

JACKSONVILLE EDUCATORS BROADCASTING

QUARTERLY REPORT

January, February, March 2011

WTCE – TV, FORT PIERCE, FLORIDA

Ascertainment list

Leading Community Problems

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF WTCE-TV 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 1st QUARTER; JANUARY, FEBRUARY & MARCH 2011

Transportation

Environment

Youth

Economy

Health

Housing

Civic Affairs

<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>
Transportation						
JOY IN OUR TOWN #742B	28:30	13:15	L	PA/O	02/25/2011	1:00 PM
					02/26/2011	3:30 AM
					02/28/2011	11:30 AM
					03/02/2011	3:30 AM
					03/03/2011	3:30 AM

Often Veterans returning from tours of duty have problems getting to the VA hospital, sometimes it is because of a disability other times it may be financial. Many vets are not aware of the help that is available to assist them to get to medical appointments as well as other benefits they are entitled to receive. The United Veterans of St. Lucie County has a small fleet of vans and volunteers that transport veterans from Port St. Lucie and Fort Pierce to the VA Hospital in West Palm Beach. Host Jennifer Richardson talks with Ron Knepsheid about when and where the shuttles are available. He also encouraged veterans to contact his office to find out other Federal assistance they may be entitled to and how to sign up for those programs.

JOY IN OUR TOWN #744B	28:30	13:15	L	PA/O	03/11/2011	1:00 PM
					03/12/2011	3:30 AM
					03/14/2011	11:30 AM
					03/15/2011	3:30 AM
					03/17/2011	3:30 AM

Congested roads and high fuel prices are two factors that take a considerable chunk out of the transportation budget of families today. Those that live in urban areas have more options available to them than do those in rural areas. On this segment host Jennifer Richardson talks with Teresa Lane from South Florida Commuter Services about the programs available in St. Lucie County and surrounding areas. Details about the car and vans pools that many people are using as well as what to do if one has to leave work early for urgent matters. The many benefits that carpooling has for participants and the public as a whole were also discussed.

JOY IN OUR TOWN #745T	28:30	13:06	L	PA/O	3/18/2011	1:00 PM
					3/19/2011	3:30 AM
					3/20/2011	11:30 AM
					3/21/2011	3:30 AM
					3/23/2011	3:30 AM

What is the state of the infrastructure in the United States today? There are those that claim that the Federal government is justified in spending hundreds of billions of dollars on local roads, bridges, rail and bus stations and all manner of transportation elements across the nation. On this segment, host Jennifer Richardson talks with Beth Ryder from St. Lucie County Community Services about a rather expensive bus station being built in downtown Fort Pierce as a part of the Federal Stimulus package. The head Architect on the project was also there to discuss all the features of the building, including the "green" components. Both guests claimed that projects like this will have a positive effect on the economy but were not clear as to how this will happen. There are other projects on a larger scale that have been rejected by local and state leaders because of cost concerns.

<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 #735B	28:30	13:15	L	PA/O	1/7/2011	1:00 PM
					1/8/2011	3:30 AM
					1/10/2011	11:30 AM
					1/11/2011	3:30 AM
					1/13/2011	3:30 AM

The inland waters of South Florida, particularly salt water estuaries, have several sources from which contaminants are introduced. During the rainy season, large amounts of water from Lake Okeechobee is released through man made canals, this water brings with it fertilizer, nitrates and other pollutants. On this segment, host Jennifer Richardson talks with Chris Lestrage from St. Lucie County Water Quality about new EPA water quality standards being imposed by the Federal Government. Discussed were the logistics of compliance with these standards, what the estimated costs would be and how the pollutant levels of the standards were devised.

JOY IN OUR TOWN #736B	28:30	13:15	L	PA/O	1/14/2011	1:00 PM
					1/15/2011	3:30 AM
					1/17/2011	11:30 AM
					1/18/2011	3:30 AM
					1/20/2011	3:30 AM

There is a movement afoot today to implement "green" technology and materials in buildings, cars, appliances and electronics. The green designation varies by application, but generally speaking, anything that can be construed as helping the environment by saving energy in some way counts. On this segment, host Jennifer Richardson talks with Margot Graff and Ron Morrow from Habitat for Humanity of Martin County about the various energy saving materials that they incorporate into Habitat homes. Also discussed was some ways that homeowners can make their existing homes more green.

JOY IN OUR TOWN #737T	28:30	01:00:00 PM	L	PA/O	1/21/2011	1:00 PM
					1/22/2011	3:30 AM
					1/24/2011	11:30 AM
					1/25/2011	3:30 AM
					1/27/2011	3:30 AM

In response to the push for renewable sources of energy, various utility companies have been experimenting with wind and solar to determine how efficient and cost effective these options may be. Recently, Florida Power and Light added a large array of solar panels to augment a natural gas fired plant in Martin County. On this segment, host Jennifer Richardson talks with Nick Blount from FPL about some specifics of the solar portion of the Martin Power Plant, such as how solar energy is converted to electricity. The plant's 190,000 mirrors focus the sun's energy to heat water into steam to drive turbines. The solar element of this plant generates 75 kilowatts, which is about 7 percent of the plant's total output. If the construction and maintenance costs are weighed against the 178 million dollars in fuel cost savings over it's lifetime, it's hard to imagine that solar will ever play a major role in electricity generation.

<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 #737B	28:30	13:15	L	PA/O	1/21/2011	1:00 PM
					1/22/2011	3:30 AM
					1/24/2011	11:30 AM
					1/25/2011	3:30 AM
					1/27/2011	3:30 AM

The food supply in today's world is much different than it was even fifty years ago. The chemicals used in the modern agricultural industry have raised concerns among many and the marketing of organic foods has exploded. In years past many people produced their own food and food for their neighbors. On this segment, host Jennifer Richardson talks with Tracy Champagne and some of her students from Hidden Oaks Middle School about organic gardening. Tracy thought it beneficial for her students to learn how to grow their own food and the children talked about how much they enjoy the class. They proudly showed off some of the vegetables they grew and talked about some of the challenges they faced during the process.

JOY IN OUR TOWN #738B	28:30	13:15	L	PA/O	1/28/2011	1:00 PM
					1/29/2011	3:30 AM
					1/31/2011	11:30 AM
					2/02/2011	3:30 AM
					2/03/2011	3:30 AM

Saving money on energy bills is one benefit from installing more efficient appliances and fixes fixtures in a home or building. Going 'green' will cost some green up front and for some businesses, this can prevent them from modernizing. In response to this problem, Florida Power and Light selects non profit businesses in our community to receive a free "energy makeover". On this segment, we went on location to Mustard Seed Ministries with "Joyful Jen" to interview Amy Brunjes from FPL, as well as representatives from local businesses that donated labor and materials. Amy talked about the Energy Makeover program available to homeowners and businesses from FPL, while a Sea Coast Air installer talked about the specifics of the work they were doing and how it will save Mustard seed money. The electrical contractor also pointed out how the light bulbs they installed used much less electricity and will last longer.

Youth

JOY IN OUR TOWN #738T	28:30	13:15	L	PA/O	1/28/2011	1:00 PM
					1/29/2011	3:30 AM
					1/31/2011	11:30 AM
					2/02/2011	3:30 AM
					2/03/2011	3:30 AM

It seems that some teens and young people have little or no fear when it comes to ingesting mind altering substances into their bodies and at the same time, new temptations are always luring them. Recently a product being sold as incense is also being smoked like pot to produce a "high". On this segment, host Jennifer Richardson talks with Lieutenant Kevin Dietrich from the St. Lucie County Sheriff's office about the dangerous side effects that this chemical produces. The various names that "spice" is known by were discussed as well as the retail marketing packaging it comes in were shown. At the time of this taping, this "fake pot" was legal, which posed a problem in itself, but since has been outlawed for sale in St. Lucie County.

<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>
Youth						
JOY IN OUR TOWN #739B	28:30	13:15	L	PA/O	2/04/2011	1:00 PM
					2/05/2011	3:30 AM
					2/07/2011	11:30 AM
					2/08/2011	3:30 AM
					2/10/2011	3:30 AM

Most people have heard the term "At Risk Youth", referring to children in high crime communities that are likely to become involved in destructive behavior. These young people can often become stigmatized by their circumstances and adopt a poor self image. On this segment, host Jennifer Richardson talks with Christine Epps from the Roundtable of St. Lucie County about a program this organization sponsors entitled "Kids At Hope", which strives to boost self esteem and impart hope to children that need someone to encourage them to be the best they can be. This program is involved with local public and charter schools and has had great success in helping kids achieve good grades and look to the future with hope.

JOY IN OUR TOWN #740T	28:30	13:15	L	PA/O	2/11/2011	1:00 PM
					2/12/2011	3:30 AM
					2/14/2011	11:30 AM
					2/15/2011	3:30 AM
					2/17/2011	3:30 AM

Bullying has become a serious issue on and off campus for millions of children. The advance of electronic communication only has made this problem worse. On this segment "Joyful Jen" talks with with Alice Kenyon and Officer Alan Ludmerer from the Port St. Lucie Police Department about some ways to prevent bullying and what children and parents should do if their child should become a bullying victim. Also discussed was the subject of "Cyberbullying", which is a type of harassment and humiliation that occurs on line, typically on social networking sites.

