

WTCE-DT 38
QUARTERLY REPORT
JANUARY, FEBRUARY, MARCH 2010

**WTCE-DT 38 FORT PIERCE, FLORIDA
PROGRAMS PERTAINING TO LEADING
COMMUNITY PROBLEMS/ISSUES FOR
JANUARY, FEBRUARY, MARCH 2010**

PUBLIC SAFETY

ENVIRONMENT

HEALTH

SENIORS

YOUTH

CIVIC AFFAIRS

**THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF WTCE-DT 38
PROGRAMMING ADDRESSING THE ISSUES/PROBLEMS NAMED ON THE ASCERTAINMENT
LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING FCC
REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE
FIRST QUARTER: JANUARY, FEBRUARY, MARCH 2010**

<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PUBLIC SAFETY							
	JOY IN OUR TOWN #687	28:30	13:00	L	PA/O		
	Drywall is a common building material typically used for structuring walls and ceilings. It is made of a layer of gypsum-based plaster pressed between two thick sheets of paper. Yet, in recent years, many concerns have been raised over a specific drywall type. Today, host Annette Bracero talks with Jim Moses of the St. Lucie County Environmental Health Department about Chinese Drywall. Mr. Moses explains the elements in the drywall that are affecting homes and residents and what challenges this drywall poses on health and safety officials. He discusses how a resident would know if they have Chinese Drywall and what they should do if they suspect that they have this drywall in their home.					01/01/10 01/02/10 01/04/10 01/05/10 01/07/10 01/07/10	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM 12:30 PM
	JOY IN OUR TOWN #688	28:30	13:00	L	PA/O		
	How safe are you? Home is often our favorite place to be, but it is not always the safest. Seven million Americans suffer injuries each year at home and almost thirty thousand die from home related accidents. Today, host Annette Bracero talks with Catherine Chaney of the St. Lucie County Fire District about REsident Safety. Ms. Chaney explains the little thought of safety challenges that Treasure Coast officials deal with and the measure officials take to ensure the safety of their residents. She discusses common safety concerns of seniors and children and how local officials are promoting safety awareness. Ms. Chaney explains a new home inspection program and gives some tips for seniors and children to stay safe around the home.					01/08/10 01/09/10 01/11/10 01/12/10 01/14/10 01/14/10	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM 12:30 PM
	JOY IN OUR TOWN #692	28:30	13:00	L	PA/O		
	Nothing makes you feel as helpless as when your child or elderly family member has gone missing. Extended efforts have been made to provide increased safety for children, the elderly, and residents with disabilities who may have a tendency to wander from home or a care facility. Today, host Marina Santos talks with Ft. Pierce Police Department Public Information Officer Audria Moore-Wells about Keeping The Public Safe. Mrs. Moore-Wells explains the 'Take me Home' and 'A Child is Missing' programs and how residents may take part in them. She discusses the challenges safety officials face concerning residents and disabilities and what dangers may befall the disabled resident who strays away from home or a care facility. Mrs. Moore-Wells also discusses the timeframe for successfully finding a missing child or elderly person and the challenging aspects of finding missing persons.					02/05/10 02/06/10 02/08/10 02/09/10 02/11/10 02/11/10 02/18/10	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM 12:30 PM 4:00 AM

<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PUBLIC SAFETY							
	JOY IN OUR TOWN #695	28:30	13:00	L	PA/O		
	Domestic violence occurs among all ages, economic levels and races. It is the single greatest cause of injury to women in America. It can range from threats and intimidation to death. In the U.S. four women die each day as a result of this violence. Today, host Marina Santos talks with Jill Borowicz, CEO of SafeSpace, about Domestic Violence. Ms. Borowicz explains the challenges domestic violence presents to safety officials and the reate of domestic violence onthe Treasure Coast. She discusses why victims stay in their abusive relationships and how someone may enter an abuse shelter. Ms. Borowicz also discusses what someone should do if they suspect or are experiencing domestic violence.					02/26/10 02/27/10 03/11/10	1:00 PM 3:30 AM 11:30 AM
	JOY IN OUR TOWN #698	28:30	13:00	L	PA/O		
	In receiving a license to carry a concealed weapon for lawful self-defense, you are undertaking a great responsibility. A license to carry a concealed weapon is not a license to use it. If you do, the law will protect you only if you have acted within the law. Those who are choosing to arm themselves with weapons should, therefore, be armed with the most indispensible weapon of all - knowledge. Today, host Jennifer Richardson talks with Sgt. Chris Cicio from the St. Lucie county Sheriff's Office about Concealed Weapons. Sgt. Cicio explains when a handgun is concealed and what kinds of weapons are included in the concealed weapons law. He discusses the challenges concealed weapons pose for police and safety officials and when a handgun can be used for self protection. Sgt. Cicio also discusses some special laws that apply to the use of handguns.					03/19/10 03/22/10 03/23/10 03/01/35 03/01/35	1:00 PM 11:30 AM 3:30 AM 3:30 AM 12:30 PM

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ENVIRONMENT							
	JOY IN OUR TOWN #689	28:30	13:00	L	PA/O		
	Do you ever think about what happens to a drop of water that falls onto the ground? It may land on a tree and evaporate; it may land on a farm field and be absorbed into the soil. Or it may land on a rooftop, driveway or road. Traveling into a storm drain, picking up pollutants along the way and washing them into local rivers and streams. Storm water runoff has become a major concern and a growing source of pollution to our area waterways. Today, host Annette Bracero talks with JP Gellerman and Ed Skvarchof the University of Florida, about Storm Water Runoff. Mr. Skvarch explains how storm water is managed and the challenges officials are facing. Mr. Gellerman discusses types of surfaces that are considered impervious and how they are managed. How the St. Lucie watershed is changing and how residents can help to reduce storm water pollution in their areas is also discussed.					01/15/10 01/16/10 01/18/10 01/19/10 01/21/10 01/21/10 01/28/10	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM 12:30 PM 11:30 AM
	JOY IN OUR TOWN #691	28:30	13:00	L	PA/O		
	As landfills continue to swell and waste increases, new strategies are needed to help ease the burden on our environment. U.S. landfills hold two-thirds of the beverage containers we use, and this disposal trend may be worsening. According to the Container Recycling Institute, the aluminum can recycling rate dropped to its lowest level in 15 years. Today, host Jennifer Richardson talks with Neil Seldman, President of the Institute for Local Self-Reliance, about Sustainable Waste Management. Mr. Seldman explains the challenges that environmental managers are dealing with concerning waste and what happens to waste once it reaches a landfill area. He discusses the challenges that landfills and other waste collectors pose to our environmental health and some new strategies managers are employing. Mr. Seldman also explains a 'Zero Waste Approach' to discarded refuse.					01/29/10 01/30/10 02/01/10 02/04/10 02/04/10 02/11/10 02/18/10	1:00 PM 3:30 AM 11:30 AM 3:30 AM 12:30 PM 11:30 AM 11:30 AM
	JOY IN OUR TOWN #692	28:30	13:00	L	PA/O		
	The Indian River Lagoon is one of Florida's great natural habitats that supports an incredible diversity of life. But over the years the health of the lagoon has suffered, making restoration efforts necessary. Today, host Marina Santos talks with Indian River Keeper George Jones about Indian River Lagoon Restoration. Mr. Jones explains the mission of the River Keeper and the current challenges of the river. He discusses the concerns of storm water runoff entering the lagoon and damaging polluting elements. Mr. Jones also discusses how discharges from Lake Okeechobee effect the lagoon and how the public can help.					02/05/10 02/06/10 02/08/10 02/09/10 02/11/10 02/11/10 02/18/10	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM 12:30 PM 4:00 AM

<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
ENVIRONMENT							
	JOY IN OUR TOWN #694	28:30	13:00	L	PA/O		
	Environmental managers tell us preventing soil erosion is always preferable to attempting to control or reverse it later. Once an area of land has been eroded, it is someimtes impossible to correct it. Today, host Marina Santos talks with Michael Yustin, Martin County Environmental Lands Coordinator, about Erosion Prevention. Mr. Yustin explainsthe challenges of erosion and some causes. He discusses some erosion control methods as well as the erosion prevention efforts in Sewall's Point. Mr. Yustin explains why it is impiortnat to protect this island and what unique challenges are involved in it's stabilization. Mr. Yustin also discusses what the average waterway user can do to help prevent erosion.					02/19/10 02/20/10 02/22/10 02/23/10 02/25/10 02/25/10	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM 12:30 PM
	JOY IN OUR TOWN #694	28:30	13:00	L	PA/O		
	Discoloration or mildew on plants and trees are only a couple of important clues to diagnosing agricultural probloms, but that is only a part of the equation. What to do about it is another matter. Today, host Marina Santos talks with Marc Fagan of the Florida Department of Agriculture about Agricultural Diseases. Mr. Fagan explains what is involved in identifying agricultural diseases and how they spread. He discusses current diseases the environmental managers are dealing with and what trees are at risk. Mr. Fagan also discusses spread rates of the disease and what is being done to manage it.					02/19/10 02/20/10 02/22/10 02/23/10 02/25/10 02/25/10	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM 12:30 PM

