

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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						01/14/10	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. Karsauskas 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
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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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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health/Mental Health

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

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

Doctor #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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JACKSONVILLE EDUCATORS BROADCASTING

QUARTERLY REPORT

JULY, AUGUST, SEPTEMBER 2010

WTCE – DT 21, FORT PIERCE, FLORIDA

Ascertainment list

Leading Community Problems

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF WTCE-DT 21 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 3RD QUARTER; JULY, AUGUST AND SEPTEMBER 2010

Environment

Youth

Public Safety

Unemployment

Health

Civic Affairs

Environment	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	JOY IN OUR TOWN #716B	28:30	13:15	L	PA/O	7/23/2010	1:00 PM
						7/24/2010	3:30 AM
						7/26/2010	11:30 AM
						7/27/2010	3:30 AM
						7/29/2010	3:30 AM

South Florida has a dry season that spans nearly six months. This is one of the key reasons why water conservation, particularly in dense population centers is so important. On this segment, our guest Ken Gioeli from the St. Lucie County Extension talks with host Jennifer Anne Richardson about ways to conserve water, such as not using potable water for irrigation when possible and washing your car on the grass. Much of the conversation revolved around the construction and use of a rain barrel. His office offers a workshop on how to make your own rain barrel and some considerations on it's placement with regard to local zoning and homeowner association rules.

	JOY IN OUR TOWN #673T	28:30	13:15	L	PA/O	7/30/2010	1:00 PM
						7/31/2010	3:30 AM
						8/2/2010	11:30 AM
						8/3/2010	3:30 AM
						8/5/2010	3:30 AM

The impact to the environment that modern development can have is profound. In years past this was often not given the proper consideration, especially in large infrastructure projects. Water that is released from Lake Okeechobee, for example, upsets the natural balance of salt water environments and brings with it a whole host of contaminants. On this segment , host Marina Santos talks with Dr. Donna Devlin and Dr. ed Prof fit from Florida Atlantic University Biological Science Department about the various issues that the Indian River Lagoon has, such as contamination from drainage canals and septic systems. Since no short term fixes for these problems currently exist, both guest s advocate on going research to determine exactly how various plant species remove contaminants and help them do their job.

	JOY IN OUR TOWN #692T	28:30	13:06	L	PA/O	8/13/2010	1:00 PM
						8/14/2010	3:30 AM
						8/16/2010	11:30 AM
						8/17/2010	3:30 AM
						8/19/2010	3:30 AM

Poor water quality of inland waterways has a ripple effect on the local economy as well as the long term health thousands of fish and animal species. On this segment, host Marina Santos talks with George Jones from the Treasure Coast Environmental Defense Fund, George is the local Indian River Keeper. As a river keeper, he is an advocate for the Indian River Lagoon and the waters that feed it. Pollutants invade the lagoon from many sources, such as local storm run off, trash and debris from canals & excess soil nutrients that foster toxic algae blooms. He reminds us that the waters belong to the people and as such it is our job to take care of them . He also takes regular water quality samples to determine what contaminants exist in the Indian River Lagoon. Although the problem of water pollution is considerable and has many sources, we all can do our part to help keep our rivers and streams clean.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
Environment JOY IN OUR TOWN #694T	28:30	13:15	L	PA/O	8/20/2010	1:00 PM
					8/21/2010	3:30 AM
					8/23/2010	11:30 AM
					8/24/2010	3:30 AM
					8/26/2010	3:30 AM

Some of the spoil islands in the Indian River Lagoon are vulnerable to erosion from wave and tidal action. Most of these islands were created from dredged material from the construction of inter-coastal waterway. Each county has a number and public use designation associated with them. On this segment, host Marina Santos talks with Michael Yustin from the Martin County Engineering Department about a particular island (MC 2) which has a "conservation" designation because many birds nest there. He discussed all the ways Martin County has attempted to stop the erosion of this bird rookery. He favors natural strategies as solutions, the latest is the construction of an oyster shell reef, in hopes it will break up wave action and perhaps support other sea life.

JOY IN OUR TOWN #694B	28:30	13:15	L	PA/O	8/20/2010	1:00 PM
					8/21/2010	3:30 AM
					8/23/2010	11:30 AM
					8/24/2010	3:30 AM
					8/26/2010	3:30 AM

There are a host of agricultural diseases that plague trees and plants in South Florida. Citrus Canker is one of the most prevalent. On this segment, host Marina Santos talks with Marc Fagan from the Florida Department of agriculture and Consumer Services about the various types of agricultural diseases and how they are spread. They can spread by wind and rain(natural), vectored (spread by insects) or by humans (on clothing or vehicles). Biological solutions are preferred to chemicals because of possible fruit contamination. For example, using one type of insect to control a population of a pest insect. Also mentioned was the fact that all agricultural products brought in from foreign lands must be quarantined to be sure they are not carrying any diseases. A help line was also given for anybody who suspects they may have a diseased plant or tree.

Youth

JOY IN OUR TOWN #715T	28:30	13:15	L	PA/O	7/16/2010	1:00 PM
					7/17/2010	3:30 AM
					7/19/2010	11:30 AM
					7/20/2010	3:30 AM
					7/22/2010	3:30 AM

One of the leading causes of death for children as young as 10 is suicide! There are many negative influences in today's society that bombard the hearts and minds of people of all ages. Children and young people happen to be more vulnerable because their brains are not fully mature and therefor act more on emotion than logic. On this segment, host Jennifer Richardson talks with Beth Griffin, Clinical Director for the Mental Health Association of Indian River County about the signs a teen may exhibit when they are contemplating suicide. The discussion also touches on what a parent should do to help them, including professional counseling if needed. One of the main functions of counseling is to develop healthy coping skills and a positive self worth.

Youth	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	JOY IN OUR TOWN #716T	28:30	13:15	L	PA/O	7/23/2010	1:00 PM
						7/24/2010	3:30 AM
						7/26/2010	11:30 AM
						7/27/2010	3:30 AM
						7/29/2010	3:30 AM

There are various schools of thought in regards to the treatment and diagnosis of Attention Deficit Disorder, a.k.a., A.D.D. Now in the alphabet soup of issues is O.D.D. - Oppositional Defiant Disorder, a new label for an old problem , rebellious teen behavior. On this segment, host Jennifer Richardson talks with Beth Griffin from the Indian River Health association about these two issues. She defines ADD as a neurological disorder that is treated with drugs and ODD as a behavioral issue that is treated with counseling. She states that counseling takes a period of three years in many cases to establish a pattern of healthy responses..Early intervention is important to avoid the condition from worsening.

	JOY IN OUR TOWN #717T	28:30	13:00	L	PA/O	8/27/2010	1:00 PM
						8/28/2010	3:30 AM
						8/30/2010	11:30 AM
						8/31/2010	3:30 AM
						9/2/2010	3:30 AM

The loss of a loved one is a very difficult thing for anybody to deal with, but when it is a young child that loses a parent, it is even more challenging for him or her to comprehend. On this segment, host Jennifer Richardson talks with a panel of guests and a dog from Treasure Coast Hospice about grief therapy for children who have lost a parent. The use of certified therapy dogs (hos-pets) is an effective method of comforting children, they employ animals the same way many children's hospitals do. Also discussed was their use of music therapy, including song writing which helps kids express their feelings in words and music. Treasure Coast Hospice works with local schools so students can receive counseling during school hours on campus. Another innovative program they offer is the Good Grief Summer Camp. This is an environment where children can share and support one another in the midst of their pain.

	JOY IN OUR TOWN #718T	28:30	13:15	L	PA/O	9/3/2010	1:00 PM
						9/4/2010	3:30 AM
						9/6/2010	11:30 AM
						9/7/2010	3:30 AM
						9/9/2010	3:30 AM

It is well known that it is often much easier to prevent problems than to solve them after the fact. When it comes to the character development of young people this point needs to be driven home constantly. On this segment, host Jennifer Richardson talks with Barbara Webb and Brenda Cooper from the Fort Pierce chapter of the Police Athletic League about some of the programs they offer, specifically the drama and dance program. They help young people realize and develop the gifts of talent they have within themselves which allows them to focus their time and energy on positive activities as well as find direction and purpose. Adults and parents are also involved in the programs , which fosters stronger relationships with the children and youth. The PAL also offers a variety of athletic activities as well.