JOY IN OUR TOWN #740B	28:30	13:15	L	PA/O	2/11/2011	1:00 PM
					2/12/2011	3:30 A.M
					2/14/2011	11:30 A.M
					2/15/2011	3:30 AM
					2/17/2011	3:30 A.M

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.

JOY IN OUR TOWN #745B	28:30	13:15	L	PA/O	3/18/2011	1:00 PM
					3/19/2011	3:30 A.M
					3/20/2011	11:30 A.M
					3/21/2011	3:30 AM
					3/23/2011	3:30 A.M

There are many negative influences in today's culture that are constantly drawing young people behavior and mindsets that are destructive. In this segment, host Jennifer Richardson talks with Dr. Earl and Mary Hendricks from the Avenue D Boys Choir about how to provide positive influences in the lives of young people by creating a culture within our community that fosters love and respect for one another based on the Golden Rule. The Choir often travels to many places in the USA and abroad to perform and testify about the power that keeps them on the right path. Recently they performed at Gov. Scott's Inauguration.

<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>
Economy						
JOY IN OUR TOWN #739T	28:30	13:30	L	PA/O	2/04/2011	1:00 PM
					2/05/2011	3:30 AM
					2/07/2011	11:30 AM
					2/08/2011	3:30 AM
					2/10/2011	3:30 AM

The widespread economic downturn has many people that never imagined they would have been in need of daily food in just that position. Many that may have donated to charity, now need it themselves. On this segment, host Jennifer Richardson talks with Bob Carey from Sarah's Kitchen about the feeding programs he runs in St. Lucie County in partnership with local churches. He explained the obligation that we have to care for one another and that you never know when you may need assistance yourself. There are a number of soup kitchens in St. Lucie County and with the economy showing no signs of recovery, there will most likely be more in the future.

JOY IN OUR TOWN #741T	28:30	13:15	L	PA/O	02/18/2011	1:00 PM
					02/19/2011	3:30 AM
					02/21/2011	11:30 AM
					02/22/2011	3:30 AM
					02/24/2011	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.

Joy IN OUR TOWN #741B	28:30	13:30	L	PA/O	02/18/2011	1:00 PM
					02/19/2011	3:30 AM
					02/21/2011	11:30 AM
					02/22/2011	3:30 AM
					02/24/2011	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.

<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>
Economy						
JOY IN OUR TOWN #743B	28:30	13:30	L	PA/O	3/04/2011	1:00 PM
					3/05/2011	3:30 AM
					3/07/2011	11:30 AM
					3/08/2011	3:30 AM
					3/10/2011	3:30 AM

Will St. Lucie County's economy with it's 15 percent unemployment rate recover before other communities? Some say yes! On this segment, host Jennifer Richardson talks with Odaly Victorio and Michael Corbit from Workforce Solutions about the economic prospects of St. Lucie County and the Treasure Coast. Some innovative methods of energy production and recycling are in the works for our area, as well as a digital production studio, but these businesses will not be enough to have a full impact. It was agreed that health care, particularly nursing is a good career choice in South Florida. No one really knows what the future holds, but it is always good to look for hope.

JOY IN OUR TOWN #746T	28:30	13:30	L	PA/O	3/25/2011	1:00 PM
					3/26/2011	3:30 PM
					3/28/2011	11:30 AM
					3/29/2011	3:30 AM
					3/31/2011	3:30 AM

The burden of Federal regulations are having an increasingly negative impact on many facets of Florida's economy. Suppression of one element of an economy often has a ripple effect on many others. On this segment, host Donnelly Khourie talks with Captain Lewis Augusta about the impact that current and proposed Federal fishing regulations are having on his business as a party boat captain and all the other directly related and indirectly related industries that are being impacted. He contended that adequate research is not being done to justify the closures and limits imposed. Also mentioned was a concept known as "catch shares", which allows the Federal Government to treat sea life like a commodity that they can allocate to whom they choose.

Health

JOY IN OUR TOWN #735T	28:30	13:15	L	PA/O	1/07/2011	1:00 PM
					1/08/2011	3:30 AM
					1/10/2011	11:30 AM
					1/11/2011	3:30 AM
					1/13/2011	3:30 AM

Haiti and other third world nations tend to have many health issues just because of the lack of basic supplies and equipment. When natural disasters like the earthquake that rocked Haiti in January of 2010 and then the subsequent rains and flooding, these problems are compounded. Government corruption makes helping these people very difficult. On this segment , host Jennifer Richardson talks with Dick Snook, President of Missionary Flights International about their efforts to bring medical supplies and other needed items to Haiti. MFI has been helping the people of Haiti for decades and he explained how MFI works with churches and other organizations who are working with the Haitian people.

<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>
Health JOY IN OUR TOWN #736T	27:45	13:20	L	PA/O	1/14/2011	1:00 PM
					1/15/2011	3:30 AM
					1/17/2011	11:30 AM
					1/18/2011	3:30 AM
					1/20/2011	3:30 AM

People who find themselves living on the street don't get regular medical care, not to mention those things that most of us take for granted. On this segment "Joyful Jen" talks with Sonya Morrison from The Source, a non profit organization that reaches out to the homeless population of Vero Beach. Recently, they hosted a health fair at their facility where various professionals, including doctors who donated their services to people who had not seen a doctor in many years. Those who received the treatments were grateful and remarked how compassionate those who were attending them were. America has many generous people that will help others without being mandated to do so.

JOY IN OUR TOWN #742T	28:30	13:30	L	PA/O	2/25/2011	1:00 PM
					2/26/2011	3:30 AM
					2/28/2011	11:30 AM
					3/01/2011	3:30 AM
					3/03/2011	3:30:AM

Most people in America agree that the health care system needs some kind of reform that would make medical services more affordable. What is not agreed upon is what it would take to bring about this change about without bankrupting the treasury, the taxpayer and private industry. On this segment, host Jennifer Richardson talks with Doug Anderson from the HANDS clinic. He explained how he and other developed and implemented a medical clinic that provides health care to low income people in St. Lucie County. The model that they developed is truly unique and could be a template that if duplicated across the nation would solve many problems at no cost to the American taxpayer. It provides a blessing to those who give as well as those who receive, HANDS is not a "faith based" organization.

JOY IN OUR TOWN #744T	28:30	13:30	L	PA/O	3/11/2011	1:00 PM
					3/12/2011	3:30 AM
					3/14/2011	11:30 AM
					3/15/2011	3:30 AM
					3/17/2011	3:30 AM

Many fish, farm raised and wild contain mercury, which is a toxic heavy metal. Who should be concerned about the fish they are consuming? On this segment, host Jennifer Richardson talks with Bob Washam from the Martin County Health Department about a study his office had recently conducted researching the levels of mercury in women's bodies in several counties in Florida. The study found that the levels of mercury in fish is not a health risk for the general population but pregnant women should limit or avoid eating fish during pregnancy because of the risk to the unborn child.

<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 #743T	28:30	13:30	L	PA/O	3/04/2011	1:00 PM
					3/05/2011	3:30 AM
					3/07/2011	11:30 AM
					3/08/2011	3:30 AM
					3/10/2011	3:30 AM

Health

AIDS and HIV attack the human immune system, causing a range of health problems for those inflicted with this disease. St. Lucie County has a very high rate of infection per capita in the State of Florida. In this segment, host Marina Santos talks with Roberto Ortiz from Project Response, a non profit organization dedicated to the task of helping and comforting people with HIV / AIDS. He talked about the various programs Project response employs to achieve their goals. A central purpose of his organization is to help people overcome the stigma that those who have AIDS have to deal with.

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

<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	CBN	1:00:00	5:00	REC	PA/O/E	02/08/2011 12:00 PM
#020811							

Health

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

700	Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	03/22/2011 12:00 PM
#032211							

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

<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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Health

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

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

Doctor to Doctor #285	28:30	28:30	REC	PA/O/E	1/18/2011	9:30 AM
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Dr. James Krystosik talked about food allergies. 75% of all major health problems are directly link to food allergies. There can be an immediate reaction, a delayed reaction or a food intolerance. It's important to identify the food and eliminate it from the diet. **Dr. John Fischer** talked about Uterine Fibroids. They are benign tumors of muscle that occur within the uterus. Symptoms could be pelvic pressure or pain, frequent urination, constipation and back pain. Treatments include surgery, hormonal therapy and medication. **Dr. Martin Finkelstein** talked about arthritis. Does not occur just because we get older. We can do something about it and it begins when a person is young. Prevention is helpful with daily stretching exercises, healthy diet and regular checkups.

Doctor to Doctor #286	28:30	28:30	REC	PA/O/E	1/25/2011	9:30 AM
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Dr. Eric Braverman talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. **Dr. Ace Anglin** talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. **Dr. Susan Cole** talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.

<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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Health

Doctor to Doctor #287	28:30	28:30	REC	PA/O/E	2/01/2011	9:30 AM
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Dr. Jessica Setnick talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. **Dr. Teresa Carlson** talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. **Dr. Karen Bierman** talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.

Doctor to Doctor #288	28:30	28:30	REC	PA/O/E	2/8/2011	9:30 AM
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Dr. Bettye Alston talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. **Dr. James Mittelberger** talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. **Dr. David Cawley** talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.

Doctor to Doctor #289	28:30	28:30	REC	PA/O/E	2/15/2011	9:30 AM
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Dr. Mike Ronsisvalle talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. **Kay Spears** talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. **Dr. Dale Peterson** talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.