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HEALTH	JOY IN OUR TOWN #688	28:30	13:00	L	PA/O		
	They are the ultimate protectors of our rights and freedoms when outside forces threaten. But when their missions and their services are complete, a veteran's health may become their personal conflict and challenge. Today, host Annette Bracero talks with St. Lucie County Veteran Services Director, Paul Hiott about Veteran's Health. Mr. Hiott explains the challenges veterans are facing with health and healthcare and the criteria to qualify for VA Healthcare. He discusses what has been done to reduce waiting times for veterans health care and the current restrictions on access to VA Healthcare. Mr. Hiott also talks about patient rights and responsibilities and what programs are available for veterans with health problems related or unrelated to wartime injuries.					01/08/10	1:00 PM
						01/09/10	3:30 AM
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						01/12/10	3:30 AM
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						01/14/10	12:30 PM
	JOY IN OUR TOWN #695	28:30	13:00	L	PA/O		
	Eating disorders affect people of all ages, race, and income levels. But, these disorders affect women much more than they do men. Women make up more than 90 percent of people with these disorders. People who have eating disorders have unhealthy ways, or patterns, of eating. They may eat too much and become overweight, or way too little and become very thin. Sometimes a person can eat so little or nothing at all they actually begin to starve. Today, host Jennifer Richardson talks with Anne Lanier and Kristine Karsauskas, president and CEO of Mental Health Association of Indian River County, about Eating Disorders. Ms. Sarkauskas explains what eating disorders are and what you should do if someone you know has an eating disorder. Ms. Lanier discusses who is at risk for eating disorders and how you can tell if someone has this disorder. Ms. Lanier also discusses common types of disorders and their treatments.					02/26/10	1:00 PM
						02/27/10	3:30 AM
					03/11/10	11:30 AM	
JOY IN OUR TOWN #697	28:30	13:00	L	PA/O			
Dealing with today's specialized, complex health-care system can be, well, a pain. And when it comes to a hospital visit, it's important to have someone along to help make sure you receive the type of medical care you need. Today, host Jennifer Richardson talks with Bridgitte Broxton and Deanna Fielden of Mihome Healthcare, Inc. about Patient Advocacy. Ms. Fielden explains what a patient advocate is and when someone should seek a patient advocate. Ms. Broxton discusses the different types of advocates and some legal issues to consider.					03/13/10	3:30 AM	
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					03/29/10	12:00 PM	

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HEALTH							
	JOY IN OUR TOWN #698	28:30	13:00	L	PA/O		
	According to the American Heart Association, more than 73 million American adults have high blood pressure. However, it's important to know that even though high blood pressure is quite common, it is still a dangerous condition that should be monitored closely. Today, host Jennifer Richardson talks with Dr. Yolanda Lewis of the Lewis Healthcare Institute about Hypertension. Dr. Lewis explains what hypertension is and who is at risk. She discusses the conditions related to hypertension and the treatment options. Dr. Lewis also explains the difference between good cholesterol and bad cholesterol and suggests some good foods that reduce high blood pressure.					03/19/10 03/22/10 03/23/10 03/01/35 03/01/35	1:00 PM 11:30 AM 3:30 AM 3:30 AM 12:30 PM
	JOY IN OUR TOWN #699	28:30	13:00	L	PA/O		
	There are many disorders of the ear, nose, and throat that may require clinical care by a physician or other healthcare professional. Diseases and disorders of the ears, nose, throat, head, and neck negatively impact the lives of millions around the world. National health statistics reveal that pediatric ear, nose, and throat disorders remain among the primary reasons children visit a physician, with ear infections ranking as the number one reason for an appointment. Today, host Jennifer Richardson talks with Dr. Camysha Wright of Southcoast ENT about Ear, Nose & Throat Health. Dr. Wright explains the challenges health officials face with ENT ailments and the risks of ENT ailments if left untreated. She discusses how you can identify a common cold ailment from a more serious E.N.T. problem and the coincidence of E.N.T. health with Flu season. Dr. Wright discusses the affects of allergies and some good home prevention methods.					03/26/10 03/27/10 03/29/10	1:00 PM 3:30 AM 11:30 AM

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<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
HEALTH							
	700 Club CBN NewsWatch #031710	1:00:00	5:00	REC	PA/E		
	Lori Johnson, CBN News Reporter , says that Mercury is a deadly poison inside every one of us. It's in things like fish, dental fillings, and vaccines. Scientists agree that a little bit is okay, but warn not to over-do it. So how much is too much? Fish does contain mercury, and therefore some caution should be taken when choosing your fish and deciding how often to eat it. Much of the mercury in fish comes from coal-fired power plants. The emissions fall to the ground and are then washed into the waterways. Then it's absorbed by tiny organisms which are eaten by small fish, so the mercury stores in their bodies. When larger fish eat smaller fish, mercury accumulates, and builds-up to high levels in the big fish. So the fish at the top When choosing tuna, canned light tuna - which is the darker, cheaper variety - is low in mercury, and can be eaten twice weekly. But white tuna, albacore or sushi tuna, has more mercury and should be eaten no more than once a week for the high-risk groups. But what about the mercury in fish you catch in your local lake or river? If there's reason for concern, health departments will post signs on the banks of certain waterways, warning fishermen to be careful when eating fish caught there. Most state health departments will also post warnings about specific waterways on their Web page. If you are uncertain, play it safe and eat only one meal a week of fish you catch and no other fish during that week. In addition to eating fish, many of us are also exposed to mercury here at the dentist's office when we get a filling. Amalgam fillings, also known as silver fillings, contain 50 percent mercury. But don't panic if you have them. The American Dental Association and the Food and Drug Administration say it's safe. So watch out if your dentist suggests replacing your silver fillings because of the mercury. Some vaccines contain mercury, but not nearly as many as in the past. Years ago, mercury was common as a preservative in vaccines. But it is largely gone now. Many parents believe mercury in vaccines causes autism. So mercury is a poison that is part of our daily lives, such as in fish, dental fillings and vaccines. But it's important to separate fact from fear					3/17/2010	3:00 PM
	Doctor to Doctor #239	28:30	28:30	REC	PA/E		
	Dr. Caroline Leaf talked about how emotions can impact the body. The body and the mind are interlinked. A person can become physically ill because they are overwhelmed and can't think straight. Suppressed emotions can come out emotionally, physically and behaviorally. It is important to deal with our emotions as they come to our attention. Dr. Michael Tick talked about Transdermal Infusion. It's important to get the root of health problems rather than treat the symptoms. The skin is connected to all vital components of the body. By using the skin, we can see which organs are having a problem and then apply herbs directly to the skin. Dr. Denise Brady talked about oral health. Healthy gums should be pale pink in color. Symptoms of unhealthy gum could be bleeding when flossing for more than a week and bad odor. The number one cause of gum disease is the level of good and bad bacteria in the mouth are out of balance.					1/5/2010	12:30 PM