<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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Youth

JOY IN OUR TOWN #720T	28:30	13:15	L	PA/O	9/17/2010	1:00 PM
					9/18/2010	3:30 AM
					9/20/2010	11:30 AM
					9/21/2010	3:30 AM
					9/23/2010	3:30 AM

Music and arts have always been an integral part of a good education, but school budget cuts all over the U.S. Has resulted in music and drama programs being cut or eliminated. On this segment of Joy in our Town, host Jennifer Richardson talks with Norman Penner from the St. Lucie County Boys and Girls Club about their response to this issue . They entered a national contest by VH1, a music video cable channel. The contest involved creating a music video that best conveyed why music is so important in a child's education. They won contest, which gave them the opportunity to perform at the Applo Theater in Harlem. The children that performed in the video gave their input about the experience and some of the video is part of this segment. Mr. Penner reinforced the role that music plays in the life of young people as a channel to express themselves in a constructive way, even when it comes to difficult or painful things they are experiencing.

Public Safety

JOY IN OUR TOWN #713B	28:30	13:15	L	PA/O	7/2/2010	1:00 PM
					7/3/2010	3:30 AM
					7/5/2010	11:30 AM
					7/6/2010	3:30 AM
					7/8/2010	3:30 AM

Before you swim in local rivers, there something to keep an eye out for. Bright blue and green algae. On this segment, James Moses from the St. Lucie County Health department about toxic algae blooms. High levels of phosphorus and nitrogen from fertilizers are a major contributing factor that feed this very small plants. Algae that have a strong odor and bright color release toxins that cause allergic reactions such as coughing, and itchy skin. If you notice plums of algae in the water, you should not swim in the water near it. If you should come into contact with this type of algae, wash it off with soap and clean water.

JOY IN OUR TOWN #714B	28:30	13:15	L	PA/O	7/9/2010	1:00 PM
					7/10/2010	3:30 AM
					7/12/2010	11:30 AM
					7/13/2010	3:30 AM
					7/15/2010	3:30 AM

Most of South Florida is low lying and was once mostly swap land. The development of many areas included a system of drainage canals to prevent flooding. On this segment , host Jennifer Richardson Dean Schuett and John Dunton from the Public Works Department of Port Saint Lucie about the design and function of Port St. Lucie's water management. The system is used not only to move rain water to the sea but to recharge the underground aquifers and filter sediment before the water reaches the estuaries. The main thing homeowners can do to keep the system working properly is to make sure that no debris or objects are in the ditch or culvert pipe on their property. Theses things can inhibit the floe of water during a storm.

<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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Public Safety

JOY IN OUR TOWN #667B	28:30	13:15	L	PA/O	8/6/2010	1:00 PM
					8/7/2010	3:30 AM
					8/9/2010	11:30 AM
					8/10/2010	3:30 AM
					8/12/2010	3:30 AM

One of the marks of a true professional is the ability to stay cool under pressure, because in a crisis situation, somebody has to be in control. On this segment, host Jennifer Richardson talks with Catherine Chaney from the St. Lucie County Fire District about crisis management. Being prepared for a possible crisis is also key to handling it in the most efficient way while minimizing public panic., which also includes a professional spokesman that can deliver accurate information to the public. Interdepartmental coordination is important to successfully dealing with crisis situations. Also included in this discussion is a video tour of the new Emergency Operations Center of St. Lucie County.

JOY IN OUR TOWN #692B	28:30	13:15	L	PA/O	8/13/2010	1:00 PM
					8/14/2010	3:30 A.M
					8/16/2010	11:30 A.M
					8/17/2010	3:30 AM
					8/19/2010	3:30 A.M

When a person goes missing, the sooner authorities are notified, the higher the chance that person can be found unharmed. On this segment, host Marina Santos talks with Audria Moore-Wells from the Fort Pierce Police Department about their programs in place to help recover a missing person. The "Take Me Home" project is a data base of individuals submitted to the Police Department by citizens to aid officers in the quick recovery of their loved one in the event they should go missing, this is very helpful in cases of elderly or mentally handicapped individuals. "First call" is a program that can makes a mass phone call to a geographic area alerting the community that a person is missing and provide information.

JOY IN OUR TOWN #717B	28:30	13:15	L	PA/O	8/27/2010	1:00 PM
					8/28/2010	3:30 A.M
					8/30/2010	11:30 A.M
					8/31/2010	3:30 AM
					9/2/2010	3:30 A.M

There are many forms of distracted driving, usually an individual is engaged in some type of physical and/or mental task at the same time he or she is driving a motor vehicle, eating, applying make-up,reading,etc. On this segment, host Jennifer Richardson talks with Officer John Fazio from the Port St. Lucie Police Department about one of the most dangerous forms of distracted driving – Texting and Driving. When somebody is typing a text message, their attention and motor skills are diverted from what is going on around them to the phone, if any unexpected event should occur on the road at this time, the likelihood of an accident is high. It is illegal to text and drive in 30 states and the District of Columbia, Florida is not one of them.

<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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Unemployment

JOY IN OUR TOWN #713T	28:30	13:30	L	PA/O	7/2/2010	1:00 PM
					7/3/2010	3:30 AM
					7/5/2010	11:30 AM
					7/6/2010	3:30 AM
					7/8/2010	3:30 AM

Landing a good job in this market can be a real challenge. Being prepared for the interview is key. On this segment, host Jennifer Richardson talks with Eleanor Eberhart-Chin from Workforce Solutions about the various things that employers look for and how to present yourself. One key point that was made is that anyone applying for a position should do their research about that company before the interview. Resume' content was also discussed, it may not be a good idea to list every job you have ever held, but just the ones that most closely match your perspective employer's needs. Listing your education is always good, but the exact dates are not always needed. Many companies are looking for people with typing and computer skills, so if you are not educated in the technical fields, this is one way you can compete. Dressing for the position you are applying for is also very important.

JOY IN OUR TOWN #715B	28:30	13:15	L	PA/O	7/16/2010	1:00 PM
					7/17/2010	3:30 AM
					7/19/2010	11:30 AM
					7/20/2010	3:30 AM
					7/22/2010	3:30 AM

You've heard of a green thumb and a blue collar, but what is a green collar job? On this segment, host Jennifer Richardson talks with Julian Nazario from the Green Collar Task Force about "green collar" job training. The Green Collar Task force is a cooperative effort between St. Lucie County government and eight local construction trade unions. The program is designed to provide apprenticeships and job training in the "green" sector. There was not any specifics given as to what qualifies a job or a particular building material as green. Our guest did mention that the training and placement are free to those who can commit four years to the program.

JOY IN OUR TOWN #719B	28:30	13:30	L	PA/O	9/10/2010	1:00 PM
					9/11/2010	3:30 AM
					9/13/2010	11:30 AM
					9/14/2010	3:30 AM
					9/16/2010	3:30 AM

Budget cuts are a reality for government agencies across the state. On this segment, host Jennifer Richardson talks with Chief Deputy Garry Wilson from the St. Lucie County Sheriff's office about the challenges his office faces when substantial funding cuts occur. The first concern is making the cuts without affecting public safety. A good portion of the discussion was centered on the School Resource Officers which will be removed from 80 percent of St. Lucie County under this year's budget. The SRO program has been in effect for over twenty years and is a very successful in many areas. The Deputy talked about some cost cutting measures his office employs, such as working with other sheriffs in neighboring counties in inmate transportation and supply purchases. Patrol deputies also park their cars for fifteen minutes an hour, all these things add up to real savings.

<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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Unemployment

JOY IN OUR TOWN #720B	28:30	13:30	L	PA/O	9/17/2010	1:00 PM
					9/18/2010	3:30 AM
					9/20/2010	11:30 AM
					9/21/2010	3:30 AM
					9/23/2010	3:30 AM

For those who are currently out of work, finding a job that pays well and matches your qualifications can be difficult. On this segment, host Jennifer Richardson talks with Paula Hosein from Workforce Solutions about job placement and interview skills. Workforce Solutions also matches applicants to perspective employer's needs, this makes the job of recruiting qualified candidates easier. It was also suggested that applicants always dress one step above for the position that they are seeking, one should not dress casual for an interview, even for low profile positions. Facebook and other social networking sites should not contain content that does not reflect well on you, companies will research this kind of thing.