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

Doctor to Doctor #291	28:30	28:30	REC	PA/O/E	3/08/2011	9:30 AM
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Dr. Brian Nimphius talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. **Dr. Bob DeMaria** talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. **Dr. Bernice Gonzalez** talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.

<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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Health

Doctor #292	to Doctor	28:30	28:30	REC	PA/O/E	3/15/2011	9:30 AM
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Dr. Don Colbert talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. **Dr. Malcolm Hill** talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. **Dr. Kelafo Collie** talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.

Doctor #293	to Doctor	28:30	28:30	REC	PA/O/E	3/22/2011	9:30 AM
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Dr. Tonya Lyons talked about gum disease. It is serious because bacteria can enter the bloodstream and cause illnesses to get worse. It can go from Type 1 to Type 4. It's important to have teeth and gums checked every 6 months. **Dr. Gerard Guillory** talked about food allergies and food sensitivities. Food can make you sick as well as additives like caffeine and MSG. It can cause headaches and other health problems. It's important to figure out which foods are causing the problem and then eliminate it from the diet. A food diary is a tool that can help. **Dr. Chris Lewis** talked about Cancer. It is a tumor that invades in the tissue or can spread around the body. It's the result of a mutated gene. It is preventable with good nutrition, exercise, getting enough rest and drinking plenty of water.

Housing

JOY IN OUR TOWN #734T		28:30	13:15	L	PA/O	12/31/2010	1:00 PM
						1/1/2011	3:30 AM
						1/3/2011	11:30 AM
						1/4/2011	3:30 AM
						1/6/2011	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.

JOY IN OUR TOWN #734B		28:30	13:15	L	PA/O	12/31/2010	1:00 PM
						1/1/2011	3:30 AM
						1/3/2011	11:30 AM
						1/4/2011	3:30 AM
						1/6/2011	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.

<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>
Civic Affairs						
JOY IN OUR TOWN 746B	28:305	13:30	L	PA/O	3/25/2011	1:00 PM
					3/26/2011	3:30 AM
					3/28/2011	11:30 AM
					3/29/2011	3:30 AM
					3/31/2011	3:30 AM

In the State of Florida, over 30 percent of people who are incarcerated will end up between bars again in the future. In St. Lucie County, Sheriff Mascara has a number of programs in place to reduce the number of people returning to jail or prison. On this segment, host Donnelyn Khourie talks with Major Patrick Tighe, Director of Detention at the St. Lucie County jail and William Armstead from ARAMARK food service about a unique program getting fantastic results. The program, entitled IN2WORK trains inmates in the culinary field while they are serving a sentence or awaiting trial. After release, the inmate may continue their education at Indian River College. All who graduate the program have a serve safe certificate, which is required in the food service industry in Florida. Out of 386 that have gone through the program, only 14 have returned to jail!

JACKSONVILLE EDUCATORS BROADCASTING

QUARTERLY REPORT

April, May, June 2011

WTCE – TV, FORT PIERCE, FLORIDA

Ascertainment list

Leading Community Problems

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF WTCE-TV 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 2011

Substance Abuse

Environment

Family

Economy

Health

Civic Affairs

<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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Substance Abuse

JOY IN OUR TOWN #748T	28:30	13:15	L	PA/O	04/08/2011	1:00 PM
					04/09/2011	3:30 AM
					04/11/2011	11:30 AM
					04/12/2011	3:30 AM
					04/14/2011	3:30 AM

Treatment for drug and alcohol addiction is a process that requires commitment from both the patient as well as those administering the program. On this segment, host Donnellyn Khourie talks with Rev. Jim Benton from Faith Farm about the substance abuse treatment program that is a major part of their outreach to the community. Preventing relapse is one of the goals of any program and from his perspective, what accounts for the success of Faith Farm's approach is the inclusion of ministering to the spiritual needs of people first and treating the symptoms second. Unless a person's thinking changes, the behavior will not change either.

JOY IN OUR TOWN #748B	28:30	13:15	L	PA/O	04/08/2011	1:00 PM
					04/09/2011	3:30 AM
					04/11/2011	11:30 AM
					04/12/2011	3:30 AM
					04/14/2011	3:30 AM

Prescription drug abuse is an epidemic, particularly in Florida. On this segment host Donnellyn Khourie talks with detectives Jennifer Waters and Steve Sessoms from the St. Lucie County Sheriff's Department about various aspects of this issue, including where people are getting access to the drugs, how parents can safeguard their children from obtaining them in the home and how some monitoring programs that other states have implemented have reduced the access to prescription drugs through retail outlets referred to as "pill mills". Also discussed was some of the service calls they receive directly related to drug use.

JOY IN OUR TOWN #750B	28:30	13:06	L	PA/O	4/22/2011	1:00 PM
					4/23/2011	3:30 AM
					4/25/2011	11:30 AM
					4/26/2011	3:30 AM
					4/28/2011	3:30 AM

Crossing state lines to obtain something not readily available in your area is nothing new. This segment is a follow up from a previous show on prescription drug abuse where the subject of a state monitoring was touched on. Host Donnellyn Khourie welcomed back Jennifer Waters and Steve Sessoms from the St. Lucie County Sheriff's Office to discuss the importance of Florida instituting a monitoring program for narcotic drugs. One of the major points was that people come to Florida just to buy pain killers from "pill mills", outlets that dispense these substances rather freely. Tracking where and when and in what quantity drugs are purchased goes along way in reducing the amount available on the street.

<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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Substance Abuse

JOY IN OUR TOWN #756B	28:30	13:15	L	PA/O	6/10/2011	1:00 PM
					6/11/2011	3:30 AM
					6/13/2011	11:30 AM
					6/14/2011	3:30 AM
					6/16/2011	3:30 AM

Kids start using drugs at young ages, particularly in communities with gang problems. On this segment, host Donnellyn Khourie talks with Pastor Jerome Ryhant, founder of The Love Center, a prominent community outreach center. The discussion addressed not only the facts about teen drug abuse, but how everyone can do something to be part of the solution. Since gangs are major contributing cause of drug abuse, The Love Center seeks to reach out to potential gang members to prevent the damage that occurs when a young person is sucked into that dark world.

Environment

JOY IN OUR TOWN #750T	28:30	13:15	L	PA/O	4/22/2011	1:00 PM
					4/23/2011	3:30 AM
					4/25/2011	11:30 AM
					4/26/2011	3:30 AM
					4/28/2011	3:30 AM

When it comes to "green" technology, the question of how much green (money) does it cost and are the expenditures for it justifiable. In this segment, host Donnellyn Khourie talks with Jesse Quirion, traffic engineer for the city of Port saint Lucie about his proposal to replace the city's street lights with energy efficient LED fixtures. There were several aspects to this discussion, including the output of these fixtures compared with the current bulbs, maintenance costs including solar powered lights, which can be high. LED fixtures will not likely replace current technology until the costs are lower and their use over time is proven efficient. At this point the city is taking a "wait and see" attitude about installing these devices.

JOY IN OUR TOWN #753T	28:30	01:00:00 PM	L	PA/O	5/13/2011	1:00 PM
					5/14/2011	3:30 AM
					5/16/2011	11:30 AM
					5/17/2011	3:30 AM
					5/19/2011	3:30 AM

When you hear the term "environmentally friendly", it would leave one to believe that this product somehow benefits the earth in some way, but with many so called green products, you need to know all the facts. On this segment, host Donnellyn Khourie talks with Ron Roberts from St. Lucie County solid waste about the environmental hazards of Compact Fluorescent Light bulbs. The discussion centered around the fact that CFLs contain mercury, which is highly toxic and thus cleaning up after a broken bulb has to be done properly to avoid contaminating your home. Also discussed was the fact that these bulbs must be recycled because the mercury in the bulb produces an even more harmful substance when mixed with garbage in a landfill.

<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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Environment

JOY IN OUR TOWN #754B	28:30	13:15	L	PA/O	5/20/2011	1:00 PM
					5/21/2011	3:30 AM
					5/23/2011	11:30 AM
					5/24/2011	3:30 AM
					5/26/2011	3:30 AM

Hurricanes are a part of life six months out of the year in South Florida. The last hurricane to hit Fort Pierce did substantial damage to the area, particularly to the city marina. On this segment, host Donnelly Khourie talks with Fort Pierce Mayor, Bob Benton about a project in the works to restore the marina to the size it was before the storm, while not only protecting existing wildlife habitats, but establishing new ones and protecting the facility from future storm surges. The heart of the project is a chain of artificial islands that will be build just offshore to absorb high wave action and provide nesting for birds and other wildlife.

JOY IN OUR TOWN #756T	28:30	13:15	L	PA/O	6/10/2011	1:00 PM
					6/11/2011	3:30 AM
					6/13/2011	11:30 AM
					6/14/2011	3:30 AM
					6/16/2011	3:30 AM

Most people's pets are of the four legged variety but some prefer exotic reptiles and snakes. On this segment, host Donnelly Khourie talks with Ken Gioeli from the University of Florida about what happens when non native reptiles are released into the wild here in Florida. This occurs when people discover how much food and other care large snakes for example require and then don't know what to do with it but let it go. The biggest problem is that many of these creatures have no natural predators to keep them in check and thus end up eating everything in sight. Our guest told the audience that there are organizations that will take their unwanted exotic pets and do not kill them.