<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
HEALTH	#Doctor to Doctor #240	28:30:00	28:30:00	REC	PA/E		
	Dr. Dale Peterson talked about high fructose corn syrup and the claims made about it. It is not naturally made because it is no where found in nature. It is ok in moderation but moderation is no more than 32 grams of sweeteners per day. There are no studies showing the long term affects of it. People should avoid it and other sweeteners. Dr. Ace Anglin talked about bunions being a deformity that happens in about 30% of people. It most often is a problem for women because of narrow length and high heels. It's important to wear proper shoes. Rest, ice, compression and elevation can help manage bunion pain. Dr. Robert Gear talked about Spinal Degeneration which happens in three phases. Phase one the alignment of the spin is altered but the disc space remains the same. Phase two alignment continues to deteriorate and disc space it narrowed. Phase three joint space is no longer visualized.					1/12/2010	12:30 PM
	Doctor to Doctor #241	28:30	28:30	REC	PA/E		
	Dr. Dino Prato talked about Cardio Vascular disease. Although it can be impacted by genetics, dietary health does play a critical role. Deficiencies in antioxidants, vitamin C, amino acids, proline and lysine can impact it as well. It's important to change your eating habits, clean out toxins in the body and then provide the nutrients needed to heal. Dr. Randy Brinson talked about ulcers. Often they impact people with Chronic Reflux Disease. Symptoms can be obstruction of the stomach, bleeding, pain and discomfort. Doctors can use an endoscope and directly inject medicine into the ulcer or they can clip the vessel and hold into place. Dr. Doreen Lewis-Overton talked about the Adrenal Gland, which was designed to regulate the endocrine system. Stress can throw it off resulting in mood swings, light headed, belly fat and problems sleeping. It's important to eat healthy, eliminate toxins and see a doctor about getting your Adrenal Gland tested					1/19/2010	12:30 PM
	Doctor to Doctor #242	28:30	28:30	REC	PA/E		
	Dr. Lavert Robertson talked about Chronic Systemic Inflammation that has been linked to cancer, obesity, arthritis and Alzheimer's' disease. It is a result of a diet high in refined, processed and chemical food. Systemic Detoxification and cleansing will help the body to get rid of the garbage and maintain optimal balance. Dr. Randall Sapp talked about eye exams, which should happen once a year. There is a misconception that they are painful or scary. Case history, visual activity, preliminary testsing, phorofter, slit lamp, ophthalmoscope and retinascope are all used in the exam. Dr. Amando Pineda talked about stress. The body was meant to endure stress by producing Coritzone and Adrenaline. Stress all the time can lead to high blood pressure, mood swings, lack of sleep and depression. It's important to learn to relax by exercising or drinking tea.					1/26/2010	12:30 PM

<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
HEALTH	#Doctor to Doctor #243	28:30:00	28:30:00	REC	PA/E		
	Dr. Rita Hancock talked about true hunger. There are a lot of reason why people eat before they feel hunger pains. The apple test can determine if you are truly hungry or have a craving. If you are hungry, then eat what you enjoy in moderation. If you have a craving, then look at your emotions and thoughts that caused it. Dr. Martin Finkelstein talked about how our thoughts can lead to healing and being healthy. Thoughts are powerful and are related to our beliefs which affect our emotions. It's important to change the way we think and believe. Dr. Bettye Alston talked about common sense approaches to dealing with hypertension. Reduce stress, eat healthy, rest, exercise and drink plenty of water. It's also important to monitor your blood pressure and be seen regularly by your doctor.					2/2/2010	12:30 PM
	Doctor to Doctor #244	28:30	28:30	REC	PA/E		
	Dr. Bob DeMaria talked about toxins in the body. We are exposed to toxins every moment of the day in the air, water and food. The liver acts as a filter to help eliminate the toxins in the body. It's important to drink pure water, eat whole foods including vegetables and to exercise daily. Dr. Gary Myers talked about cavities in young children. A cavity is a bacterial infection called Strep Mutans. Cavities appear over time and are affected by how much and how often sugar is consumed. It is important to limit sugar, brush, floss and visit the dentist regularly. Dr. Carl Schmidt talked about men's health. For the prostate gland, it is important to eat a high quality food with clean oils such as flax or grape seed oil. Eating salad and nuts will help to nourish the prostate gland as well. Exercise that includes muscle building will help the body as well.					2/9/2010	12:30 PM
	Doctor to Doctor #245	28:30	28:30	REC	PA/E		
	Dr. Mark & Kathleen Brown talked about obesity. 1.000 American die each day because of obesity related diseases. It's important to get the right amount of sleep to maintain energy. It's also important to eat the right kinds of food and not put harmful substances like alcohol or drugs into your body. Dr. Scott Farhart talked about women's emotional health. The brain produces chemicals that can get out of balance and lead to emotional issues. 85% of women have some form of premenstrual syndrome. That can result in mood changes, irritability, anger, depression, bloating, forgetfulness and confusion. It's important to eat right and exercise. Dr. Craig Travis talked about developing resilience. We all experience negative events such as a loss of job, medical issues, move, divorce or loss of a loved one. We can't hide from life, but we can choose how to deal with it.					2/16/2010	12:30 PM

<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
HEALTH	#Doctor to Doctor #246	28:30:00	28:30:00	REC	PA/E		
	Dr. Gene James talked about protein power. It is an essential nutrient used by all the muscles and major organs. It helps to rebuild and repair muscle tissue. Most people are deficient in protein by consuming less than 50 grams per day. Some sources of protein are eggs, dairy/milk products, lean meats and grains. Dr. Dale Peterson talked about weight control. Some obstacles are crash diets, medications, vitamin/mineral deficiencies, sleep disturbance, chronic stress and substance addition. It may be helpful to examine all areas if not successful with eating less and exercising more. Dr. Ace Anglin talked about hammertoes. It is a deformity of the toe that has become more rigid and less flexible. It can rub against the shoe resulting in pain. Some treatments are to rest the area, ice, compression, elevation, medication, padding and if necessary surgery.					2/23/2010	12:30 PM
	Doctor to Doctor #247	28:30	28:30	REC	PA/E		
	Dr. Eric Braverman talked about heart disease. The heart is responsible for circulating blood through the body and can be hindered by clogged arteries and damaged valves. People get clogged arteries from having high cholesterol and damaged valves from the heart swelling. Garlic, fish oil, Taurine, green teas, safflower and olive oils are all natural remedies that can help to create a healthy heart. Dr. Dino Prato talked about stress and insomnia. Stress can cause heart attacks, hormonal issues, fatigue, weight gain and tension in neck/shoulders. It can also cause insomnia. Take a nap, pray throughout the day, practice breathing/relaxation techniques, hot bath and have a routine before going to bed to help reduce stress. Dr. Elaine Greer talked about women's health. A woman's check up can be frightening experience. It's important to find a health care provider that you are comfortable with and can ask questions.					3/9/2010	12:30 PM
	Doctor to Doctor #248	28:30	28:30	REC	PA/E		
	Dr. Caroline Leaf talked about differences between the male and female brain. Only 1% of genes are different between males and females. Women have 11% more linguistic neurons. Men have bigger spatial and temporal lobes in the brain. Both are equally intelligent but process information differently. Dr. Rolando Toulon talked about how it's important to take care of the spine and spinal cord because it affects the nervous system. The nervous system is responsible for sending signals to all organs and throughout the body. It's important to have the spine checked to make sure everything is functioning properly. Dr. Scott Morris talked about the leading causes of life. It's important to identify ways to lead a gentler life, express compassion and experience patience on a daily basis. We also experience a better life when we are doing activities that bring us joy, love and purpose.					3/16/2010	12:30 PM

<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
HEALTH	Doctor to Doctor #249	28:30	28:30	REC	PA/E		
	Dr. Lavert Robertson talked about natural remedies that can help to keep the heart healthy. Grapes, Red Peppers, Bananas, Garlic and Onions are beneficial for a health heart. Dr. Terry Overton talked about shoulder injuries. It is the most problematic joint in the body because most of the injuries involve soft tissue. There are four muscles around the rotator cuff that can be torn, sprained or strained. Test and MRI can determine which muscle is injured. Dr. Clark Gerhart talked about how good hand hygiene can help stop the spread of viruses. The skin is a major defense in stopping viruses from entering the body. It's important to wash our hands and use hand sanitizer as often as possible.					3/23/2010	12:30 PM

