11 2:30AM</b> <b>12/23/11 12:30PM</b>
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Frances Benavides welcomes Henry Lopez the Fire Marshal from San Benito Fire Dept. When it comes to first aid the first five minutes are critical, it could mean life or death for the person if they don't receive the attention needed. Anyone attending to a person in an accident is protected by the law but if you leave the scene without helping them you can get into trouble. It is always good to check and see if the person has a bracelet that identifies if they are diabetic or have a medical condition to know what is may be happening to the person but if in doubt always call 911. Mr. Lopez tells people that it is always good to take a CPR course that way you can feel confident and know what to do.

<b>FAMILY</b>	<b>JOY IN OUR TOWN#49-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/19/11 11:00PM</b> <b>12/20/11 2:30AM</b> <b>12/22/11 2:30AM</b> <b>12/23/11 12:30PM</b>
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Frances Benavides welcomes Rosalinda Rodriguez a Community Education Coordinator from Women Together/Mujeres Unidas. A home is suppose to be a place where you rest and feel loved but when there is domestic violence it's not a place of comfort anymore and everyone is effected including children. An abusive cycle may occur but it's been shown that older children are less likely to be violent because they have been the protectors while the younger are more likely to become aggressors. The victims need friends and family to believe them and not criticize them but help and support them. Mrs. Rodriguez advices victims to have a security plan which means having your important documents in safe place and being informed as to where to go when you leave the abusive situation.

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ISSUE/PROBLEM	PROGRAM TITLE	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR-DATE/TIME
<b>ECONOMY</b>	<b>JOY IN OUR TOWN #50-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/26/1111:00AM 12/27/11 2:30AM 12/29/11 2:30AM 12/30/11 12:30PM</b>

Frances Benavides welcomes Steven Benavides a Counselor from Bridge Pointe Counseling. Finances are stressful and with today's economy we really need to take responsibility of our finances. Before a couple gets married they should make plans on how they are going to manage their finances in a calm, communicative, and responsible way. Once married their credit records are now joined legally so communication and a good realistic plan are essential. Mr. Benavides suggests to take control of your situation, live humbly and not beyond your means.

<b>ECONOMY</b>	<b>JOY IN OUR TOWN #50-11</b>	<b>29:00</b>	<b>14:00</b>	<b>L</b>	<b>PA/O</b>	<b>12/26/1111:00AM 12/27/11 2:30AM 12/29/11 2:30AM 12/30/11 12:30PM</b>
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Frances Benavides welcomes Steve Brewer the Mayor for the City of La Feria. The City of La Feria is moving forward with new projects that are set to start in Sept. like adding a second floor to the Library with new computers and a new Youth Club so kids can have a place to play tennis, soccer and basketball. They are also building a Health Center to help families by educating them on diabetes, high blood pressure and showing them how to exercise and learning new ways to cook. They are also adding sidewalks near the school to secure the children's safety. Mayor Brewer says they are staying busy trying to do good for the community.

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