JOY IN OUR TOWN #757T	28:30	13:15	L	PA/O	6/17/2011	1:00 PM
					6/18/2011	3:30 AM
					6/20/2011	11:30 AM
					6/21/2011	3:30 AM
					6/23/2011	3:30 AM

When driving by a landfill, one may think – there must be a better way of disposing of household trash than this. Well, now there is! On this segment, host Donnelly Khourie talks with St. Lucie County Commissioner Chris Craft about a cutting edge technology that not only takes care of solid waste in the most environmentally friendly way, but generates electricity and provides an aggregate product for use in road building. Plasma gasification is a method that brings waste material to a very high temperature in an oxygen starved environment where organic material breaks down into individual atoms. This is the first facility being constructed in the US.

<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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Family

JOY IN OUR TOWN #747T	28:30	13:15	L	PA/O	4/01/2011	1:00 PM
					4/02/2011	3:30 AM
					4/04/2011	11:30 AM
					4/05/2011	3:30 AM
					4/07/2011	3:30 AM

One of the most difficult problems that many young women deal is the crisis of an unplanned pregnancy. Often these girls are pressured into having an abortion, rather than being aloud to make an informed decision. On this segment, host Donnelyn Khourie talks with Sue Chess from CareNet of the Treasure Coast about the all the facts about pregnancy, abortion and adoption. The discussion centered on the spiritual, emotional and sometimes physical damage that abortion causes. She also talked about the fact that no girl that chose life for their child ever regretted do so. CareNet offers truth and love to people would desire to receive it.

JOY IN OUR TOWN #747B	28:30	13:15	L	PA/O	4/01/2011	1:00 PM
					4/02/2011	3:30 AM
					4/04/2011	11:30 AM
					4/05/2011	3:30 AM
					4/07/2011	3:30 AM

If it feels good, do it! This mindset towards sexual activity has caused many issues in our culture, particularly among young people. On this segment, host Donnelyn Khourie talks with Willow Sanders from Protect the Heart. This organization seeks to help educate people about the damage that having multiple sex partners causes. Willow explained that some devices can provide some level of protection from sexually transmitted diseases, there is nothing that you can put over your heart to protect yourself from the emotional and spiritual issues that arise from casual sex. Since public schools rarely teach abstinence this information is needed for people to make informed life choices.

JOY IN OUR TOWN #749T	28:30	13:15	L	PA/O	4/15/2011	1:00 PM
					4/16/2011	3:30 A.M
					4/18/2011	11:30 A.M
					4/19/2011	3:30 AM
					4/21/2011	3:30 A.M

Compulsive gambling can take over a person's life and destroy a family in the process. On this segment, host Jennifer Richardson talks with Arnie Wexler in his home about his experience as a former compulsive gambler and how his organization has reached out to gamblers for decades. He explained that this addiction does not have obvious outward signs like drug use or alcoholism but someone who is deep into gambling will go to the same lengths as a drug addict to support their habit. His advise is that anyone who has a family member caught up in this activity should seek help for him or her because they will not get out of this by themselves.

<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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Family

JOY IN OUR TOWN #752T	28:30	13:30	L	PA/O	6/03/2011	1:00 PM
					6/04/2011	3:30 AM
					6/06/2011	11:30 AM
					6/07/2011	3:30 AM
					6/09/2011	3:30 AM

What happens to children when they are removed from the home because of abuse? On this segment, host Donnelly Khourie talks with Mark Mayers from Real Life Children's Ranch about the issue of caring for abused and neglected children. His organization takes care of children and sibling groups that have not been placed in a foster care home or are waiting for one to become available. He talked about how the staff of the ranch provide a loving environment for these kids and help them heal emotionally at the same time.

JOY IN OUR TOWN #758B	28:30	13:15	L	PA/O	06/24/2011	1:00 PM
					06/25/2011	3:30 AM
					06/27/2011	11:30 AM
					06/28/2011	3:30 AM
					06/30/2011	3:30 AM

It has been said that an ounce of prevention is worth a pound of cure, particularly when it comes to child abuse. On this segment, host Donnelly Khourie talks with Ginny Hooks and Jenene McFadden from CASTLE about preventing child abuse. Some of the discussion detailed the effects of various forms of abuse and how to recognize it followed by the programs that CASTLE has to help people be the best parents they can be. The many stresses that families are facing today are one of the leading triggers of child abuse. The education that this organization offers shows how to handle these circumstances.

Economy

Joy IN OUR TOWN #749B	28:30	13:30	L	PA/O	04/15/2011	1:00 PM
					04/16/2011	3:30 AM
					04/18/2011	11:30 AM
					04/19/2011	3:30 AM
					04/21/2011	3:30 AM

It's no secret that not all industries are completely beneficial to the economy of a nation or community. On this segment, host Jennifer Richardson talks with Arnie Wexler, a former compulsive gambler in his home about some of the effects of casino gambling on the state and local economy. There were a number of points that were discussed, including the fact that while for some, gambling is a form of entertainment but for others, it is a destructive obsession. Those who become addicted, can become as desperate as drug abusers, which costs society. The fact that state government in many states has become hooked on the tax revenue from gambling revenues as well means that the gambling industry will only grow, which begs the question - is this the kind of economic growth we want as a society?

<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 #755T	28:30	13:30	L	PA/O	5/27/2011	1:00 PM
					5/28/2011	3:30 AM
					5/30/2011	11:30 AM
					5/31/2011	3:30 AM
					6/02/2011	3:30 AM

Florida has one of the highest rates of foreclosure in the nation with no end in sight. On this segment, host Donnellyn Khourie talks with Franklin Nickens and Josh Bliel from Community Development Outreach about what someone who is facing foreclosure can do to defend themselves. One of the points made was the fact that because so many banks do not have the proper documentation to prove that the money owed on their property is payable to the party bringing the lawsuit, those who fight the foreclosure do not get thrown out of their homes due to the fact that most people put up no resistance. Also discussed were some new programs, such as the one that allows a lender to suspend payments while a borrower is unemployed.

JOY IN OUR TOWN #755B	28:30	13:30	L	PA/O	5/27/2011	1:00 PM
					5/28/2011	3:30 PM
					5/30/2011	11:30 AM
					5/31/2011	3:30 AM
					6/02/2011	3:30 AM

With the amount of debt that so many consumers are carrying, combined with a dead slow economy, many people are considering options they had not previously considered to solve their personal debt crisis. On this segment, host Donnellyn Khourie talks with Darrel Krauza, Esquire from Colter and Krauza about bankruptcy. Discussed were the different types of bankruptcy, who should consider filing, along with what rights a person filing bankruptcy is entitled. Also touched on was what types of debt cannot be discharged in bankruptcy.

JOY IN OUR TOWN #758T	28:30	13:15	L	PA/O	6/24/2011	1:00 PM
					6/25/2011	3:30 AM
					6/27/2011	11:30 AM
					6/28/2011	3:30 AM
					6/30/2011	3:30 AM

Ever notice how few items we consume in the United States are produced here? On this segment, host Donnellyn Khourie talks with Dr. John Scarpa from the Harbor Branch Oceanographic Institute about the subject of Sustainable fish farming. He stated that over 80 percent of the seafood eaten in the United States is imported and that 70 percent of fish species have been over fished at one point or another. He explained that the number one type of fish farm raised in Florida is ornamental fish for aquariums. His suggestion is that fish farms should be government subsidized in order to compete with other food industries. He defined sustainable farming (aqua-culture) as something that provides for future generations.

<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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Health

JOY IN OUR TOWN #751T	27:45	13:20	L	PA/O	4/29/2011	1:00 PM
					4/30/2011	3:30 AM
					5/02/2011	11:30 AM
					5/03/2011	3:30 AM
					5/05/2011	3:30 AM

Have you ever heard the term “disease care”? On this segment, host Donnellyn Khourie talks with Dr. John Silva about some alternative ways of dealing with degenerative diseases and their symptoms. Doctor Silva states that treating the individual rather than medicating symptoms is a better approach to long term healing. He also talked about many of the root causes of disease, such as stress, anxiety and lack of proper nutrition. As a doctor of Chiropractic care, he also talked about the effects of various back ailments as it relates to the cause of some allergies and infirmities. Also touched on was some of the side effects of some drugs and why the use of powerful drugs can contribute to other health issues in the future.

JOY IN OUR TOWN #752B	28:30	13:30	L	PA/O	4/29/2011	1:00 PM
					4/30/2011	3:30 AM
					5/02/2011	11:30 AM
					5/03/2011	3:30 AM
					5/05/2011	3:30:AM

You are what you eat! On this segment, host Donnellyn Khourie talks with Dr. John Silva about the importance of proper nutrition in maintaining good health and avoiding disease. Doctor Silva listed all the issues with the typical American diet, including all the chemical additives and processing in our food. Artificial sweeteners were also mentioned as an inhibitor to people trying to loose weight aside from their addictive and carcinogenic properties. Because our food supply is deficient in nutrition, the doctor did recommend that vitamin supplements be taken as part of a regular dietary regimen.

JOY IN OUR TOWN #754T	28:30	13:30	L	PA/O	5/20/2011	1:00 PM
					5/21/2011	3:30 AM
					5/23/2011	11:30 AM
					5/24/2011	3:30 AM
					5/26/2011	3:30 AM

Alerting young people to the potential dangers of sexual activity is vitally important in preventing many health issues. On this segment, host Donnellyn Khourie talks with Dr. Betty George and Dr. Hattie Hagens from the New Prospect Baptist church about a health fair they were holding later in the month as a community outreach. The event had testing for STD's and featured abstinence based sex education as well as a host of speakers that addressed mental issues that can lead to young people joining gangs and all the havoc that wrecks on an individual as well as the community at large.