Health

JOY IN OUR TOWN #714T	28:30	13:30	L	PA/O	7/9/2010	1:00 PM
					7/10/2010	3:30 PM
					7/12/2010	11:30 AM
					7/13/2010	3:30 AM
					7/15/2010	3:30 AM

Every year, when summer vacation is winding down, it's time to discuss immunizations. One of the requirements of children attending public schools is that their immunizations be current. On this segment, host Jennifer Richardson talks with Maureen Ryan from the Martin County Health Department about what shots are needed for various ages of children. For parents who choose not to vaccinate their children, limited options are available. Chicken Pox, a common childhood infection was discussed at length.

JOY IN OUR TOWN #673B	28:30	13:15	L	PA/O	7/30/2010	1:00 PM
					7/31/2010	3:30 AM
					8/2/2010	11:30 AM
					8/3/2010	3:30 AM
					8/5/2010	3:30 AM

Stress and anxiety can cause a list of problems. On this segment, host Jasmine McFayden talks with Jeff Sledd from the Mental Health Association of Indian River County about some of the common mental health issues. His advice was that when you know you have some type emotional issue that is not going away, get help before a crisis occurs. "It's OK to get health is a Public Relations campaign that he talked about, designed to address the stigma often associated with mental health care. Because of the complex relationship between the mind, body and spirit, the cause of a mental health problem is often below the surface and needs to be properly evaluated for treatment.

<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

JOY IN OUR TOWN #667T	27:45	13:20	L	PA/O	8/6/2010	1:00 PM
					8/7/2010	3:30 AM
					8/9/2010	11:30 AM
					8/10/2010	3:30 AM
					8/12/2010	3:30 AM

What is the difference between inoculation and Immunization? On this segment, host Marina Santo talks with Carol Ann Wegener from the Martin County Health Department about preventative health care. Some of the way children spread illness to each other, as well as the latest vaccines required by school districts were also mentioned. For those traveling overseas, the Martin County Health Department has an international vaccine program to educate people on which diseases are prevalent in different parts of the world and what vaccines are recommend or required by those countries. Also discussed, were those who should not be vaccinated.

JOY IN OUR TOWN #719T	28:30	13:30	L	PA/O	9/10/2010	1:00 PM
					9/11/2010	3:30 AM
					9/13/2010	11:30 AM
					9/14/2010	3:30 AM
					9/16/2010	3:30:AM

Public pools are widely popular in South Florida and for good reason. On this segment, host Jennifer Richardson talks with David Koerner from the Saint Lucie County Health Department about the health risks of public pools. Health departments monitor public pools for safety and chemical maintainable. Proper chemical balance, such as Ph level, total alkalinity and free chlorine levels are needed to keep the water sanitary and comfortable for bathers. There are also specific recommendations concerning young children who are not potty trained using public pools. Household pets are not allowed by law in public pools. Safety requirements such as life rings ,depth markers and hand rails are also part of an inspection report.

JOY IN OUR TOWN #721T	28:30	13:30	L	PA/O	9/24/2010	1:00 PM
					9/25/2010	3:30 AM
					9/27/2010	11:30 AM
					9/28/2010	3:30 AM
					9/30/2010	3:30 AM

Medical technology has brought many less invasive ways of performing surgical procedures. On this segment, host Jennifer Richardson talks with Dr. Mario Sanguily and Dr. Jason Sullivan from Martin Memorial Hospital about clearing blocked arteries with a small drill. In years past, the only way to treat clogged arteries, particularly in legs, was to surgically remove the artery and replace it. The recovery time was considerable, but with orbital atherectomy, a patient can resume normal activity the next day. It works by inserting a wire into the artery and feeding the tiny drill down the wire. The drill pulverizes the hardened material and bores a clean opening to facilitate blood flow. The artery also is not damaged by the procedure.

<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

JOY IN OUR TOWN #721B	28:30	13:30	L	PA/O	9/24/2010	1:00 PM
					9/25/2010	3:30 AM
					9/27/2010	11:30 AM
					9/28/2010	3:30 AM
					9/30/2010	3:30 AM

There are many concerns that most Americans have today regarding health care. On this segment, host Jennifer Richardson talks with Dr. Dennis Saver from Primary care of the treasure Coast about the funding gap in the Medicare system that has existed for years. In 1997, a bill was drafted in Congress in an attempt to keep costs in line. Every year since, funding has been cut (on paper, but not implemented) while costs have risen. The resulting debt accumulation over the past thirteen years have resulted in a 21 percent funding gap. If congress does not address this issue, the rate doctors are paid by Medicare will be reduced by over one fifth, which will substantially effect those who are part of the Medicare system. This discussion centers on the ramifications of not holding Congress accountable for their actions. The doctor encouraged the viewers to write their representative and demand that this problem is fixed.

Civic Affairs

JOY IN OUR TOWN 718B	28:305	13:30	L	PA/O	9/3/2010	1:00 PM
					9/4/2010	3:30 AM
					9/6/2010	11:30 AM
					9/7/2010	3:30 AM
					9/9/2010	3:30 AM

Everywhere people are asking, how do we do more with less? Budget cuts are a hard reality for everyone in government, and the closer you are to the top, the more you will get it from all sides. On this segment, host Jennifer Richardson talks with Vice Mayor of Port Saint Lucie, Jack Kelly about the challenges he faces on a daily basis. He explained how and where cuts have been made in the last two years, including a 40 percent reduction in city employees without substantially effecting essential services. Also in the discussion was raises that some city employees got, while others were laid off, contractual obligations was the answer. The show ended with all the things that the city has to offer new businesses and people possibly relocating to Port Saint Lucie.

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

700 NewsWatch	Club CBN	1:00:00	6:00	REC	PA/O/E	08/25/2010	12:00 PM
#082510							

Lori Johnson, CBN News Reporter, says Medical experts are learning several lessons from last year's swine flu pandemic. Despite fears of a world-wide crisis, while many people contract the flu last year, relatively few died from it. The [World Health Organization](#) announced the official end of the Swine Flu, or H1N1, pandemic during the first week of August. But what about this year? Pediatricians are warning parents against developing a false sense of security. The swine flu is expected to return and parents are being urged to take the necessary precautions. This year's flu vaccine will arrive in doctor's offices in just a couple of weeks. Experts hope to avoid what happened last year when the government purchased 160 million doses of the H1N1 vaccine, but nearly half of those 70 million doses, were never used, and will now have to be destroyed. The reason for the disconnect is that flu vaccine production is much slower than the speed of the illness itself. So, with many people travelling by airplane these days, that last year's outbreak of H1N1 spread faster in six weeks than the past two pandemics, in 1957 and 1968, did in six months. The World Health Organization classified H1N1 as a Phase 6 pandemic -- the highest level -- based on how widespread it was. But it turned out to be not that severe, only a low-level category 1 in terms of how deadly it was. Still, that could have worsened at any time. Most flu vaccines, including last year's H1N1 vaccine, are manufactured by growing the flu virus in a chicken egg. But scientists want to do away with this painstaking method because it takes months to get the job done. There's also no way to protect against the deadly Avian Bird Flu. Within two years, most flu vaccine companies will likely convert from growing the virus in eggs to growing it in cells, which is faster. Within ten years, they'll likely make flu vaccines using a molecular approach that doesn't require any growing of a virus at all. Development of a universal flu vaccine is underway. The new vaccine is one that will protect against all strains of every type of flu. The new vaccine may be available in the next five years. So while the Swine Flu pandemic was much ado about nothing to some people, others see it as a dress rehearsal for the next pandemic that might be much more severe.

<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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Doctor to Doctor #263	28:30	28:30	REC	PA/O/E	7/06/2010	9:30 AM
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Dr. Caroline Leaf talked about dreams. We always dream when we are sleeping. Glial Cells sort out and organize our thinking for the next day. It can bubble over into consciousness which then causes dreams. **Dr. Eric Braverman** talked about heart disease. It is known as a silent killer. Some warning signs are raised blood pressure, high cholesterol, big belly and family history. Eating right, losing weight and sleep will help heart disease. **Dr. Stefan Flink** talked about nutrition. People should be getting the nutrients they need from the food they eat. Calcium can be found in dark greens and vegetables rather than milk. It's important to increase raw fruits and vegetables because they contain a lot of enzymes and nutrients.