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SENIORS	JOY IN OUR TOWN #687	28:30	13:00	L	PA/O		
	As people ago, the need for daily activity does not decrease. I fact, it becomes more important. Like anyone else, older adults need and deserve to have a caring, stimulating, and enjoyable environment which supports the capacity for self care and encourages positive feelings of dignity and self worth. Today, host Annette Bracero talks with Karen Deigl and Ginna O'Connor of the Senior Resource Association about Adult DAY Care. Ms. O'Connor explains the challenges deniors face who cannot be left on their own and what the adult day care center is. Ms. Deigl explains the type of service that are commonly provided at these centers and when deniors and their families should opt for a day care center.					01/01/10	1:00 PM
						01/02/10	3:30 AM
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						01/07/10	12:30 PM
	JOY IN OUR TOWN #689	28:30	13:00	L	PA/O		
	Long after their missions and service is behind them, senior veterans still confront personal challenges at home everyday. Today, host Annette Bracero talks with Paul Hiott, St. Lucie County Veteran Services Director, about Senior Veteran's Issues. Mr. Hiott explains some challenges our Treasure Coast seniors are facing that the Veterans Administration is helping to solve. He discusses how veteran pensions and compensation plans work and other benefits and programs available to senior vets. Mr. Hiott also discusses criteria for VA Healthcare and locations of area VA hospitals. He also talks about end of life planning and burials at Arlilngton cemetary.					01/15/10	1:00 PM
						01/16/10	3:30 AM
					01/18/10	11:30 AM	
					01/19/10	3:30 AM	
					01/21/10	3:30 AM	
					01/21/10	12:30 PM	
					01/28/10	11:30 AM	
JOY IN OUR TOWN #690	28:30	13:00	L	PA/O			
While the basic guidelines for a healthy diet are pretty much the same for people of every age, older adults have special needs and concerns. According to the National Institutes of Health, good nutrition for the elderly helps to reduce the risks of such things as osteoprosis, heart disease, high blood pressure, and some forms of cancer. Today, host Annette Bracero talks with Karen Deigl and Ginna O'Connor of the Senior Resource Association about Senior Nutrition Issues. Ms. O'Connor explains the challenges that senior face concerning nutrition and some solutions for seniors who are homebound or cannot shop by themselves. Ms. Deigl discusses the types of senior illnesses that have been associated to poor diets and nutrition.					01/22/10	1:00 PM	
					01/23/10	3:30 AM	
					01/25/10	11:30 AM	
					01/26/10	3:30 AM	
					01/28/10	3:30 AM	
					01/28/10	12:30 PM	
					02/04/10	4:00 AM	
					02/04/10	11:30 AM	

<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
SENIORS							
	JOY IN OUR TOWN #696	28:30	13:00	L	PA/O		
	Planning for long-term care is a difficult task. It involves understanding and making decisions about services and options that are unfamiliar to many of us. Today, host Jennifer Richardson talks with Dr. Daniel Maison and Catherine Huynh of Treasure Coast Hospice about Senior Care Planning. Dr. Maison explains the challenges most people run into when planning adn some things to keep in mind involving care planning. Ms. Huynh discusses the steps to take to insure that your advance care planning is carried out and what special help Advance CAre patients and their families need.					03/05/10 03/08/10 03/11/10 03/11/10	1:00 PM 11:30 AM 12:30 PM 11:30 AM
	JOY IN OUR TOWN #697	28:30	13:00	L	PA/O		
	Every year, tens of thousands of elderly Americans are abused in their own homes, in relatives' homes, and even in facilities responsible for their care. As elders become more physically frail, they're less able to stand up to bullying and or fight back if attacked. They may not see or hear as well or think as clearly as they used to, leaving openings for unscrupulous people to take advantage of them. Today, host Jennifer Richardson talks with Jaime Estremera-Fitzgerald and Mary Jones of Your Aging Resource Center about Senior Abuse. Ms. Jones explains the term 'Elder Abuse' and the prevalence of elder abuse on the Treasure Coast. She also discusses warning signs and symptoms of physical abuse as well as how abuse can be prevented.					03/13/10 03/15/10 03/18/10 03/25/10 03/29/10	3:30 AM 11:30 AM 12:30 PM 11:30 AM 12:00 PM

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<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
YOUTH	JOY IN OUR TOWN #690	28:30	13:00	L	PA/O		
						01/22/10	1:00 PM
						01/23/10	3:30 AM
						01/25/10	11:30 AM
						01/26/10	3:30 AM
						01/28/10	3:30 AM
						01/28/10	12:30 PM
						02/04/10	4:00 AM
						02/04/10	11:30 AM
	JOY IN OUR TOWN #691	28:30	13:00	L	PA/O		
						01/29/10	1:00 PM
						01/30/10	3:30 AM
						02/01/10	11:30 AM
						02/04/10	3:30 AM
						02/04/10	12:30 PM
					02/11/10	11:30 AM	
					02/18/10	11:30 AM	
JOY IN OUR TOWN #693	28:30	13:00	L	PA/O			
					02/12/10	1:00 PM	
					02/13/10	3:30 AM	
					02/15/10	11:30 AM	
					02/16/10	3:30 AM	
					02/18/10	3:30 AM	
					02/18/10	12:30 PM	
					02/25/10	11:30 AM	

<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
YOUTH							
	JOY IN OUR TOWN #696	28:30	13:00	L	PA/O		
	Teen self esteem can determine their ability to succeed through adolescence. It is important for teens to have a positive self esteem or self image. How teenagers feel about themselves can play a large roll in later success in life. In fact, teen self esteem can influence decisions that are made now. Decisions that can impact health, mental state and achievement in later years. Today, host Jennifer Richardson talks with Dr. Earl and Mary Hendricks of the Avenue D Boys & Girls Choir about Youth Guidance. Dr. Hendricks explains what challenges stand in the way of teenagers buiding good self esteem and how difficult it is to alter a teens errant behaviour. He discusses how parents can distinguish between normal and troubled teen behaviour as well as the positive and negative forms of teen guidance.					03/05/10 03/08/10 03/11/10 03/11/10	1:00 PM 11:30 AM 12:30 PM 11:30 AM
	JOY IN OUR TOWN #699	28:30	13:00	L	PA/O		
	Teen pregnancy and unplanned pregnancy among young adults is at the root of a number of important public health and social challenges. Thrity four precent of young women become pregnant at least once before they reach the age of 20, about 820,000 a year. Eight in ten of these teen pregnancies are unintended and 79 percent are to unmarried teens. Today, host Jennifer Richardson talks with Sylvie Marceau of Kids Connected By Design about Teen Pregnancy. Ms. Marceau explains the state of Tresaure Coast teens in terms of teen pregnancy and the challenges in reaching out to teens to get them on the right path. She discusses attainable life goals for young teens and how they can set those goals. Ms. Marceau also discusses how we can strengthen a culture of personal responsibility regarding sex and getting pregnant as well as some tips for parents who are about to give 'the big talk' to their teens.					03/26/10 03/27/10 03/29/10	1:00 PM 3:30 AM 11:30 AM

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<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
YOUTH	700 Club CBN NewsWatch #031010	1:00:00	5:00	REC	PA/E		
	Mark Martin, CBN News Reporter , says that children are spending more time exploring technology than ever before. New information indicates more than 93 percent of kids are online, not just at home. For many parents this can be a nightmare. But a new safety program designed just for mom and dad could help. "Internet Safety 101" includes a DVD teaching series and other resources put together by Internet safety expert Donna Rice Hughes, from the organization "Enough is Enough." The purpose of the program is to keep young Web users away from Internet threats like pornography. "It is graphic," Ernie Allen, president of the National Center for Missing and Exploited Children, emphasized. "It is explicit. It is deviant. It's aberrant. Kids are seeing content that no 12 or 13-year-old is mentally, psychologically, or emotionally prepared to deal with." Child psychiatrist Dr. W. Dean Belnap said pornography actually shuts down a part of the brain. If parents don't know what to look for or how to protect their kids online, a click of the mouse can usher in a nightmare. Various partners, including the U.S. Department of Justice and America Online, helped with the Internet Safety 101 project. A study found one in five children under the age of seven use the Internet without parental supervision. Mobile devices that kids can use to access the Web make it more crucial for parents to establish safety rules and control content. Alicia said her parents were clueless about her online interactions with the sexual predator. She wonders if her kidnapping could have been prevented by a training tool like "Internet Safety 101." "Know what your kids are doing online and stay engaged with them," Hughes told CBN News. "Recognize that you can't do it alone. You need some help." That help is definitely needed in a society where porn is free, and predators can gain access to your kids, even inside your home.					3/10/2010	3:00 PM

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<i>Issue</i>	<i>Production Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
CIVIC	JOY IN OUR TOWN #693	28:30	13:00	L	PA/O		
	Counting each person in the USA every 10 years hasn't been easy since the first Census in 1790, when counters went door to door on horseback. But 220 years later, things haven't gotten much easier. Today, host Marina Santos talks with Helga Silva of the US Census Bureau about the Census. Ms. Silva explains the function of the U.S. Census and why it is necessary. She discusses the traditional challenges of Census taking as well as some new and expected challenges. Ms. Silva explains what will be different about the Census this year than in years past and what the collected data tells us.					02/12/10	1:00 PM
						02/13/10	3:30 AM
						02/15/10	11:30 AM
						02/16/10	3:30 AM
						02/18/10	3:30 AM
						02/18/10	12:30 PM
						02/25/10	11:30 AM