<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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Health

JOY IN OUR TOWN #752B	28:30	13:30	L	PA/O	6/03/2011	1:00 PM
					6/04/2011	3:30 AM
					6/06/2011	11:30 AM
					6/07/2011	3:30 AM
					6/09/2011	3:30 AM

Suicide is a permanent “solution” to a temporary problem. On this segment, host Donnelly Khourie talks with Herenia Ferreiro and Frank Babich from the V.A Hospital in West Palm Beach about mental stability and suicide prevention. Our guests covered a range of points in this discussion, including the fact that Veterans have a higher rate of suicide than does the general population. Some of the signs that a person may be contemplating suicide can be evident and most who are thinking about this an a solution to their problems will tell someone who asks, so it is important to reach out to someone who is down. The V.A. Hospital provides help to anyone who may be contemplating suicide.

JOY IN OUR TOWN 757B	28:30	13:30	L	PA/O	06/17/2011	1:00 PM
					06/18/2011	3:30AM
					06/20/2011	11:30AM
					06/21/2011	3:30am
					06/23/2011	3:30am

Having lived through a traumatic experience can often have long lasting emotional and psychological effects on an individual. On this segment, host Donnelly Khourie talks with Doctor Raul Diaz from the Jupiter Vet Center about Post Traumatic Stress Syndrome. The doctor discussed how PTSD is diagnosed and treated. Often people with the disorder will relive the experience that caused the deep seeded fear in sleeping and waking hours. Not surprisingly, veterans have a higher incidence of PTSD than the general population and the Jupiter Vet Center is there to offer help.

<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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Health

700 Club CBN News Watch	1:00:00	6:00	REC	PA/O/E	06/16/2011	12:00 PM
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#061611

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 per-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: mono sodium 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

Doctor #295	to Doctor	28:30	28:30	REC	PA/O/E	4/05/2011	9:30 AM
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Dr. Eric Braverman talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. **Jessic Setnick** talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. **Dr. Daniel Leeman** talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.

Doctor #296	to Doctor	28:30	28:30	REC	PA/O/E	4/12/2011	9:30 AM
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Dr. Scott Hannen talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. **Dr. John Fisher** talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. **Dr. Ross Dorsett** talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.

<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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Health

Doctor #297	to Doctor	28:30	28:30	REC	PA/O/E	4/26/2011	9:30 AM
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Dr. Mike Ronisvalle talked about the traits of a happy marriage. It's important to fight fair. Instead of lashing out address the behavior. Believe the best about your spouse. Instead of thinking the worst about your spouse try focusing on the positive characteristics. **Dr. James Mittelberger** talked about advance care planning. It's making plans to address your medical care in the case you become incapacitated. Family and friends may not know how you would like to handle certain medical situations. Advance Directive is a legal document that you fill out explaining your wishes in different medical scenarios. **Dr. Glen Steele** talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.

Doctor #298	to Doctor	28:30	28:30	REC	PA/O/E	5/03/2011	9:30 AM
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Lisa Buldo talked about acne. It can be caused by a buildup of bacteria in your intestine. A suppressed immune system can be caused by medications, processed food and chemicals. Eat clean food, avoid sugar, take a supplement daily, exercise, get plenty of sleep and clean skin daily. **Dr. Bronlynn Eberhardt** talked about teeth health. Bad teeth health can lead to stroke, heart disease, cancer and diabetes. It's important to floss, brush teeth regularly and to see the dentist on a regular basis. **Dr. Brian Nimphius** talked about neck pain. It often occurs because the muscles in the neck region become weak from not being used. These muscles are then susceptible to fatigue and injury. It's important to do certain exercises that will strengthen them as well.

Doctor #299	to Doctor	28:30	28:30	REC	PA/O/E	5/10/2011	9:30 AM
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Dr. Christopher Chen talked about exercise. It helps to keep inflammation down, increases heart rate, decrease blood pressure and stress level. It increases circulation which helps to deliver oxygen to other parts of the body. Walking, swimming and cycling are great low impact exercises. **Dr. Bob DeMaria** talked about joint pain. Plantar Fasciitis can result in a heel spur. Tennis elbow and Carpal Tunnel syndrome can result in joint pain. It's important to drink plenty of water, limit sugar, increase flax seed oil and vitamin B6. **Dr. Carl Schmidt** talked about vitamin B. Every nutrient has a purpose to keep the body alive and functioning. B1 is good for mood, memory and attention. B2 helps with cells. B3 helps lower cholesterol. Whole grains or supplements are a great way to make sure you are getting enough B vitamin.

Doctor #300	to Doctor	28:30	28:30	REC	PA/O/E	5/17/2011	9:30 AM
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Dr. Marc Unterman talked about Ischemic Heart Disease. It's when cholesterol plaque builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. **Kay Spears** talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. **Dr. Mark Sheehan** talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.

<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 to Doctor #301	28:30	28:30	REC	PA/O/E	5/24/2011	9:30 AM
<p>Dr. Doreen Lewis talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. Dr. George Alonso talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. Dr. Abinash Achrekar talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.</p>						
Doctor to Doctor #302	28:30	28:30	REC	PA/O/E	5/31/2011	9:30 AM
<p>Eric Braverman talked about how to have an abundant life. It is possible to look on the outside for problems on the inside. Balding men have a higher rate of Prostate cancer. A pigment change in the skin can mean skin cancer or skin damage. Gum disease can be linked to heart disease. It's important to get screened. Dr. Nicole Gordon-Moton talked about colon cancer. It is the 3rd most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. Dr. David Cawley talked about the fearful dental patient. This is the patient that has dental needs but doesn't go because of an extreme fear. There is an oral sedation that lowers the patient's anxiety level and makes it a pleasant dental experience. There is a general sedation that allows for difficult and longer procedures.</p>						
Doctor to Doctor #303	28:30	28:30	REC	PA/O/E	6/07/2011	9:30 AM
<p>Dr. Tonya Lyons Anderson talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. Dr. Randy Burden talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. Dr. Bernice Gonzalez talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.</p>						
Doctor to Doctor #304	28:30	28:30	REC	PA/O/E	6/14/2011	9:30 AM
<p>Dr. Ace Anglin talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. Dr. James Krystosik talked about the ph system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. Jannie Wolff talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.</p>						
Doctor to Doctor #305	28:30	28:30	REC	PA/O/E	6/21/2011	9:30 AM
<p>Dr. Valerie Saxon talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. Dr. Bill Williams talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. Dr. Dale Peterson talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.</p>						

<i>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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Civic Affairs

JOY IN OUR TOWN 753B	28:30	13:30	L	PA/O	5/13/2011	1:00 PM
					5/14/2011	3:30 AM
					5/16/2011	11:30 AM
					5/17/2011	3:30 AM
					5/19/2011	3:30 AM

You have heard that the wheels of justice turn slow, but when it comes to getting a Federal Courthouse built, slow does not begin to cover it. On this segment, host Jennifer Richardson talks with Fort Pierce Mayor Robert J. Benton about a project that has been in the works for over twenty years and is finally near completion. Aside from being pushed off the priority list numerous times, there were many hoops that the City of Fort Pierce had to jump through. For example, the city had to build a parking garage for the building. Parking, including handicapped parking is not something the Federal government is required to provide, although every other public and private entity is required to do so. Also discussed were the security features of the building that were imposed after the Oklahoma City Bombing.

JACKSONVILLE EDUCATORS BROADCASTING

QUARTERLY REPORT

July, August, September 2011

WTCE – TV, FORT PIERCE, FLORIDA

Ascertainment list

Leading Community Problems

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF WTCE-TV 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, SEPTEMBER 2011

Public Safety

Education

Family

Youth

Health

Economy

Civic Affairs

Public Safety

JOY IN OUR TOWN #759B	28:30	13:15	L	PA/O	07/01/2011	1:00 PM
					07/02/2011	3:30 AM
					07/04/2011	11:30 AM
					07/05/2011	3:30 AM
					07/07/2011	3:30 AM

The hot weather and high humidity of summer brings with it the threat of land falling hurricanes. On this segment, host Joanna Prince talks with Tom Daly from the St. Lucie County department of Emergency Management about being prepared in the event a hurricane is forecast to come ashore in our area. Among the points discussed was the fact that storms often knock out electricity for day, sometimes weeks. Therefore one should have certain items on hand, such as flashlights, a small amount of cash, some non perishable food and ample drinking water. Also mentioned was how to secure your property prior to the arrival of a storm.

JOY IN OUR TOWN #717B	28:30	13:15	L	PA/O	07/29/2011	1:00 PM
					07/30/2011	3:30 AM
					08/01/2011	11:30 AM
					08/02/2011	3:30 AM
					08/04/2011	3:30 AM

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.