Doctor to Doctor #264	28:30	28:30	REC	PA/O/E	07/13/2010	9:30 AM
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Dr. Bob DeMaria talked about detoxification. 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 avoid sodas, sugar and canned food. It's important to eat pears, plums and apples. **Dr. Ace Anglin** talked about high arches known also as Cavus foot. It can cause a person to jolt when walking, rigidity, stress fractures and calluses or corns. It's important to wear proper shoe, insole and shock absorbing material. **Dr. Valerie Solomon** talked about health maintenance. It's important to get physical exams which include blood work and emotional evaluation. It's important in preventive health to also eat right and exercise.

Doctor to Doctor #265	28:30	28:30	REC	PA/O/E	07/20/2010	9:30 AM
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Dr. Dino Prato talked about diabetes. A person dies every 10 seconds from this disease. There is type 1 and Type 2. It's important to monitor glucose levels, to not stop taking medications, eat more fruits/vegetables, good quality protein and less refined foods. **Dr. Rick Barrett** talked about spine health. The brain sends signals down the spinal cord and throughout the body. If it is out of alignment, it can cause nerve impingement syndrome and pain. Decompression therapy and other treatments are available to help. **Dr. Hale Akamine** talked about how to be happy. It is possible to be positive during difficult challenges. It's important to have good friends, optimism, appreciation and purpose that is not self centered.

Doctor to Doctor #266	28:30	28:30	REC	PA/O/E	07/27/2010	9:30 AM
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Dr. Gerard Guillory talked about probiotics. It is a beneficial bacteria in the intestinal tract that helps to digest food appropriately. A lack of good bacteria can cause irritable bowel syndrome, inflammatory bowel syndrome and Chron's disease. It's important to take a good probiotic supplement. **Dr. Thomas DiStefano** talked about injectable treatments. Rooster Comb that is injected into knees to stimulate cells that helps to promote fluid in the knees. Platelet Rich Plasma is injected into the injured area. It's a person's own blood that has had the platelets separated out from the blood. **Dr. Jeffery Crowhurst** talked about heel pain. It is an inflammation of the tendon from the plantar aspect or the bottom of the foot. High arches, flat foot, walking and exercise can cause it. It's important for it to be examined and to look at the patient's history.

Doctor to Doctor #267	28:30	28:30	REC	PA/O/E	8/3/2010	9:30 AM
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Dr. Christopher Chen talked about your mood and how it impacts the heart. Depression increases your risk for a heart attack by 50-70%. Signs of depression are reduced interests, lack of sleep, low energy, agitated and irritable. Exercise, sunlight, laughter and music are all ways to help improve your mood. **Jessica Setnick** talked weight gain during pregnancy. A healthy weight gain is between 15-25 pounds. It's important to focus on having a balance diet and getting plenty of the nutrients the baby will need. **Dr. David Hawkins** talked about emotional abuse. A person can be sweet, caring and gentle one minute then angry, mean and controlling the next. It's often called the Dr. Jekyll and Mr. Hide. It's important to acknowledge that it's happening, talk to someone, stop enabling and take action.

<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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Doctor #268	to Doctor	28:30	28:30	REC	PA/O/E	8/10/2010 9:30 AM
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Dr. Eric Braverman talked rest and remember. There are four components to memory. They are verbal, visual, immediate and working memory. Lack of sleep will result in memory decline. Low doses of inositol or melatonin will help you to sleep as well as exercise and tryptophan. **Dr. Bill Williams** talked about cosmetic dentistry. A bad smile can result in a lack of confidence and opportunities. Choosing the right smile depends on the person and the structure of the person's face, gums and teeth. A smile analysis, which consists of a 21 point exam, will help determine the best smile. **Dr. Sheryl Strom** talked about our immune system. It is a defense system that helps us against infection. It's important to keep our immune system healthy by eating the right food and getting the nutrients our bodies need.

Doctor #269	to Doctor	28:30	28:30	REC	PA/O/E	8/17/2010 9:30 AM
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Dr. Donna Novak talked about backpack injury prevention. Children are carrying eleven tons of weight in their backpack each year resulting in pinched nerves, back and shoulder pain. Straps should be 2 inches wide, light when empty, lumbar support and should be worn on both shoulders. **Dr. Lisa Akbari** talked about styling aids that can cause hair loss. Avoid nylon bristle brushes, combs with broken teeth, rubber bands and hot rollers. Make sure all curling or flat irons have a smooth surfaces and temperature control. Kay Spears talked about weight management. High body fat and low muscle mass can lead to many chronic health conditions. It's important to eat 4 to 6 small meals a day that include protein, carbohydrates and healthy fats. Avoid dieting and make sure to include exercise.

Doctor #270	to Doctor	28:30	28:30	REC	PA/O/E	8/24/2010 9:30 AM
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Dr. Bob DeMaria talked about food as medicine. It's important to eat cruciferous vegetables such as broccoli, cabbage and cauliflower. They contain DIM which helps the liver filter estrogen out of the body. Avoid recycle plastic #7 and sugars. **Dr. Teresa Carlson** talked about systemic diseases that affect the eyes. Diabetes can cause problems with the blood vessels inside the back of the eye. Retinal Detachment is also another problem that can cause blindness. Autoimmune diseases can cause inflammatory cells which can affect the tissue in the eye. Yearly eye exams are important to maintain eye health. **Dr. Carl Schmidt** talked about sports drinks. They are often harmful to the body because they contain high fructose corn syrup, are highly acidic and can leech minerals such as calcium from the body. It is best to just drink water.

Doctor #271	to Doctor	28:30	28:30	REC	PA/O/E	8/31/2010 9:30AM
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Dr. Asa Andrew talked about beating fatigue. Many times it is caused by people being anemic, which is a lack of oxygen into the body cells. Blood tests like a MMA and TIBC can determine iron levels. You can eat red meat and dark, leafy green vegetables to help. **Dr. Thomas DiStefano** talked about shoulder pain. It affects the rotator cuff resulting in not being able to raise it, move, sleep or even work. It's important to have an exam, strength test and x-ray to determine the course of treatment. **Dr. William Steward** talked about a healthy lifestyle. People need to be proactive in the management of their health. This includes a eating the right foods, exercise, positive attitude and less stress.

Doctor #272	to Doctor	28:30	28:30	REC	PA/O/E	9/07/2010 9:30AM
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Jessica Setnick talked about quilt after eating. It's important to look at food as more/less nutritious rather than it making a person good or bad. It's important to change your eating to match your lifestyle. Look at regret rather than quilt and do something different the next time. **Dr. Deepak Mehrotra** talked about vaccines. They are weakened virus or bacteria that help the body produce antibodies. DTP, Polio, HIB, Hepatitis B & A, Rotavirus vaccine, Pneumococcus and MMR are some of the important vaccines. **Dr. Ace Anglin** talked about foot fractures, which are often very painful. They are often a result of trauma, poorly lit or dark areas or repetitive activities. It is often diagnosed through an x-ray, MRI or CAT scan. The foot is often immobilized to allow it to heal.

<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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Doctor #273	to Doctor	28:30	28:30	REC	PA/O/E	09/14/2010 9:30AM
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Dr. Don Colbert talked about Insomnia. There are primary and secondary insomnia. It can cause heart disease. Type 2 diabetes, obesity and increase infections. It's important to have habits that promote sleep like regular bed time, block out light and make your bed a haven of rest. **Dr. Susan Cole** talked about Bio-Identical Hormones. Women often experience menopause symptoms such as hot flashes, night sweats, difficulty sleeping, irritability and moodiness. Synthetic hormone replacement therapy can help reduce the symptoms by replacing necessary hormones in the body. **Dr. Karen Bierman** talked about job loss. It can bring an array of emotions such as happiness, relief, shock, denial, depression, panic and hope. A person can begin to feel sick, not sleep well, drug abuse and isolation. Professional may be sought to help work through the stages of grief.