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JACKSONVILLE EDUCATORS BROADCASTING

QUARTERLY REPORT

April, May, June, 2010

WTCE – DT, FORT PIERCE, FLORIDA

Ascertainment list

Leading Community Problems

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF WTCE-DT 38 PROGRAMMING ADDRESSING THE ISSUES / PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE 2ND QUARTER; APRIL, MAY, JUNE 2010

Substance Abuse

Housing

Gangs

Family

Economy

Civic Affairs

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Substance Abuse

JOY IN OUR TOWN #706T	28:30	13:15	L	PA/O	5/14/2010	1:00 PM
					5/15/2010	3:30 AM
					5/17/2010	11:30 AM
					5/18/2010	3:30 AM
					5/20/2010	3:30 AM

Host is Jennifer Richardson talks with Mr. David Gibbs from the Public Defender's office about substance abuse in families. As the occurrence of alcohol and drug abuse becomes more visible in our nation, parental substance abuse is increasingly recognized as a significant factor in cases of child maltreatment. Estimates suggest that fifty to eighty percent of all child abuse and neglect cases involve some degree of substance abuse by the parent. Every layer of the family is affected by substance abuse, especially when the mother the offender. With regards to relapse prevention we focus on getting across the fact that relapse is going to occur in the way they think, in their attitude and behavior. Solutions include getting treatmenta detox and being a part of a support groups as vital component to any recovery.

JOY IN OUR TOWN #708B	28:30	13:15	L	PA/O	5/28/2010	1:00 PM
					5/29/2010	3:30 AM
					5/31/2010	11:30 AM
					6/1/2010	3:30 AM
					6/3/2010	3:30 AM

Host Jennifer Richardson talks with Jessica Holberton, she works with the office of Public Defender the Nineteenth Judicial Circuit. The topic is Drug Court. Each year drug and alcohol abuse contribute to the death of more than one hundred twenty thousand Americans. While overall use of drugs in the U.S. is down fifty percent in the past twenty years, the last ten years has shown an increase in drug use by adolescents. A growing problem is the use of prescription drugs which are taken from the medicine cabinet at home, in addition to marijuana and cocaine. Approximately two thirds of crimes committed are related to drug use. Drug Court is called a diversion court or pre trial intervention program. It is generally offered to first time offenders, with a minimum of one year participation and many requirements. If successful the charges are dismissed. Drug court provides these individuals with counseling, with court oversight and lots responsibilities.

JOY IN OUR TOWN #709B	28:30	13:06	L	PA/O	6/4/2010	1:00 PM
					6/5/2010	3:30 AM
					6/7/2010	11:30 AM
					6/8/2010	3:30 AM
					6/10/2010	3:30 AM

Host Jennifer Richardson talks with Ken Frederick, John Poli and Heather Roberts about teen substance abuse. There are from the New Horizons of the Treasure Coast. The most commonly abuse substance on the Treasure Coast is alcohol, followed by nicotine and marijuana. In the last couple of years there has be a significant increase in prescription drugs that are obtained in the home. Teens use drugs for many reasons, including curiosity, stress reduction, to feel grown up or peer pressure. It is difficult to determine if a teen's experimenting with drugs will lead to a serious addiction. There are four stages of drug use. First stage is experimental, second stage is regular use, third stage is daily preoccupation and forth stage is dependence. Substance abuse prevention starts with education, helping identify and reduce the risk factors in their lives.

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

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
Substance Abuse JOY IN OUR TOWN #711T	28:30	13:15	L	PA/O	6/18/2010	1:00 PM
					6/19/2010	3:30 AM
					6/21/2010	11:30 AM
					6/22/2010	3:30 AM
					6/24/2010	3:30 AM

Host Jennifer Richardson talks with Dr. Wayne Creelman from the University of Florida Center for Psychiatry & Addiction about the issues surrounding alcohol and drug abuse. A considerable amount of time, money and productivity are lost every day due to substance abuse. Breaking the dependency cycle is a monumental challenge in the first weeks of treatment. A complete lifestyle change is needed, including a new circle of friends to help ensure against relapses. Also discussed was the fact that a person has to have the desire to not use their drug of choice any longer, this is a major part of a new mindset required for long term success.

JOY IN OUR TOWN #712B	28:30	13:15	L	PA/O	6/25/2010	1:00 PM
					6/26/2010	3:30 AM
					6/28/2010	11:30 AM
					6/29/2010	3:30 AM
					7/1/2010	3:30 AM

Host Jennifer Richardson talks with a panel of guests from New Horizons of the Treasure Coast about the subject of keeping kids safe from drugs. Recreational drug use among teens and young adults is a persistent problem in the U.S. and around the world. Young people typically don't comprehend the impact that drugs will have on their lives, in part because their brains are still developing, so when mind altering substances are introduced into the equation, perception is distorted. In recent years, pharmaceutical drugs have become more of an issue due to availability in the home. Education at school and home about what drugs really do to a person is vitally important. Part of the discussion addressed open communication between kids and parents is key to preventing drug abuse.

Housing

JOY IN OUR TOWN #701B	28:30	13:15	L	PA/O	4/9/2010	1:00 PM
					4/10/2010	3:30 AM
					4/12/2010	11:30 AM
					4/13/2010	3:30 AM
					4/15/2010	3:30 AM

Host Jennifer Richardson talks with Stefanie Myers from Saint Lucie County Services about what first time home buyers need to know about prior to shopping the real estate market. Current economic conditions have placed burdens on many families. For those facing the challenge of buying their first home, securing credit for the purchase is a pressing concern. Banks and lending institutions are requiring larger down payments and higher credit scores than in years past. Some helpful tips on how to check on and raise your credit score were part of this discussion. Stefanie also gave details on the new first time home buyer tax credit, including who can qualify.

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Housing

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #703T	28:30	13:15	L	PA/O	4/23/2010	1:00 PM
					4/24/2010	3:30 AM
					4/26/2010	11:30 AM
					4/27/2010	3:30 AM
					4/29/2010	3:30 AM

Host is Jennifer Richardson talks with Garret Grabowski, Executive Director of the St Lucie County Habitat for Humanity Inc., and Cheryl Stanley, Volunteer Coordinator about affordable housing options. More than thirty million U.S. households face serious cost burdens and over crowding. Almost half of these people qualify for government aid and of those only one third will actually obtain that aid. Habitat for humanity is an alternative to public housing or other government largess. It is a neighbor helping neighbor approach to meeting local needs. They discussed the homes that are built by Habitat and the process of buying one of the homes. These homes are built with mostly volunteers. Habitat is a Christian based organization.

JOY IN OUR TOWN #705B	28:30	13:00	L	PA/O	5/7/2010	1:00 PM
					5/8/2010	3:30 AM
					5/10/2010	11:30 AM
					5/11/2010	3:30 AM
					5/13/2010	3:30 AM

Host Jennifer Richardson talks with Jessica Parish from the St. Lucie County Community Services about green affordable housing. While environmentally friendly building materials has gained a following in recent years, not all low income builders have rushed to join the movement. The burden that energy bills place on low income families in the United States is often very high. The general purpose for the Affordable Housing program is to provide safe, decent and affordable to the residents of St. Lucie County. A Green Building is an environmentally sustainable building for the client. The main focus of "green" is not just the composition of the materials in the structure, but how those items translate into lower utility bills. The county looks for ways to lower these bills by using solar panels, water heaters, double pane impact windows, low flow faucets and toilets etc.

JOY IN OUR TOWN #706B	28:30	13:15	L	PA/O	5/14/2010	1:00 PM
					5/15/2010	3:30 AM
					5/17/2010	11:30 AM
					5/18/2010	3:30 AM
					5/20/2010	3:30 AM

Host Jennifer Richardson talks with Karla Lenfesty and JP Gellerman from the University of Florida, St Lucie County Extension about green home building. The materials used to construct or maintain your home can have an impact on your family's health. Today, a new generation of home owners is stepping up to the challenge of green building by considering a new concept in home improvement. The discussion centered around the difference between Green and conventional home renovation. They gave insights on some things homeowners can do at little or no cost to start saving right now.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Housing JOY IN OUR TOWN #707BT	28:30	13:15	L	PA/O	5/21/2010	1:00 PM
					5/22/2010	3:30 AM
					5/24/2010	11:30 AM
					5/25/2010	3:30 AM
					5/27/2010	3:30 AM

Host is Jennifer Richardson talks with Tricia Swift Pollard with the Port St. Lucie Community Services Department about neighborhood stabilization. As the economy continues to effect home owners and our neighborhoods, new solutions are necessary to help turn things around. Port St. Lucie is dealing with the challenges of the foreclosure crisis. Port St. Lucie has one of the highest foreclosure rates in the nation. Neighborhood stabilization was designed specifically to help neighborhoods with foreclosure problems. The city received money from the federal government to buy foreclosed properties, recondition them and sell them to qualified clients.