JOY IN OUR TOWN #767T	28:30	13:06	L	PA/O	8/26/2011	1:00 PM
					8/27/2011	3:30 AM
					8/29/2011	11:30 AM
					8/30/2011	3:30 AM
					9/01/2011	3:30 AM

While most young girls and women consider toads utterly repulsive and would not touch one with a ten foot pole, the same is not true with most dogs. On this segment, host "Joyful Jen" talks with Dr. Dana Juilerat about certain non native species of Toads that can be harmful to pets and small children. Bufo toads, also known as Cane toads are large and brown in color. When disturbed or sense danger, they emit a toxic slime from the back of the head. Some of the points discussed were – what to do if your pet comes into contact with this type of toad and if you did not see it happen, what signs that your pet would be exhibiting that would indicate toad poisoning.

Public Safety

JOY IN OUR TOWN #767B	28:30	13:15	L	PA/O	8/26/2011	1:00 PM
					8/27/2011	3:30 AM
					8/29/2011	11:30 AM
					8/30/2011	3:30 AM
					9/01/2011	3:30 AM

The strong sun and humid conditions of summer can cause a body to overheat. Just think what it would be like if were where a fur coat and could not sweat! On this segment, host Jennifer Richardson talks with Dr. Juilerat about protecting our furry friends from heat stroke. There were methods of keeping your pet cool discussed, along with some guidelines for how much outdoor activity a dog should get during the heat of the day. Although cats were touched on, because of their nocturnal nature of these animals, it is not really much of an issue.

JOY IN OUR TOWN #763T	28:30	13:15	L	PA/O	9/02/2011	1:00 PM
					9/03/2011	3:30 AM
					9/05/2011	11:30 AM
					9/06/2011	3:30 AM
					9/08/2011	3:30 AM

The right to bare arms for self defense is a constitutional right. This right also carries with it the responsibility to handle and store them, so that no one is unintentionally harmed. On this segment, host Donnelly Khourie talks with Sergeant Mark Sheelar from the Port saint Lucie Police Department about firearm safety. Although much of the discussion points could be considered "common sense", it is surprising how many people seem to lack it. For example, never point a gun at someone, accidental shootings occur because the person holding the gun thought it was not loaded. Gun safes for the home was also strongly recommended.

JOY IN OUR TOWN #769T	28:30	01:00:00 PM	L	PA/O	9/16/2011	1:00 PM
					9/17/2011	3:30 AM
					9/19/2011	11:30 AM
					9/20/2011	3:30 AM
					9/21/2011	3:30 AM

In today's world, it is important to know people are who they claim to be. There are people that impersonate police officers for the purpose of committing crimes against unsuspecting victims. On this segment, host Donnelly Khourie talks with Thomas Nichols from the Port saint Lucie Police Department about a developing trend of police impersonation. Among the point hit were how to know the difference between fake and legit cops and what you should do if you suspect someone trying to pull you over may not be a law enforcement official.

Education

JOY IN OUR TOWN #761T	28:30	13:15	L	PA/O	7/15/2011	1:00 PM
					7/16/2011	3:30 AM
					7/18/2011	11:30 AM
					7/20/2011	3:30 AM
					7/21/2011	3:30 AM

After being "taken out of circulation" for awhile with a prison term, some have a difficult time adjusting to life on the outside. On this segment, host Joanna Prince talks with Pastor Bill Steakin about an educational that strives to help those getting out of jail with the skills needed to succeed as a free man and avoid going back to jail. He talked about the importance of people having their thinking changed in order to effect behavior and productivity. The premise is "as a man thinks in his heart, so is he". His ministry also works with local law enforcement, further raising the success rate of his students.

JOY IN OUR TOWN #762T	28:30	13:15	L	PA/O	7/22/2011	1:00 PM
					7/23/2011	3:30 AM
					7/25/2011	11:30 AM
					7/27/2011	3:30 AM
					7/28/2011	3:30 AM

An all too common issue with any government entity is declining revenues while expenses remain rise. On this segment, host Joanna Prince talks with the Superintendent of St. Lucie Public Schools Michael Lannon about how he is dealing with doing more with less in the budget. Utilities are a huge budget item, one adjustment is to shut off all air conditioning at 3:00 PM. Also mention was the fact that the St. Lucie County School district is the second lowest in the State of Florida for administrative costs, which is a large expense and a drag on almost every school district budget. Over the last two years, five million has been saved in transportation costs by rerouting and requiring students that live close to the school to walk to school.

JOY IN OUR TOWN #766T	28:30	13:15	L	PA/O	8/19/2011	1:00 PM
					8/20/2011	3:30 AM
					8/22/2011	11:30 AM
					8/23/2011	3:30 AM
					8/25/2011	3:30 AM

It's never to early start a career and getting real world experience while 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.

Education

JOY IN OUR TOWN #766B	28:30	13:15	L	PA/O	8/19/2011	1:00 PM
					8/20/2011	3:30 AM
					8/22/2011	11:30 AM
					8/23/2011	3:30 AM
					8/25/2011	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.

JOY IN OUR TOWN #763B	28:30	13:15	L	PA/O	9/02/2011	1:00 PM
					9/03/2011	3:30 AM
					9/05/2011	11:30 AM
					9/06/2011	3:30 AM
					9/08/2011	3:30 AM

A hot button of debate is the subject of evaluation of public school teachers and merit based pay. On this segment, host Jennifer Richardson talks with Sue Ranew, assistant Superintendent for St. Lucie Public Schools about the pros and cons of a recently enacted law that mandates merit pay evaluation. Entitled the "Student Success Act", fifty percent of the measure of an effective teacher is based on student performance while the other half is based on classroom performance as observed by other staff and faculty. Ms. Ranew was quite confident in stating that the model they have implemented will result in a better education for St. Lucie County students.

Family

JOY IN OUR TOWN #760T	28:30	13:15	L	PA/O	7/08/2011	1:00 PM
					7/09/2011	3:30 A.M
					7/11/2011	11:30 A.M
					7/12/2011	3:30 AM
					7/14/2011	3:30 A.M

Once the the ties of family bonds are broken, mending can be difficult to impossible. On this segment, host Joanna Prince talks with Dr. Ken Brown from Hope Counseling about some of the factors that are putting stress on families today. Financial issues were mentioned right off the top, next cultural attitudes toward marriage that send the message that divorce and sexual immorality is acceptable and normal. While there are no easy ways to restore broken relationships, healing and restoration is possible when all the spiritual, emotional and practical steps of reconciliation are followed. Some of the causes of affairs were also discussed, such as one party feeling unloved.

Family

JOY IN OUR TOWN #760B	28:30	13:30	L	PA/O	7/08/2011	1:00 PM
					7/09/2011	3:30 AM
					7/11/2011	11:30 AM
					7/12/2011	3:30 AM
					7/14/2011	3:30 AM

What is the difference a rebellious teen and one who is just becoming their own person? On this segment, host Joanna Prince talks with Dr. Ken Brown from Hope Counseling about how to properly deal with young people's attitude towards parental authority. Entitlement and expectation are key to keeping consistent rules, but not at the expense of unconditional love. If love is not clearly expressed as a motive for the restrictions and rules that are being placed on their lives, the child will rebel. Effective parenting requires a daily application of "tough love".

JOY IN OUR TOWN #761B	28:30	13:15	L	PA/O	07/15/2011	1:00 PM
					07/16/2011	3:30 AM
					07/18/2011	11:30 AM
					07/20/2011	3:30 AM
					07/21/2011	3:30 AM

There are many threats posed to children outside of the home. The home is supposed to be a place of safety and unconditional love, unfortunately this is not always the case. On this segment, host Joanna Prince talks with Jan Huffert from the Children's Home Society about state intervention in cases of child abuse and neglect. She explained that in most cases, everything is done to educate clueless parents about proper child care and keep the children with their parents, but in some cases, it is determined that the home is not safe for the children. In worse case scenarios, parents can loose custody of their kids. Families can be reunited after those members with issues have dealt them successfully.

Joy IN OUR TOWN #765B	28:30	13:30	L	PA/O	08/12/2011	1:00 PM
					08/13/2011	3:30 AM
					08/15/2011	11:30 AM
					08/16/2011	3:30 AM
					08/18/2011	3:30 AM

Who am I? That is a question people of all ages have been asking from the beginning of time. On this segment, host Donnelyn Khourie talks with Dr. Ken Brown about the questions surrounding personal identity. Some points discussed were the fact that people look for their identity in the wrong things, career for example, what you do is not something that really defines you as a person, if you loose your career it can be an issue far beyond a financial readjustment if that is what defines you in your mind. Dr. Ken believes that our relationship to God is the major defining factor in knowing who we are by understanding why we were made in the first place.

Family

JOY IN OUR TOWN #768T	28:30	13:30	L	PA/O	9/09/2011	1:00 PM
					9/10/2011	3:30 AM
					9/12/2011	11:30 AM
					9/13/2011	3:30 AM
					9/15/2011	3:30 AM

Have you ever been stuck in a rut? If you are a wife and mother, being in an emotional and spiritual rut can negatively impact your family. On this segment, host "Joyful Jen" talks with Donna Robart and Karen Schaffer from the Women's refuge of Vero Beach about some of the common issues women have , such as depression. She made the point that there often medical problems that cause depression, unresolved personal problems from one's past can cause a host symptoms that break down emotional health. Donna mentioned the fact that almost every woman that she has dealt with felt that they were not loved, she recommended "hugging the cactus", dealing with any pain in your life completely so as to get on with life.