Doctor #274	to Doctor	28:30	28:30	REC	PA/O/E	09/21/2010 9:30AM
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Dr. Teresa Carlson talked about dry eyes. The surface of the eye is most affected. The skin on the eye can become chapped and flake off. It can occur because of the wind, computer usage, overhead fans and air ducts. Eye drops can help keep the eye moist. **Dr. Dino Prato** talked about cancer. It's all around us and prevention is a key to battling it. Eating healthy, losing weight naturally, exercise, detoxification can help prevent cancer. A key is testing which can lead to early diagnosis and treatment. **Dr. Dale Peterson** talked about bone health. The most two common conditions are Osteopenia, which means weak bones, and Osteoporosis, which means porous bone. It often affects women more than men and can result in back pain and hip fractures. Healthy lifestyle, vitamins, minerals and exercise such as walking can help strengthen bones.

JACKSONVILLE EDUCATORS BROADCASTING

QUARTERLY REPORT

October, November, December 2010

WTCE – TV, FORT PIERCE, FLORIDA

Ascertainment list

Leading Community Problems

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF WTCE-DT 21 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 4th QUARTER; OCTOBER, NOVEMBER & DECEMBER 2010

Crime

Housing

Education

Unemployment

Economy

Electoral

Civic Affairs

Health

Crime	Program Title	Program Duration	Topic Duration	Segment Source	Type	Air date	Time
	JOY IN OUR TOWN #722T	28:30	13:15	L	PA/O	10/01/2010	1:00 PM
						10/02/2010	3:30 AM
						10/04/2010	11:30 AM
						10/06/2010	3:30 AM
						10/07/2010	3:30 AM

The Internet and computer technology have opened up many opportunities for criminals to steal without the use of weapons or violence. Once a person has assumed the identity of another in cyberspace, he or she can purchase goods and services and somebody else gets the bill. Identity theft is a huge problem today, and if you are a victim, the cost can go far beyond a monetary one. On this segment, guests Lt. Kevin Dietrich and Sergeant William Radke from the st. Lucie County Sheriff's office talk about reducing the risk of identity theft and what to do in the event that one finds that their identity has been stolen. One of the points made was to watch what you post on line, particularly on social networking sites, also being sure that websites are secure and legitimate when transacting business or disclosing personal information.

	JOY IN OUR TOWN #727T	28:30	13:15	L	PA/O	11/5/2010	1:00 PM
						11/6/2010	3:30 AM
						11/8/2010	11:30 AM
						11/9/2010	3:30 AM
						11/11/2010	3:30 AM

The advance of computer and Internet technology puts new tools in the hands of law enforcement to help identify and apprehend suspects. The latest device is a hand held fingerprint scanner that an officer carries on patrol. This biometric scanner is linked to a statewide data base and can instantly relay the identity of an individual who may not have proper ID or refuses to show same. On this segment, Officer John Fazio from the Port Saint Lucie Police Department demonstrates how the device works and talks about a few cases where the scanner allowed them to easily identify people who did not want to reveal their identity because of outstanding warrants. Also discussed were constitutional rights and the future of electronic identification.

	JOY IN OUR TOWN #729B	28:30	13:06	L	PA/O	11/19/2010	1:00 PM
						11/20/2010	3:30 AM
						11/22/2010	11:30 AM
						11/23/2010	3:30 AM
						11/25/2010	3:30 AM

One of the keys to safe neighborhoods is having members of the community working with local law enforcement to spot and prevent crime. On this segment, Host Jennifer Richardson talks with Steve Horton, a local leader of a chapter of the Guardian Angels, an organization of citizen patrols world wide that are specifically trained in self defense and other skills needed to avoid violent confrontation. Steve talked about some of the stereotypes of The Angels, such as "vigilantes". He explained how they work directly with the Police and do not take the law in their own hands. The Angels have been a positive force in many communities as well as good mentors for young people. The only requirements for joining the Angels are that an individual be at least 18 years old with no criminal record.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
Crime JOY IN OUR TOWN #732B	28:30	13:15	L	PA/O	12/10/2010	1:00 PM
					12/11/2010	3:30 AM
					12/13/2010	11:30 AM
					12/14/2010	3:30 AM
					12/16/2010	3:30 AM

Overall crime stats in St. Lucie County have been down over the last few years. On this segment St. Lucie County Sheriff Ken Mascara talks with Host Jennifer Richardson about some of the various programs used by the Sheriff's office to prevent crime. The Sheriff attributes the success of any program with community members that help him and his staff in many ways, from neighborhood watches to youth mentoring, a little positive influence goes along way. Also discussed was some of the jail programs that help people who have gotten in trouble, not to fall back in to it again. The role of School Resource Officers was included, as this program has been a vital part of crime prevention in St. Lucie County for many years, student's interaction with them is beneficial in a number of ways, establishing a bond of trust.

JOY IN OUR TOWN #733T	28:30	13:15	L	PA/O	12/17/2010	1:00 PM
					12/18/2010	3:30 AM
					12/20/2010	11:30 AM
					12/21/2010	3:30 AM
					12/23/2010	3:30 AM

What ever one may think about computers and electronic communication, one thing is for sure, they are here to stay! Since most people use this this technology everyday, it is important to know the basics of how computers "talk" to each other, so one can keep their data safe. This is the first half of a two part show on cyber security. Our Host Jennifer Richardson talks with a panel of guests, including Rod Waller and Sofia Wilbershied from Indian River State College, as well as Dave Rico, a gifted computer programmer. After defining cyber security, some of the basic things to securing your files were discussed, such as being careful what you post on public forums and social networking sites. The most common way that a computer can be hacked is when someone other than it's owner has physical access to it, because that makes it relatively easy for a hacker to subvert basic security, such as passwords. Over the Internet, email containing an application is the most common way data is compromised and computers can be damaged.

JOY IN OUR TOWN #733B	28:30	13:15	L	PA/O	12/17/2010	1:00 PM
					12/18/2010	3:30 AM
					12/20/2010	11:30 AM
					12/21/2010	3:30 AM
					12/23/2010	3:30 AM

On this segment, we continue our discussion on cyber security with Dave Rico from MnD Media and representatives from the Cyber Security Institute at Indian River State College. The content of this second half centered around what students who are perusing a career in computer and Internet security learn at the school. Part of the training is learning how to "hack" a computer or network, this provides students a complete perspective on how to protect data systems. Many computer and software companies have certification training that ensures that students learn exactly what they need to learn to service the various systems being used today. Only half of the students learning cyber security at IRSC are teens and young people, as many are going for training for new career paths.

Housing

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
JOY IN OUR TOWN #723T	28:30	13:15	L	PA/O	10/08/2010	1:00 PM
					10/09/2010	3:30 AM
					10/11/2010	11:30 AM
					10/12/2010	3:30 AM
					10/14/2010	3:30 AM

The flurry of foreclosure activity has left many neighborhoods with abandoned homes. The lack of maintenance causes properties to fall into disrepair and even invite criminal activity. On this segment, host Jennifer Richardson talks with Tricia Swift-Pollard from the City of Port Saint Lucie and Jessica Parish from St. Lucie County. Earlier in the year, Tricia was on talking about the Neighborhood Stabilization program instituted by the Federal Government and we wanted to check back to see how well the program was working. All the money that was allocated to Port St. Lucie had been used to buy foreclosed properties and many were in various stages of repair. The biggest challenge for those who wish to buy these properties are qualifying for bank financing, even though the prices are low and designed for quick sale.

JOY IN OUR TOWN #723B	28:30	13:00	L	PA/O	10/08/2010	1:00 PM
					10/09/2010	3:30 AM
					10/11/2010	11:30 AM
					10/12/2010	3:30 AM
					10/14/2010	3:30 AM

On the first half of this show the topic of neighborhood stabilization was discussed. Another use for these funds is to buy blighted properties, particularly those on main streets. This practice is called Urban Redevelopment and on this segment, host Jennifer Anne Richardson speaks with John Ward, the Director of Urban Redevelopment for the City of Fort Pierce. He showed pictures of some of the properties that had been purchased and what the planned purpose for these properties are, both residential and commercial. Blighted properties bring down the value of the whole neighborhood and in some cases can be unsafe and attract squatters. Restored homes and apartments provide affordable rentals in places they are needed.