Gangs

JOY IN OUR TOWN #701T	28:30	13:15	L	PA/O	4/9/2010	1:00 PM
					4/10/2010	3:30 AM
					4/12/2010	11:30 AM
					4/13/2010	3:30 AM
					4/15/2010	3:30 AM

Host Jennifer Richardson talks with Jerome Gayman from Frontline for Kids about the history of gangs and why some people are more easily drawn in than others. You might wonder why so many young people choose to identify with those who lead them down a destructive path. In this segment, some of the myths about gangs are exposed, such as the gang being like a family. The many uses for graffiti as various methods of organizational communication were also laid out. Solutions that involve cooperative efforts of the community as a whole to reshape the minds of those that have been led astray are the most effective.

JOY IN OUR TOWN #702B	28:30	13:15	L	PA/O	4/16/2010	1:00 PM
					4/17/2010	3:30 AM
					4/19/2010	11:30 AM
					4/20/2010	3:30 AM
					4/22/2010	3:30 AM

Host Jennifer Richardson talks with Mr. Sandy Mack, Sr. He is with the R.A.W. D.A.W.G.S. youth corp. about gang intervention. Since the 1980's, youth gangs in the United States have been a high priority of law enforcement and the subject of a great deal of media attention. Gangs and the problems associated with them were once thought to concern certain urban areas. There is a need for comprehensive community efforts to address emerging and chronic gang problems. In this segment, he defined what constitutes a gang. Also discussed were the problems associated and the indicators of being in a gang. He suggested that we need a community to raise a child. Prevention is more effective than intervention. Family and community involvement is the key to preventing kids from joining gangs.

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Gangs

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #704T	28:30	13:15	L	PA/O	4/30/2010	1:00 PM
					5/1/2010	3:30 AM
					5/3/2010	11:30 AM
					5/4/2010	3:30 AM
					5/6/2010	3:30 AM

Host Jennifer Richardson talks with Master Officer Paul Pierson and officer Ludmila Quintao of the Port St. Lucie Police Department Police athletic League about Gang Prevention. The office of Juvenile Justice and Delinquency Prevention acknowledge that gangs are a result of a system failure or community disfunction. While youth gangs members must be held accountable for their criminal acts, they need to be afforded the opportunity to change for the better. Police need the support from the community. Gang members are looking to belong. Gangs are like a family (just devoid of love). Some gangs are well structured. The Police Athletic League is an intervention program. PAL motto.... Fill our playground not prisons.

JOY IN OUR TOWN #705T	28:30	13:15	L	PA/O	5/7/2010	1:00 PM
					5/8/2010	3:30 A.M
					5/10/2010	11:30 A.M
					5/11/2010	3:30 AM
					5/13/2010	3:30 A.M

Host Jennifer Richardson talks with Fort Pierce Police Chief Sean Baldwin about gang crime. Local community efforts have developed in recent years to deal specifically with gang problems. Gang intervention and control efforts require a complete understanding of the complexity of gang activity in the context of local community life. Gangs exist on a perception of brotherhood, the concept that they are like a family. They often take the place of the family. Gangs are responsible for deaths in the community. Gang members recruited through pressure. Crime has come down in Fort Pierce about 20 percent despite the economy. Police are working very closely with the community. Gang membership is a symptom.... the root is what is happening in the community and the economy. Fort Pierce is becoming a safer place for their citizens because of the dedication of many in our town.

JOY IN OUR TOWN #711B	28:30	13:15	L	PA/O	6/18/2010	1:00 PM
					6/19/2010	3:30 A.M
					6/21/2010	11:30 A.M
					6/22/2010	3:30 AM
					6/24/2010	3:30 A.M

Host Jennifer Richardson talks with Wendy Wolff and Officer Dani Dreizehnter from the Roundtable of St. Lucie County about the combination of circumstances that contribute to the growth of gangs, such as the lack of employment and career opportunities. It has been said that "idleness is the devil's workshop". Young people with too much time on their hands and a lack of proper adult guidance are prime targets for gang recruiters. As discussed on many other programs, a strong community where we act as our brother's keeper is the greatest weapon against the negative influences young people contend with today.

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Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #700B	28:30	13:30	L	PA/O	4/2/2010	1:00 PM
					4/3/2010	3:30 AM
					4/5/2010	11:30 AM
					4/6/2010	3:30 AM
					4/8/2010	3:30 AM

Host, Jennifer Richardson talks with Dr. Judi Miller from the Saint Lucie County School Board and CEO of Big Brothers / Big Sisters. The discussion centers around some of the downsides of electronic communication, specifically the toll it takes on interpersonal and professional relationships. The rapid growth of technology in recent years has "connected" more people together than ever before. Social networking sites like Facebook and Twitter have millions of users worldwide. The impact on younger people is the profound because it can condition them to prefer electronic communication to face to face interaction. Some of the hidden dangers of young people interacting with strangers over the internet were also part of the program. Dr. Miller encourages young people to their face to face relationship skills and limit the amount and type of electronic communication.

JOY IN OUR TOWN #704B	28:30	13:15	L	PA/O	4/30/2010	1:00 PM
					5/1/2010	3:30 AM
					5/3/2010	11:30 AM
					5/4/2010	3:30 AM
					5/6/2010	3:30 AM

Host Jennifer Richardson talks with David Gibbs of the 19th Circuit Public Defender's office about children of incarcerated parents. On any given day, there are an estimated two million children in America with at least one parent in prison or jail. With incarceration rates in America at record levels, the criminal justice system now touches the lives of millions of children each year. In a long term incarceration situation there needs to be a network of support that will take them on the correct road of guide and direction for their growth. Vital is communication with the child or children via phone contact or letters. He talked about the collaboration with the St. Lucie County jail and CASTLE and the strong family strong father program this includes the mother. Parental rights were discussed.

JOY IN OUR TOWN #707T	28:30	13:30	L	PA/O	5/21/2010	1:00 PM
					5/22/2010	3:30 AM
					5/24/2010	11:30 AM
					5/27/2010	3:30 AM
					5/27/2010	3:30 AM

Host Jennifer Richardson talks with Dr. Doug Borrie and Christopher Robertson from C.A.S.T.L.E. The topic is Child Abuse Prevention. A report of child abuse is made every ten seconds. On average, three million reports of child abuse are made every year in the U.S. Nearly five children die every day as a result of child abuse, seventy-five percent are under the age of four. Child abuse most prevalent on the Treasure Coast is neglect followed by physical abuse and emotional abuse. Child abuse is mostly identified by the school personal. New studies have shown that there are genetic changes in children that have been abused. Often well intentioned discipline slips into abuse without the parent being aware of it. Children often tend to take on the responsibility for anything that goes wrong in the family/their life. Abuse is a societal problem, not just a family or child problem because throughout this child age span they will have difficulty because of this abuse. Parents need to be given the tools they need to raise their children safely and in a nurturing home. We need to focus on prevention.

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

		<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Family	JOY IN OUR TOWN #710B		28:30	13:30	L	PA/O	6/11/2010	1:00 PM
							6/12/2010	3:30 AM
							6/14/2010	11:30 AM
							6/15/2010	3:30 AM
							6/17/2010	3:30 AM

Host, Jennifer Richardson talks with Frank Avilla from the Children's Home Society of Florida about children in foster care in need of adoption. When children suffer abuse and neglect at the hands of their parents, quite often, those parents will lose legal custody of their children. When this occurs, those kids go into the foster care system. On this segment, the discussion centered around adopting kids in foster care. Some the details discussed were the approval and matching process, cost and length of time to complete the adoption. Also mentioned was the fact that the State of Florida gives a full four year college scholarship to any child adopted out of the foster care system.

	JOY IN OUR TOWN #712T		28:30	13:30	L	PA/O	6/25/2010	1:00 PM
							6/26/2010	3:30 PM
							6/28/2010	11:30 AM
							6/29/2010	3:30 AM
							7/1/2010	3:30 AM

Host, Jennifer Richardson talks with Rossana Gonzalez from the Hibiscus Children's Center about Foster Parenting. There are circumstances that arise within families where children have to be removed from the home for their safety and well being. It takes a special kind of love to care for children on a temporary basis, but with all the problems in today's society, the need is always present. The Children's Center offers free training for those who are considering whether foster parenting is for them. Rossana talked about how partnering with local churches has been a great success in placing children in loving homes.