JOY IN OUR TOWN #770B	28:30	13:30	L	PA/O	9/23/2011	1:00 PM
					9/24/2011	3:30 PM
					9/26/2011	11:30 AM
					9/27/2011	3:30 AM
					9/29/2011	3:30 AM

With the number of children that want to be adopted and the the number of people who want to adopt them, why is it so complicated and expensive? On this segment, host Jennifer Richardson talks with Dr. Ken Brown about where these costs come from and shares tips on how to move the process along. Also discussed was the emotional range feelings that all the parties involved go through in the adoption process. More recent international laws have cut the international adoptions in half over just a few years ago, so domestic adoptions are more affordable in most cases.

Youth

JOY IN OUR TOWN #762B	28:30	13:15	L	PA/O	7/22/2011	1:00 PM
					7/23/2011	3:30 AM
					7/25/2011	11:30 AM
					7/26/2011	3:30 AM
					7/28/2011	3:30 AM

Go out side and play. Most older people heard that from our parents growing up. In this segment, host Donnelyn Khourie talks with Joe Greco from I-9 sports about some problems that develop with children who do not get proper physical exercise as well as the many benefits of an organized sports program. Some of the reasons that so many kids are not involved with sports is because of school budget cuts. Two children involved in the I-9 program also talked about how they enjoyed being a part of a sports team. Sportsmanship helps develop the character of children on and off the field.

Youth

JOY IN OUR TOWN #717T	27:45	13:20	L	PA/O	7/29/2011	1:00 PM
					7/30/2011	3:30 AM
					7/02/2011	11:30 AM
					7/03/2011	3:30 AM
					7/05/2011	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 #764T	28:30	13:30	L	PA/O	8/05/2011	1:00 PM
					8/06/2011	3:30 AM
					8/08/2011	11:30 AM
					8/09/2011	3:30 AM
					8/11/2011	3:30:AM

Confronting the destructive nature of some of the sub cultures of our day can be quite challenging. On this segment, host Donnelyn Khourie talks with Jerome Rhyant from the Love Center in Fort Pierce about the influence of gang culture on young people. As more homes without proper parental authority and structure, lure of gangs become stronger. Young people often find identity in being part of gang when they do not find it in family or other positive institutions. Often kids that join gangs do not realize how difficult it is to get out of a gang once they have joined. Gangs also have moved into rural areas as well.

JOY IN OUR TOWN #764B	28:30	13:30	L	PA/O	8/05/2011	1:00 PM
					8/06/2011	3:30 AM
					8/08/2011	11:30 AM
					8/09/2011	3:30 AM
					8/11/2011	3:30 AM

Getting positive messages into kids at an early age is more important than ever before. On this segment, host Donnelyn Khourie talks with Jerome Rhyant from the Love Center and Cassie Younce from the St. Lucie Mets about the three biggest problems facing our youth today and about an exciting way to reach them at a young age with the right messages. Gangs, bullying and substance abuse ranked as the top three issues according to Pastor Jerome. He has developed a series of baseball cards that the St. Lucie Mets are using that have player stats and things that other such media contain, but these cards also contain positive moral messages that kids learn and memorize. They are designed to be tools to help parents and educators reach our children.

Youth

JOY IN OUR TOWN #765T	28:30	13:30	L	PA/O	8/12/2011	1:00 PM
					8/13/2011	3:30 AM
					8/15/2011	11:30 AM
					8/16/2011	3:30 AM
					8/18/2011	3:30 AM

Feelings are not often our friend. The easiest and most common way people are manipulated is by emotion. On this segment, host Donnelly Khourie talks with Dr. Ken Brown about the subject of destructive emotions. Dr. Ken notes that pain always distorts reality and that teens in particular have this issue more so because of the hormonal changes that they are undergoing. He also states that having a stable spirit through a healthy relationship with our creator brings emotions into the proper perspective. Truth is not based in feelings and therefore cannot be distorted by them.

JOY IN OUR TOWN 771T	28:30	13:30	L	PA/O	09/30/2011	1:00 PM
					10/01/2011	3:30AM
					10/10/2011	11:30AM
					10/13/2011	3:30AM

What could cause a teenage boy to go off the deep end into unspeakable violence against members of his own family? On this segment, host Jennifer Richardson talks with Dr. Ken Brown about this dark subject. The doctor who has also been a police officer had some interesting perspectives to offer. Although he talked about the fact that a small percentage of people are classified as sociopaths (those that seem to lack completely compassion for others), there are many evil influences in today's world and if a person allows themselves to constantly entertain evil thoughts, it is possible that they will at some point act them out. The use of mind altering substances is also a major factor many cases.

Health/Mental Health

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

Health / Mental Health

Doctor to Doctor #263 28:30 28:30 REC PA/O/E 7/06/2010 9:30 AM

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

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

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

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

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.

Health / Mental Health

Doctor to Doctor 28:30 28:30 REC PA/O/E 8/10/2010 9:30 AM
#268

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 to Doctor 28:30 28:30 REC PA/O/E 8/17/2010 9:30 AM
#269

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 to Doctor 28:30 28:30 REC PA/O/E 8/24/2010 9:30 AM
#270

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 to Doctor 28:30 28:30 REC PA/O/E 8/31/2010 9:30AM
#271

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 to Doctor 28:30 28:30 REC PA/O/E 9/07/2010 9:30AM
#272

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.

Health / Mental Health

Doctor to Doctor 28:30 28:30 REC PA/O/E 09/14/2010 9:30AM
#273

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 to Doctor 28:30 28:30 REC PA/O/E 09/21/2010 9:30AM
#274

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.

Economy

JOY IN OUR TOWN 28:30 13:15 L PA/O 07/01/2011 1:00 PM
#759T
07/02/2011 3:30 AM
07/04/2011 11:30 AM
07/05/2011 3:30 AM
07/07/2011 3:30 AM

What does it take to create jobs on a local level? On this segment, host Donnellyn Khourie talks with Larry Pelton from The Economic Development Counsel of St. Lucie County about some of the impediments to job growth. With the loss of the major drivers of our local economy in years past, St. Lucie County has done it's best to attract other types of business and industry, such as bio-tech, research, digital animation production and others. This has been done by working with state and local governments to offer incentive packages to make the Treasure Coast a profitable place to do business.

JOY IN OUR TOWN 28:30 13:15 L PA/O 09/09/2011 1:00 PM
#768B
09/10/2011 3:30 AM
09/12/2011 11:30 AM
09/13/2011 3:30 AM
09/15/2011 3:30 AM

Florida has one of the highest rates of foreclosure in the nation with no end in sight. On this segment, host Donnellyn Khourie talks with Franklin Nickens and Josh Bliel from Community Development Outreach about what someone who is facing foreclosure can do to defend themselves. One of the points made was the fact that because so many banks do not have the proper documentation to prove that the money owed on their property is payable to the party bringing the lawsuit, those who fight the foreclosure do not get thrown out of their homes due to the fact that most people put up no resistance. Also discussed were some new programs, such as the one that allows a lender to suspend payments while a borrower is unemployed.

Economy

JOY IN OUR TOWN #769B	28:30	13:15	L	PA/O	09/16/2011	1:00 PM
					09/17/2011	3:30 AM
					09/19/2011	11:30 AM
					09/20/2011	3:30 AM
					09/22/2011	3:30 AM

With the current global economy, competition among businesses is greater than ever. Combine that with dynamic changes happening in the marketplace and local business has some tough challenges to face. On this segment, host Donnelyn Khourie talks with Crystal Styles from the Business Development Board of Martin County about these issues and a unique program that helps local businesses stay competitive. The way trends and technology change, employees often need to be retrained. Working with the state government, she helps business secure grants for training employees.

JOY IN OUR TOWN #771B	28:30	13:15	L	PA/O	09/30/2011	1:00 PM
					10/01/2011	3:30 AM
					10/10/2011	11:30 AM
					10/13/2011	3:30 AM

The number of Americans that don't have enough to eat is staggering. On this segment, host Jennifer Richardson talks with Donna Coggins from the Treasure Coast Food Bank about the issue of food insecurity right here in our backyard. Since nobody knows what is happening with the economy, food banks like this one across the country are preparing for the worse. Helping out at your local food bank is a way of giving back to the community and maintaining a thankful heart about what you have.

Civic Affairs

JOY IN OUR TOWN #770T	28:30	13:15	L	PA/O	09/23/2011	1:00 PM
					09/24/2011	3:30 AM
					09/26/2011	11:30 AM
					09/27/2011	3:30 AM
					09/29/2011	3:30 AM

Shrinking revenues have forced local governments across the nation to make deep budget cuts. On this segment, host Jennifer Richardson talks with St. Lucie County Commissioner Chris Craft about the possible take over of the jail operations by the county. The commissioner asserts that Sheriff Mascera has done a great job of running the facility and thinks he should remain as chief corrections officer. While there are some on the board that think a significant savings could be obtained by the county takeover, Mr. Craft is not convinced.

JACKSONVILLE EDUCATORS BROADCASTING

QUARTERLY REPORT

October, November, December 2011

WTCE – TV, FORT PIERCE, FLORIDA

Ascertainment list

Leading Community Problems

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF WTCE-TV 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 2011

Crime

Family

Youth

Senior Issues

Health

Civic Affairs

<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 #774B	28:30	13:15	L	PA/O	11/03/2011	12:30 PM
					11/14/2011	11:30 AM
					11/15/2011	3:30 AM
					11/17/2011	3:30 AM
					11/17/2011	12:30 AM

The thought of people being bought and sold as property is reprehensible, yet it is occurring everyday in our own backyard. On this segment, host Jennifer Richardson talks with Tomas Lares from the Florida Coalition Against Human Trafficking about the ways that young people in particular are lured into various forms of human slavery, including forced prostitution by promises of jobs and careers. Also discussed were the ways that traffickers control their victims with abuse and threats of violence against their loved ones. It is estimated that 2100-2500 children everyday go missing in the United States. Some of the signs that trafficked persons exhibit were also listed.