JOY IN OUR TOWN #727B	28:30	13:15	L	PA/O	11/5/2010	1:00 PM
					11/6/2010	3:30 AM
					11/8/2010	11:30 AM
					11/9/2010	3:30 AM
					11/11/2010	3:30 AM

When one is served with a foreclosure lawsuit, what do you do? When dealing with large banks and loan servicers, going it alone is not a good idea. On this segment, host Jennifer Anne Richardson talks with Franklin Nickens from Community Development Outreach about some of the options available to those in foreclosure. Discussed were the short sale option, which involves first listing the home with a real estate agent for 120 days. Few short sales actually close this brings up option number two – deed in lieu, where the homeowner signs off on the deed, rather than going through the whole foreclosure process. Ideally, the homeowner should make sure that they will not receive a deficiency judgment down the line. Using a HUD approved housing counselor is the key to successfully dealing with foreclosure at an affordable price.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
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Housing

JOY IN OUR TOWN #734T	28:30	13:15	L	PA/O	12/24/2010	1:00 PM
					12/25/2010	3:30 AM
					12/27/2010	11:30 AM
					12/28/2010	3:30 AM
					12/30/2010	3:30 AM

If there has not been enough confusion and Chaos in the housing crisis, it has been brought to light that many laws regarding foreclosure proceedings have not been adhered to by banks and loan servicers. So what does this mean to someone in foreclosure? On this segment of a two part show, host Jennifer Richardson talks with a returning guest, Franklin Nickens along with attorney Joshua Bliel about the latest developments in this debacle. For some, staying in your home and fighting to keep it is quite possible. Much of the content of this segment centers on how things got so out of hand. The "bundling" of mortgages, both good and bad, sold on the securities market is the major component that drove the market over the cliff. If a loan servicer does not have the documentation to seize a property, they are very likely to negotiate a workable solution, after all, half of a loaf is better than none.

JOY IN OUR TOWN #734B	28:30	13:15	L	PA/O	12/24/2010	1:00 PM
					12/25/2010	3:30 AM
					12/27/2010	11:30 AM
					12/28/2010	3:30 AM
					12/30/2010	3:30 AM

Continuing the discussion on the fall out from the home loan crisis, this segment focuses on condominium and homeowner association solvency. Our guests are Franklin Nickens and Joshua Bliel from Community Development Outreach. When large percentages of buildings are unoccupied and not receiving maintenance funds, those that are left end up being hit with the shortfall. One possible solution in some cases would be to sell such a building or complex to a municipality or non profit entity who then could rent to a specific group, such as seniors. Also discussed was the bulk buyer investors that purchase units often for pennies on the dollar. Most of these bulk buyers are international or foreign investors.

Education

JOY IN OUR TOWN #722B	28:30	13:15	L	PA/O	10/1/2010	1:00 PM
					10/2/2010	3:30 AM
					10/4/2010	11:30 AM
					10/5/2010	3:30 AM
					10/7/2010	3:30 AM

There is much talk today about bullying. In the electronic age we live in, the bully is not just out back of the school, but prowls cyber space making public spectacles of their victims. On this segment of "Joy", Lt. Kevin Dietrich and Sgt. William Radke from the St. Lucie County Sheriff's office talk with host Jennifer Richardson about this growing problem. Much of the solution to this issue requires parental supervision of Internet use for kids as well as meaningful communication. The sheriff made a program for parents to monitor their children's Internet activities and made it available for free. St. Lucie County has School Resource Officers and school staff on campus to help students that have been bullied.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
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Education

JOY IN OUR TOWN #728B	28:30	13:15	L	PA/O	11/12/2010	1:00 PM
					11/13/2010	3:30 AM
					11/15/2010	11:30 AM
					11/16/2010	3:30 AM
					11/18/2010	3:30 AM

When children's home lives are interrupted due to family problems or abuse, their education often suffers. On this segment, host Jennifer Richardson talks with Tom Maher and Judy Phillips from the Hibiscus Children's Center. The center cares for children in the Foster care system in many ways, one of them is ensuring that they are getting a proper education. Jennifer asked them about the recent addition of literacy staff at the center. As educators themselves, they understand how important reading is to education and it was easy to see the dedication that the people at Hibiscus have to the well being of kids. They implement many innovative programs that inspire kids to read more and have seen consistent results on the report cards.

JOY IN OUR TOWN #729T	28:30	13:15	L	PA/O	11/19/2010	1:00 PM
					11/20/2010	3:30 A.M
					11/22/2010	11:30 A.M
					11/23/2010	3:30 AM
					11/25/2010	3:30 A.M

Many school districts employ SRO s (School Resource Officers). In St. Lucie County, the distinct considers them to be a valuable asset to the community. Recent budget cuts have made funding for the officers a challenge, on this segment, host Jennifer Richardson talks with the Superintendent for St. Lucie County Schools, Michael Lannon about some possible solutions. The only agreed upon idea is the implementation of an MSTU (Municipal Service Taxing Unit), a tax imposed for a specific purpose. This tax is imposed by the County, but all the towns within the county must agree to the tax. It was also suggested that an over site board be established to ensure the funds were spent for the purpose they were collected.

JOY IN OUR TOWN #730T	28:30	13:15	L	PA/O	11/26/2010	1:00 PM
					11/27/2010	3:30 A.M
					11/29/2010	11:30 A.M
					11/30/2010	3:30 AM
					12/2/2010	3:30 A.M

It's never to early start a career and getting real world experience wile in school is an excellent way to cement your classroom knowledge. On this segment, host Jennifer Richardson talks with Luis Hoyos from Fort Pierce Central High School and he is joined by two of his students, they discuss the automotive internship program. This educational opportunity is a partnership between local auto dealers and the school. It not only gives the kids a chance to earn money but also allows them to see if this really the best career choice for them. Only students with high grades and motivation are chosen to participate in the program. The program is beneficial for all involved, from the dealerships as well as students and teachers.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
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Education

JOY IN OUR TOWN #730B	28:30	13:30	L	PA/O	11/26/2010	1:00 PM
					11/27/2010	3:30 AM
					11/29/2010	11:30 AM
					11/30/2010	3:30 AM
					12/02/2010	3:30 AM

Now more than ever, in this high tech world, getting the proper education and training for a chosen career is essential. On this segment, host Marina Santos talks with Dean Hose Farinos on location at Indian River State College about their Digital Arts Program. IRSC is one of the most affordable colleges in the state, yet has many of the latest technology training. Digital Domain, a major production and animation house is building a faculty in nearby Port Saint Lucie and they have partnered with IRSC in the Digital Arts program. Students can get a two year as well as a four year degree in digital arts and many other related fields.

Unemployment

JOY IN OUR TOWN #724B	28:30	13:15	L	PA/O	10/15/2010	1:00 PM
					10/16/2010	3:30 AM
					10/18/2010	11:30 AM
					10/19/2010	3:30 AM
					10/21/2010	3:30 AM

There is considerable effort involved in getting a job interview. One of the key elements needed to impress an interviewer is proper dress. On this segment, host Jennifer Richardson talks with Eleanor Eberhart-Chin about how to dress for success. One of the main points discussed was that one should dress just above the type of job you desire, even if you are going for a job where "dress clothes" are not worn on the job. Other details like the type of nail paint and jewelry that should be avoided. The idea is that one should not wear items that may distract the interviewer. Dress should be neat, professional and not "flashy".