Economy

	JOY IN OUR TOWN #700T		28:30	13:15	L	PA/O	4/2/2010	1:00 PM
							4/3/2010	3:30 AM
							4/5/2010	11:30 AM
							4/6/2010	3:30 AM
							4/8/2010	3:30 AM

Host Jennifer Richardson talks to Stephanie Myers from St. Lucie County Community Services about how to file on time and the forms needed. The process of properly filing income taxes is rather complex and the laws change every year. Most people pay an accountant or tax professional to do it for them, but this can be rather costly, especially for low income families. Highlighted in the discussion are details about local government programs that provide tax filing assistance at no cost to those who qualify. Some tax law changes that allow for more people to qualify for the EITC were also touched on.

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

Economy

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
JOY IN OUR TOWN #702T	27:45	13:20	L	PA/O	4/16/2010	1:00 PM
					4/17/2010	3:30 AM
					4/19/2010	11:30 AM
					4/20/2010	3:30 AM
					4/22/2010	3:30 AM

Host Jennifer Richardson interviews Joseph Moyel a Financial Education Specialist with the Consumer Credit Counseling Services, Inc. The subject is Money Management for the Newly Unemployed. Managing your credit during times of unemployment is critical. For many jobs, a good credit score is required. For those who have recently lost their jobs, it is important to keep paying your bills on time and manage your credit wisely. They discussed the challenges with working on little or no income. We need to prioritize and change the way we think. Talk to creditors. Be short and professional. Have a good idea when payment will be resumed. A budget is essential. He gave some long term management tips

JOY IN OUR TOWN #703B	28:30	13:30	L	PA/O	4/23/2010	1:00 PM
					4/24/2010	3:30 AM
					4/26/2010	11:30 AM
					4/27/2010	3:30 AM
					4/29/2010	3:30 AM

Host Jennifer Richardson talks with Joseph Moyel of Consumer Credit Counseling Services, Inc. about budgeting your money. Most Americans are not sufficiently prepared for major emergencies that may reek havoc on their savings. Unfortunately the same holds true for retirement. As the typical American household has less than one hundred thousand dollars in net wealth including home equity and 401K accumulation. Making it more important than ever to reduce spending and increase savings. Start saving something it does not have to be a significant amount, just do it on a regular basis. Make it a routine. Pay yourself first. They discussed some saving strategies.

JOY IN OUR TOWN #708T	28:30	13:30	L	PA/O	5/28/2010	1:00 PM
					5/29/2010	3:30 AM
					5/31/2010	11:30 AM
					6/1/2010	3:30 AM
					6/3/2010	3:30 AM

Host Jennifer Richardson talks with Jennifer Trotter who is the program director for the Harvest Food and Outreach Center. According to a credit card analysis firm in 2008 credit card delinquency rates in the United States hit a four year high and continue to rise in 2009. In hard economic time people are tempted to use their credit cards to see them through. This gets the bills paid but there are also consequences to rely on credit card funding. Consequences for bad credit use to be the inability to get a loan, however many employers are pulling credit reports as part of the job hire requirement, and there is the stress factor. There are different types of credit score. The FICO is the most important score to know. The score creditors are looking for is 720 and above. There are non profit agencies that can help with budgeting and credit skills for example Harvest Food and Outreach Center.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Economy JOY IN OUR TOWN #709T	28:30	13:30	L	PA/O	6/4/2010	1:00 PM
					6/5/2010	3:30 AM
					6/7/2010	11:30 AM
					6/8/2010	3:30 AM
					6/10/2010	3:30 AM

Host Jennifer Richardson talks with Attorney Josh Bleil and Franklin Nickens from the Community Development Outreach. The topic is your foreclosure rights. According to a recent report a record twenty four percent of residential homeowners owed more on their mortgages than the underlying collateral property was worth. Florida is second only to California with the largest number of negative equity mortgages at about forty eight percent of the state. The State of Florida is a judicial foreclosure state, this means that the lender or the person filing the lawsuit against you has to file the lawsuit in court. The homeowner has a right to defend themselves. Homeowners have legal rights that they can assert. It is important to know who owns your mortgage this is determined by backtracking to owners of the original mortgage note or have a good attorney.

Civic Affairs

JOY IN OUR TOWN 710TB	28:305	13:30	L	PA/O	6/11/2010	1:00 PM
					6/12/2010	3:30 AM
					6/14/2010	11:30 AM
					6/15/2010	3:30 AM
					6/17/2010	3:30 AM

Host Jennifer Richardson talks with Marie Gowen, Director of the office of Management and Budget with the St. Lucie County Board of Commissioners. The topic is government reorganization. Current economic conditions have taken it's toll on everyone and our local government are no different. To ease the pain of this challenge, innovative solutions are being put into action. The current state of the St. Lucie County Government offices is in good condition, however it faces a tremendous deficit in fiscal year twelve because of the decrease in the property value within the county. The goal of reorganization is saving money. The drawback is a decrease in services and consolidating departments. The Library is first department to be affected. The proper actions are being taken now to avoid major problems down the road.

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

700 Club NewsWatch	CBN	4:00:00	5:00	REC	PA/O/E	04/21/2010	12:00 PM
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#042110

Lori Johnson, CBN News Reporter , says The NCAA's Division 1 Legislative Council voted April 13 to require all athletes to be tested for the sickle cell trait -- no matter their sport, race or gender. The measure now goes to the board of directors and is expected to pass. Sickle cell anemia is a fairly well-known disease, however, sickle cell trait is different. Many people don't even know they have it and can go through life without any symptoms. But combined with rigorous exercise, it can be deadly. Unlike sickle cell anemia where both hemoglobin genes are abnormal and produce mostly dangerous, sickle-shaped blood cells, people with the trait have only one abnormal hemoglobin gene and their blood cells are mostly a healthy, round-shape. But when people with the trait intensely exercise, their round blood cells can take on the sickle shape, become sticky and clog blood vessels. Resting corrects that, returning the cells to their round shape. Complications from sickle cell trait is the number one cause of death for college football players. It's been linked with 10 on-field deaths in the last decade. None were during games, but instead happened during rigorous training. The NCAA recommended member schools test for the trait, but then went one step further and voted to require all Division 1 schools to test athletes for the trait. Currently only 64 percent of colleges screen for the trait and do so voluntarily. Beginning August 1, all athletes in NCAA Division 1 schools will be required to either: Take a blood test to screen for sickle cell trait. Prove they already had the screening. Opt out of the screening by signing a waiver releasing their school of any liability. Hospitals in every state screen all newborns for sickle cell trait. Yet, parents often don't read the results of those screenings or forget them when their babies grow up. One in 12 African Americans carry the trait, but people with Spanish, Greek, Italian, Asiatic Indian and Mediterranean ancestry are also affected. While some players never survived sickle trait complications, their deaths raised awareness about the condition that will likely prevent others from suffering the same fate.

700 Club NewsWatch	CBN	1:00:00	6:00	REC	PA/O/E	06/16/2010	12:00 PM
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#061610

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

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Health/Mental Health

Doctor #250	to	Doctor	28:30	28:30	REC	PA/O/E	4/06/2010	12:30 PM
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Dr. LaJoyce Brookshire talked about how to stay well. It's important to drink plenty of water, use the bathroom when needed and to go to bed without the television. It's also important to eat 3-5 organic fruits and vegetable each day. It's important to eat foods that fuel our body and to maintain an alkaline level. **Dr. Dino Prato** talked about weight loss. In order to have successful weight loss, it is important to look at our emotional connection to food. We need to view food as a healing, transforming and giving us health. High food quality is important along with increasing fruits and vegetables. **Dr. Carl Schmidt** talked about Vitamin K. It is important to help with cellular functions, strong bones, blood vessels and intestinal track. It is also found to reduce the risk of cancer. It can be acquired through greens such as spinach, cabbage and turnips. It can also be taken in a supplement form.