JOY IN OUR TOWN #731B	28:30	13:30	L	PA/O	12/3/2010	1:00 PM
					12/4/2010	3:30 AM
					12/6/2010	11:30 AM
					12/7/2010	3:30 AM
					12/9/2010	3:30 AM

Often the choice of career can have a big impact on one's employment prospects. There are many reasons to believe that nursing is a solid career choice for a host of reasons. On this segment, host Jennifer Richardson talks with Scott Samples from Martin Memorial Health Systems about the exciting field of nursing and some of the benefits of working for Martin Memorial. Scholarships are available for those are entering the health care field and nursing in particular as well as training programs for those in school. Scott explained how Martin Memorial gives it's nurses an active voice in the governing of the facility and patient care which enriches their corporate culture and employee retention.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
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Unemployment

JOY IN OUR TOWN #732T	28:30	13:30	L	PA/O	12/10/2010	1:00 PM
					12/11/2010	3:30 AM
					12/13/2010	11:30 AM
					12/15/2010	3:30 AM
					12/16/2010	3:30 AM

When it comes to laying off employees, nobody enjoys being the one who has to hand out pink slips. This is particularly true when one is in a position such as Police Chief. On this segment, host talks with Donald Shinamon, Chief of Police for the City of Port Saint Lucie about the recent controversy surrounding the layoff of 24 police officers. In this interview, The chief explained all the ways his department has cut back on expenses, yet in order to stay within the budget handed to him by the City Manager, the layoffs were necessary. He explained the difficult position he was in and told how he was touched by the support of many officers, even some that had been layed off. Shortly after the interview, he himself was fired from his position without explanation.

Economy

JOY IN OUR TOWN #724T	28:30	13:30	L	PA/O	10/15/2010	1:00 PM
					10/16/2010	3:30 PM
					10/18/2010	11:30 AM
					10/19/2010	3:30 AM
					10/21/2010	3:30 AM

The downturn in the economy has effected everyone, even our four legged friends. Many people are experiencing financial problems and are being forced to give up their pets. On this segment, host Jennifer Richardson talks with David Robertson from the Humane Society of St. Lucie County about the increased number of homeless pets in recent days. David brought several cute critters with him into the studio as he encouraged viewers to adopt a dog or cat from the Humane Society. Animals that the shelter takes in gives them basic medical care, including shots when needed.

JOY IN OUR TOWN #725T	28:30	13:15	L	PA/O	10/22/2010	1:00 PM
					10/23/2010	3:30 AM
					10/25/2010	11:30 AM
					10/26/2010	3:30 AM
					10/28/2010	3:30 AM

When it comes to cause and effect in economic matters, the irresponsible spending habits of the Federal Government is one of the largest factors and is also one of the top concerns among most Americans. On this special two part show, host Jennifer Richardson talks with Lt. Governor of Florida Jeff Kottkamp and Pastor Troy Daily about how our elected representatives are spending our children's inheritance and offer some common sense solutions. One such solution was offered by Lt. Governor Kottkamp was a presidential line item veto, this solves the problem of "Pork Barrel Spending", a practice whereby Congress sticks thousands of "earmarked" spending bills into unrelated legislation. The Balanced Budget Amendment was also discussed, as this is the only way deficit spending will stop.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
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Economy

JOY IN OUR TOWN #725B	27:45	13:20	L	PA/O	10/22/2010	1:00 PM
					10/23/2010	3:30 AM
					10/25/2010	11:30 AM
					10/26/2010	3:30 AM
					10/28/2010	3:30 AM

On this second half of our special edition of "Joy", the discussion about the economic effects of wasteful government spending on the economy continues. Pastor Troy and Lt. Governor Kottkamp talk about the spiritual condition of our nation and how that is reflected in those we elect to represent us. The Governor and Pastor both agreed that freedom and prosperity are given by God not the government and only if America as a whole embraces this truth can there be any hope of averting the decline of The Republic. Also discussed was the practice of wealth redistribution by the Federal Government and the negative effect that it has on productivity and investment. It was also suggested that the elimination of political parties would go along way towards electing people of high moral character.

JOY IN OUR TOWN #728T	28:30	13:30	L	PA/O	11/12/2010	1:00 PM
					11/13/2010	3:30 AM
					11/15/2010	11:30 AM
					11/16/2010	3:30 AM
					11/18/2010	3:30:AM

An alarming number of Americans now live at or below the poverty level. There are many that need help with daily food that never imagined it could happen to them. On this segment, host Jennifer Richardson talks with Patrick Slattery and Diane Tomasik from House of Hope of Martin County. This organization is a local food pantry that feeds the needy as well as provisions such as clothing and household items. Patrick also spoke about a program they established that helps people with job skills and career training to help those in need become self sufficient. It was mentioned that the requests for assistance they have received in the last two years has doubled. House of Hope only receives fifteen percent of it's funding from grants, the rest comes from the community.

JOY IN OUR TOWN #731T	28:30	13:30	L	PA/O	12/3/2010	1:00 PM
					12/4/2010	3:30 AM
					12/6/2010	11:30 AM
					12/7/2010	3:30 AM
					12/9/2010	3:30 AM

In every community in America there are always those who spend their time and resources helping those in need and with the economy being what it is, that is a good thing. On this segment, host Jennifer Richardson talks with Donna Coggins from the Treasure Coast Food Bank. This local charity works with churches and non profit organizations to assist those in need. To address the needs of under served communities, The Food Bank has started a mobile food pantry. Trucks are loaded with food and brought to those who need it most. Donna also announced that they are starting a community garden to grow local organic produce.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
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Electoral

JOY IN OUR TOWN #726T	28:30	13:30	L	PA/O	10/29/2010	1:00 PM
					10/30/2010	3:30 AM
					11/1/2010	11:30 AM
					11/2/2010	3:30 AM
					11/4/2010	3:30 AM

It is a well known fact that many Americans do not exercise their right to vote. On this segment, host Jennifer Richardson talks with Gertrude Walker, the Supervisor of Elections for St. Lucie County about the importance in participation in the electoral process. Ms. Walker made it clear that there is no excuse for not voting and that voting not just a privilege but a responsibility. She further explained that one needs to make informed choices when choosing a candidate or voting on a ballot initiative. Know what you believe and why. It was also stated that voting is also essential to preserving our freedom as a country. The particulars of absentee ballots were also covered in this program.

Civic Affairs

JOY IN OUR TOWN 726B	28:305	13:30	L	PA/O	10/29/2010	1:00 PM
					10/30/2010	3:30 AM
					11/1/2010	11:30 AM
					11/2/2010	3:30 AM
					11/4/2010	3:30 AM

With the economy the way it is, there are many that are concerned about the high amount of foreign investment in American real estate. During the boom years of Port saint Lucie, a large Civic Center complex was constructed in anticipation of the future growth of the city. The facility is currently under utilized and is somewhat of a budget issue for the city. On this segment, host Jennifer Richardson talks with the director of Parks and Recreation for the city of Port Saint Lucie, Edward Cunningham about the recent claim that the Civic Center was almost sold to a Chinese investment firm. Ed explained that on the grounds where the center is located is also a developed area called the City Center, which was slated to have a range of businesses in it. It was the City Center, not the Civic Center that the Chinese firm was interested in.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
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Economy

700 NewsWatch	Club CBN	1:00:00	5:00	REC	PA/O/E	11/11/2010	12:00 PM
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#111110

Heather Sells, CBN News Reporter, says your local library may be quiet, but it's still one of the busiest places in town. For the past 10 years, Americans have steadily increased their use of these historic institutions. Now, in the midst of the toughest economy in a generation, Americans are coming in droves. In recent years libraries have transformed, easing many concerns about whether they can stay relevant and up-to-date in the midst of sweeping technological changes. They've embraced the on-line world and now many communities are rallying behind them as budget cuts threaten. The [American Library Association](#) said recent polls show most public libraries have faced a loss in funding in the last several years. That usually results in fewer librarians, fewer hours, and in some cases, closing the doors altogether. This fall, cities from San Diego to Boston are considering library shutdowns. That almost happened in Philadelphia, Indianapolis, and Charlotte. But it's too late for others in North Carolina and northern Michigan. The loss in hours has proved to be an inconvenience for many. But what concerns librarians more is those who directly depend on their library. Indeed, the ALA said two-thirds of libraries nationwide now help patrons with on-line job hunting. Seventy percent provide the only free access to computers and the Internet in some communities. There's also a growing recognition that libraries are critical to the next generation. In a changing world, library advocates say their commitment to the young remains unchanged. The end goal for now then is helping communities not just thrive in today's economic realities but thrive in a 21st-century world where change is the new normal.

Health/Mental Health

700 NewsWatch	Club CBN	1:00:00	5:00	REC	PA/O/E	11/17/2010	12:00 PM
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#111710

Lori Johnson, CBN News Reporter, says imagine sweating so much you're afraid to be around other people. Close to 10 million Americans suffer from this medical condition, known as hyperhidrosis. But there are now ways to help them keep it a secret. Unfortunately, many people with hyperhidrosis -- and even some doctors and insurance companies -- don't understand excessive sweating is a medical condition. There are now treatments for varying degrees of hyperhidrosis. The first step is to get a good antiperspirant, not just a deodorant. Deodorants only treat odor, which comes from bacteria on the apocrine sweat gland. A deodorant's antiseptic or fragrance takes care of the bad smell. But wetness comes primarily from the exocrine sweat gland, and is generally odor-free. Antiperspirants use an aluminum compound to shut the gland, blocking the release of all that water. Some consumers are afraid that using antiperspirants containing aluminum may cause breast cancer or Alzheimer's disease. But most doctors agree antiperspirants containing aluminum are safe. The Alzheimer's scare can be linked back to a 1960s-era study which found abnormally high concentrations of aluminum in the brains of Alzheimer's victims. Since then, new evidence has led various health organizations and the Alzheimer's association to conclude, "Aluminum is not a key factor in developing Alzheimer's disease." Updated research also found no conclusive link between antiperspirant use and breast cancer, according to the Food and Drug Administration and the National Cancer Institute. Stronger antiperspirants containing more aluminum are sold with a "clinical" strength label. Doctors can also prescribe a powerful antiperspirant. Hyperhidrosis doesn't just affect the underarms. Some people suffer from excessive sweating on their feet and hands, which can also be dangerous. Treatments for excessive sweaty hands include prescription medication, immersing the hands in water with a very low electrical current, and botox injections. The injections last about six months, and work for nearly 80 percent of patients who try them. For those who don't respond to that treatment, there is surgery. But it's an option that should only be viewed as a last resort. People with hyperhidrosis often feel trapped by their condition.

700 NewsWatch	Club CBN	1:00:00	5:00	REC	PA/O/ E	12/08/2010	12:00 PM
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#120810

Lori Johnson, CBN News Reporter, says Each year about 750,000 Americans develop sepsis because of an infection, and nearly a third will die from the blood illness. Those with decreased immune systems stand the greatest chance for getting sepsis, but even the healthy are at risk. Nearly three-fourths of Americans are also unaware. [Sepsis](#) is the body's negative reaction to an infection. Half of all cases stem from fairly regular infections, such as pneumonia or those in the urinary tract. The other half come from infections contracted in the hospital, like staph. The best defense against developing sepsis is to wash your hands often. Also, avoid people with infections and strengthen your immune system by getting lots of rest, eating fresh fruits and vegetables, and keeping stress down. When infections do occur and develop into sepsis, the treatment is immediate antibiotics and fluids. Every hour without antibiotics, the chance of a patients survival drops 8 percent.

Health / Mental Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
700 Club NewsWatch #120810	1:00:00	5:00	REC	PA/O/E	12/08/2010	12:00 PM

Lori Johnson, CBN News Reporter, says Each year about 750,000 Americans develop sepsis because of an infection, and nearly a third will die from the blood illness. Those with decreased immune systems stand the greatest chance for getting sepsis, but even the healthy are at risk. Nearly three-fourths of Americans are also unaware. **Sepsis** is the body's negative reaction to an infection. Half of all cases stem from fairly regular infections, such as pneumonia or those in the urinary tract. The other half come from infections contracted in the hospital, like staph. The best defense against developing sepsis is to wash your hands often. Also, avoid people with infections and strengthen your immune system by getting lots of rest, eating fresh fruits and vegetables, and keeping stress down. When infections do occur and develop into sepsis, the treatment is immediate antibiotics and fluids. Every hour without antibiotics, the chance of a patients survival drops 8 percent.

Doctor #277	to Doctor	28:30	28:30	REC	PA/O/E	10/05/2010 10/12/2010	9:30 AM
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Dr. Bob DeMaria talked about headaches. They can be caused by tension, toxins, medications, elevated estrogen levels, stress and sugar. It's important to exercise, drink plenty of water, get enough vitamin B and get plenty of sleep. **Dr. Ace Anglin** talked about toning shoes. The mid sole is round and creates rocking motion. It's not recommended for those with a gait instability, limp or arthritis. It can put people at a risk for slips and falls. Try a regular pair of walking shoes instead. **Dr. Gerard Guillory** talked about Vitamin D. Most people are deficient in Vitamin D and wouldn't know unless tested. It is linked to 16 types of cancer, high blood pressure, heart disease, diabetes and heart attacks. It is synthesized from cholesterol and can be taken as a supplement.

Doctor #278	to Doctor	28:30	28:30	REC	PA/O/E	10/19/2010	9:30 AM
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Dr. Mike Ronsisvalle talked about being a real man. It's important that society has appropriate roles for men and that men understand them. It's more than having the right car, job and income. It's about leading and loving others. **Dr. Christopher Chen** talked about heart health. Avoid animal fat, soda, salt and white foods. It's important to eat fruits and vegetables with lots of deep color. Fish oil which contains Omega 3 which are beneficial to reduce the risk of heart disease. **Dr. Shalaunda Grey** talked about Breast Cancer. It the most common form of cancer found in women. It's a result of abnormal cells in any part of the breast. Risk factors are being a women, age, genetics, race and family history. It's important to exercise, don't drink or use tobacco and regular screenings.

Doctor #279	to Doctor	28:30	28:30	REC	PA/O/E	10/26/2010	9:30 AM
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Dr. Eric Braverman talked about aging. We go through different stage as our body ages. It's important to take care of our body and do preventative care. **Dr. Kay Spears** talked about quality supplements. No FDA regulations. Use cheap products to bind together and add additives like sugar, starch, dyes, glues and binders. It's important to check that they are GMP certified. **Dr. Carl Schmidt** talked about sleep deprivation. Pituitary Gland can cause us to stay awake. A lack of potassium, magnesium and B-vitamin can do the same. It's important to watch what we eat and get plenty of water during the day.

Doctor #281	to Doctor	28:30	28:30	REC	PA/O/E	11/23/2010	9:30 AM
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Dr. Scott Vanlue talked about our genes. Our genetic makeup is impacted by outside factors and can influence the way they are expressed. It's important to have a healthy lifestyle, proper nutrition and be careful what we are exposed to in the environment. **Dr. Dale Peterson** talked about medical studies that conflict with each other. Most studies are conducted over months and it's hard to analyze. It takes decades for patterns to develop. It's important to look at the design and mechanism of the body and compare it to each study. **Dr. Edward Lyne** talked about healthy eating. It's important to preserve our health buy eating lots of fruits, vegetables, nuts and complex carbohydrates. Drink alkaline water 1-2 hours after you eat. Take supplements such as a multivitamin or mineral supplement.

Health / Mental Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Air date</i>	<i>Time</i>
Doctor #282	to Doctor	28:30	28:30	REC	PA/O/E	11/30/2010 9:30 AM

Dr. Bob DeMaria talked about optimal health. It's important to pay attention to your body and what's going into it. The Adrenal gland can cause fatigue and the liver acts as a filter. It's important to get vitamin A, D, E and K. Avoid too much sugar and trans fats. **Dr. Dino Prato** talked about Adult Stem Cells. They turn into the area they are placed in the body. They can provide new growth for an area that has been damaged, which includes rejuvenating organs. **Dr. Glen Steele** talked about visual development. Focusing ability starts at around 3 months of age. Next is eye coordination, tracing, depth perception, color and object face recognition.

Doctor #283	to Doctor	28:30	28:30	REC	PA/O/E	12/7/2010 9:30 AM
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Betty Alston talked about eating healthy during the holidays. It's important to eat thermic vegetables such as green beans, squash and cabbage. It's important to eat foods not high on the glycemic index and limit salt. **Dr. Craig Travis** talked about holiday stress. Economic difficulties, death of a loved one, family and overeating can cause stress. It's important to come up with a plan, get plenty of rest, water and exercise. **Dr. Martin Finkelstein** talked about the dangers of holiday food. People need to eat sensible during the holidays. We need healthy carbohydrates such as fruits and vegetables, lean protein, lipids such as coconut and olive oil.