Doctor #251	to	Doctor	28:30	28:30	REC	PA/O/E	4/13/2010	12:30 PM
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Dr. Scott Hannen talked about having a underactive thyroid. Symptoms could be loss of energy, loss of concentration, severe constipation, weight gain and severe depression. It's important to avoid Goitragens food, take supplements, get plenty of exercise and avoid refined sugar and processed food. **Dr. Lisa Akbari** talked about hair loss. Follicular Epidermis Alopecia is when the scalp loses the ability to push the strand through. Short hair syndrome is when the hair gets to a certain point and stops growing. It's important to get a proper examination. **Dr. Marilyn Elliott** talked about having allergies to common food such as milk and eggs. It can cause headaches, high blood pressure, stomach problems and depression. It's important to be seen by a doctor to determine the allergy.

Doctor #252	to	Doctor	28:30	28:30	REC	PA/O/E	4/20/2010	12:30 PM
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Dr. Rita Hancock talked about bondage to food. Symptoms can be thinking about food too much, always dieting and avoiding social events because of overeating. Eating disorders have to do with control issues. Admit you have a problem, let go of control and only eat when you are hungry. **Dr. Ace Anglin** talked about corns and calluses. Corns are on top of the toes and calluses are on the bottom or ball of the foot. It's important to wear proper shoes, use pads and orthotic insoles. In extreme cases, surgery may be required. **Dr. Robert Gear** talked about TMJ. It is when the jaw hinge does not open or shut equally. It can cause swelling, inflammation and headaches. It's important to make sure the skull and the 1st/2nd Vertebrae are aligned to help with TMJ.

Doctor #253	to	Doctor	28:30	28:30	REC	PA/O/E	4/27/2010	12:30 PM
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Dr. Bettye Alston talked about being a healthy person. You should look at your hair, eyes, skin, hands, feet and legs to determine if the inside of your body is healthy. You should not be bloated, constipated or have diarrhea. It's important to eat healthy foods and to stay hydrated. **Dr. Bob DeMaria** talked about female hormones. There can be too much estrogen and a vitamin B deficiency. High levels of copper mean low levels of zinc. Drink plenty of water, daily exercise, eat plenty of protein, avoid sugar and get plenty of sleep. **Dr. Randy Brinson** talked about Inflammatory Bowel Disease. There is Ulcer Colitis, which is inflammation on the surface of the colon. Then there is Crohn's Disease, which is inflammation all the way through the colon. Medications and surgery are options for treatment.

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Health/Mental Health

Doctor #254	to	Doctor	28:30	28:30	REC	PA/O/E	5/4/2010	12:30 PM
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Dr. Gene James talked about reducing body fat. Extra calories consumed are stored in the body as fat. It's important to reduce the amount of calories being taken in. Exercise, drinking plenty of water and eating more fruits and vegetables can also help. **Dr. Carl Schmidt** talked about the sweetener Stevia. It is 300 times sweeter than sugar and does not have any calories. This sweetener does not have the toxic side effects as artificial sweeteners and does not increase your appetite. **Dr. Shalanda Grey** talked about breast cancer screenings. Mammograms, self-exams and clinical exams are all important tools for detecting breast cancer. It's important to talk to your doctor about our age and family history to determine the best choices.

Doctor #255	to	Doctor	28:30	28:30	REC	PA/O/E	5/11/2010	12:30 PM
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Dr. Dino Prato talked about chronic disease. It's important to think outside of the box and look at what's causing the disease rather than dealing with the symptoms. It's also important to learn about the disease and create a plan to either prevent or reverse it. **Dr. Rick Barrett** talked about how it's important to take care of the spine and spinal cord because it affects the nervous system. The nervous system is responsible for sending signals to all organs and throughout the body. It's important to have the spine checked to make sure everything is functioning properly. **Dr. Terry Overton** talked about knee injuries. The knee is a hinged joint made for stability not mobility. It is often injured depending on the sport. It is important, after an injury, for it to be tested for stability.

Doctor #256	to	Doctor	28:30	28:30	REC	PA/O/E	5/18/2010	12:30 PM
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Dr. Caroline Leaf talked about how your words can impact your mind. Speaking negative or positive words will feedback into your brain and affect the way the brain is wiring itself. We need to be conscious of what we say because negative thoughts can create toxicity in the brain. **Dr. Ace Anglin** talked about Tailor's Bunions. It is a deformity on the little caused by a abnormal growth of the bone outward towards the shoe. It can be painful depending on inflammation. Treatments include rest, ice, compression, elevation, medication and sometimes surgery. **Dr. Robert Gear** talked about blood vessels. There is life in blood because it carries oxygen and nutrients to the body. It's important that opening are not closed by bones twisting or waste matter. Poor diet, smoking, lack of activity can cause blockage. It's important to make lifestyle modifications to keep blood flowing.

Doctor #257	to	Doctor	28:30	28:30	REC	PA/O/E	05/25/2010	12:30 PM
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Dr. Eric Braverman talked about menopause. It can often result in weight gain, drying of hair, memory loss, insomnia, fatigue, bloating and bone loss. Ginseng and other natural extracts can be used to help restore youthfulness. **Dr. Honeycutt** talked about obesity. It's is determined by having a body mass index 30 or greater. It can lead to diabetes, heart disease and high blood pressure. It's important to exercise, manage stress and eat right. **Dr. Clark Gerheart** talked about basic healthcare. It includes nutrition, clean water, control infection and prevent injury. It's important to have plenty of fiber, protein and water.

Doctor #258	to	Doctor	28:30	28:30	REC	PA/O/E	06/01/2010	12:30PM
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Dr. Gerard Guillony talked about inflammation. It can speed up our aging and be an increased risk factor for a heart attack. It's important to not eat trans or saturated fat and instead eat omega 3 fats. Eat foods with a low glycemic index and a high anti-inflammatory compounds. **Dr. Hale Akamine** talked about child discipline. When children are being disciplined they will try to change the situation, change you and then change themselves. Age appropriate time outs don't begin until the child is absolutely quiet. Parents should seek professional help if assistance is needed. **Dr. Lisa Akbari** talked about seasonal hair problems. The scalp and hair can become dehydrated resulting in itchy/tender scalp and split end. The hair needs to be hydrated. It's important to shampoo with a ph of 4.5-5.5 and moisturize daily.

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Health/Mental Health

Doctor #259	to	Doctor	28:30	28:30	REC	PA/O/E	06/08/2010	12:30PM
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Dr. Bob DeMaria talked about Trans fat or partially hydrogenated oils. It can cause confusion in the body which leads to inflammation. Then the cholesterol levels elevate to produce cortizone. Some healthier oils are flax seed, olive and coconut. **Dr. Malcolm Hill** talked about God's system of health. It's important to be proactive in regards to your health and not listen to false advertisements. Nutrition, exercise, water, sunlight, air, sleep and positive thinking are ways to improve your health. **Dr. Carl Schmidt** talked about water. There is distilled, reverse osmosis, and ionized water. It's important to check that the good minerals are not taken away with the bad. Minerals are important for functions in the body.

Doctor #260	to	Doctor	28:30	28:30	REC	PA/O/E	06/15/2010	12:30PM
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Dr. Christopher Chin talked about exercise and a heart healthy lifestyle. It increases bloodflow, circulation, heart rate and metabolic rate. It reduces inflammation and blood pressure. It should be done 4 times a week, 4 miles per hour and for 40 minutes. **Dr. Teresa Carlson** talked about Ocular disease. It affects the tissue in the eye and lid which lead to dystrophies that can be inherited or due to environmental factors. Cataracts, Keratoconus, and Glaucoma are types of vision problems. It's important for an annual eye exam and preventative eye care. **Dr. Ace Anglin** talked about foot, ankle and leg cramps. It can be caused by a tendon or electrolyte imbalance. Intermittent Claudication can cause pain, heaviness and tightness in muscles. Often pain is ignored but needs to be seen by a physician, podiatrist or orthopedist.

Doctor #261	to	Doctor	28:30	28:30	REC	PA/O/E	06/22/2010	12:30AM
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Dr. Dino Prato talked about lyme disease. Borrelia is the infection caused by a tick and followed by a bull's eye rash. It can cause joint pain, memory problems, digestive issues and hormone imbalances. It is important to be tested by a lyme literate doctor because it can mimic 300 other diseases. **Dr. Sheryl Strom** talked about allergies. They create an infection in the sinus that can result in nasal congestion, drippy nose and post nasal drip. It's important to build up the immune system and clean the sinuses with a saline solution. **Dr. Dale Peterson** talked about insomnia. It is a difficulty getting and staying asleep. It can result in being tense, difficulty handling stress, excessive day time sleepiness, stomach problems and high blood pressure. It's important to have a dark, cool and noise free environment to help you fall asleep and to get 8 hours a night.

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