JOY IN OUR TOWN #775T	28:30	13:15	L	PA/O	11/4/2011	1:00 PM
					11/7/2011	11:30 AM

With identity theft and other cyber crime at an all time high, most people using PCs have some sort of virus software and a firewall, but what about your cell phone? Most cell "phones" are actually hand held computers with many of the same vulnerabilities that desktop machines have. On this segment, host Jennifer Richardson talks with Rod Waller and Sofia Wilberscheid from Indian River State College about security for hand held electronic devises. One of the points made is that keeping all your personal information and doing on line banking on a "smartphone" is not a good idea also, simple steps, such as locking your phone and password protecting it is the first line of defense in the event it is lost or stolen.

JOY IN OUR TOWN #776T	28:30	13:06	L	PA/O	11/25/2011	1:00 PM
					12/01/2011	12:30PM
					11/28/2011	11:30 AM
					11/29/2011	3:30 AM
					12/01/2011	3:30 AM

The high value of some metals, combined with a poor economy have enticed many people to steal items that contain copper and other metals for sale to recyclers. On this segment, host "Joyful Jen" talks with Detective Jason Braun from the Fort Pierce Police Department about the problem of Air Conditioning units and copper wire thefts. The detective made it a point to let would be thieves that the Police are vigorously prosecuting these crimes and that they are working with local metal recycling centers to catch those who are attempting to sell stolen property. A local church had it's A/C units stolen three times!

<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 #780B	28:30	13:15	L	PA/O	12/16/2011	1:00 PM
					12/22/2011	12:30 PM

The United States locks up more of its population than any other industrialized nation in the world. On top of that fact, over one third of those who go to jail or prison will return after release. On this segment, host Jennifer Richardson talks with Reverend David Thompson, the Chaplain from the St. Lucie County jail and Robbie Hughs, a graduate of the "Spiritual Dorm" there about ways of reducing the recidivism rate in our country. The main point of discussion was the fact that in order to change a person's behavior, the way a person thinks must change first. Robbie passionately told his story, citing that what made a difference in his thinking was realizing that God had a plan for his life and that perusing the goal of fulfilling that plan has given him the freedom to make good choices in life.

JOY IN OUR TOWN #782T	28:30	13:15	L	PA/O	12/30/2011	1:00 PM
					12/31/2011	3:30 AM
					1/2/2012	11:30 AM
					1/3/2012	3:30 AM
					1/5/2012	3:30 AM

The information Super Highway can be hazardous for young people to navigate. On this segment, host Jennifer Richardson talks with Detective Suzanne Woodward about the dangers that lurk on line for children and how parents can take steps to keep their kids safe on the Internet. One of the initial points hit on was how cyber predators gain the trust of children and that a shocking one in five kids will be solicited over the Internet. She also made the point that social networking is not recommended for children for a host of reasons, including the fact that so much personal information is often posted where anybody can see it. The detective stressed the point that before a child is allowed to use the Internet, he or she needs to be made aware of the problems they may encounter and avoid them. Parental software was also recommended.

Family

JOY IN OUR TOWN #777T	28:30	13:15	L	PA/O	11/18/2011	1:00 PM
					11/19/2011	3:30 AM
					11/21/2011	11:30 AM
					11/22/2011	3:30 AM
					11/24/2011	12:30 PM

There certain signs that people exhibit when a marital storm brewing. On this segment, host "Joyful Jen" talks with Joy contributor Dr. Ken Brown about how to spot trouble in your marriage and some steps that can be taken to head off a divorce. He noted that when couples are engaged in playing the "blame game", that is blaming all the problems in the relationship on their spouse, a stalemate exists and no one wins. He also stated that counseling can only be helpful in saving a marriage when both parties are actively participating. Also discussed was the fact that forgiveness is important, but practical steps to address why the issue existed in the first place must be taken, such as anger management in the case of an abusive person.

Family	Program Title	Program Duration	Topic Duration	Segment Source	Type	Air date	Time
	JOY IN OUR TOWN #779T	28:30	13:15	L	PA/O	12/09/2011	1:00 PM
						12/15/2011	12:30 PM

The turbulent times we live in is manifesting in many forms in families across the nation. On this segment, host Donnelyn Khourie talks with Virginia Hooks from CASTLE and Lynne Schicker from the Hibiscus Children's Center about abuse and neglect issues and the different ways these two organizations are helping to strengthen families and avoid heartache for all involved, especially young children. One fact brought out is that many people did not have the kind of upbringing to emulate in the raising of their children. CASTLE offers parenting classes as part of their solution and the Hibiscus Center offers temporary and transitional housing for children caught in the middle of a stormy family situation while a permanent arrangement is worked out. The ultimate goal is keep families together.

JOY IN OUR TOWN #779B	28:30	13:00	L	PA/O	12/09/2011	1:00 PM
					12/15/2011	12:30 PM

Foster parents are very special people and there always seems to be a need for more of them. On this segment, host Jennifer Richardson talks with Lynne Schicker from the Hibiscus Children's Center about the need for foster parents in our community. The discussion covered the various challenges that foster parents deal with, for example, most of these children have significant emotional issues from abuse, neglect and rejection that they have suffered. It is important that all the family members are on board with the task of loving a child in need because it is a sacrifice and if any person in the family is not willing to embrace that child, he or she can experience more rejection. All the requirements, as well as the rewards of foster parenting were covered.

JOY IN OUR TOWN #782B	28:30	13:15	L	PA/O	12/30/2011	1:00 PM
					12/31/2011	3:30 AM
					1/2/2012	11:30 AM
					1/3/2012	3:30 AM
					1/5/2012	3:30 AM

Often people who get married do not have a firm grip on the realities of what it takes to make it work, particularly young people who have an abundance of hormones and emotion but no life experience. On this segment, host Marina Santos talks with Dr. Rick Kendall from Victory Ministries about how to prepare engaged couples for a successful, life long union. Dr. Kendall explained the difference between what many people think marriage is verses what it actually is, a covenant relationship involving mutual submission and sacrifice. The difference in how men and women think was also part of this discussion because not being aware of this fact can cause a lot of frustration.

<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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Youth

JOY IN OUR TOWN #777B	28:30	13:15	L	PA/O	11/18/2011	1:00 PM
					11/19/2011	3:30 AM
					11/21/2011	11:30 AM
					11/22/2011	3:30 AM
					11/24/2011	12:30 PM

The machines are taking over! Technology often can have unforeseen consequences. On this segment, host "Joyful Jen" talks with Dr. Ken Brown from Hope Counseling of Fort Pierce about the issue of Video Game addiction. Dr. Ken explained that excessive video gaming actually causes chemical changes in the brain perpetuate the behavior. Some of the negative impacts of this addiction are loss of social skills, losing interest in sports, school and other activities, as well as relationship issues. He cited a statistic that 20 percent of divorces blame video games and social media as a significant cause. He also talked about the pseudo socialization of playing with people on line as well as the potential danger of becoming "friends" with someone who would do them harm. The excessive violence in these games was touched on as a cause of youth violence as well.

JOY IN OUR TOWN #776B	28:30	13:15	L	PA/O	11/25/2011	1:00 PM
					11/28/2011	11:30 AM
					11/29/2011	3:30 AM
					12/01/2011	3:30 AM
					12/01/2011	12:30 PM

Children and young people today are facing pressure from all sides to get involved in activities that are not in their best interest. On this segment, host Jennifer Richardson talks with Norman Penner and London Reeves from a local chapter of the Boys and Girls club in St. Lucie county about these issues and how parents and community leaders can equip kids to stand up under temptation. One point that was made is that social networking can be a real problem for younger people because it opens them up to so many people that can influence them in a negative fashion and therefor much consideration and control over what who they talk to and at what age should they be engaged in this activity. Norman stated that parents cannot choose their kids' friends, you can help them pick those who are positive.

JOY IN OUR TOWN #781T	28:30	13:15	L	PA/O	12/23/2011	1:00 PM
					12/26/2011	11:30 AM

In today's world, young women often do not perceive themselves as they ought. On this segment, host Marina Santos talks with Sue Chess from Carenet of the Treasure Coast about the various ways that young girls can be influenced by media and pop culture in negative ways, resulting in poor self esteem. A key point made was how parents shape a child's self worth through being an industrious person at a young age which builds confidence. Words of love and affirmation are also key, the use of negative words by parents can effect a person on a sub conscious level. She described the effects of pre-marital sex and abortion on a girl's heart. The practice of "sexting" was also discussed.

<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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Senior Issues

JOY IN OUR TOWN #772B	28:30	13:15	L	PA/O	10/14/2011	1:00 PM
					10/15/2011	3:30 AM
					10/17/2011	11:30 AM
					10/18/2011	3:30 AM
					10/20/2011	12:30 PM

Many people with elderly parents are not adequately prepared to deal with the event of a medical emergency. On this segment, host Donnelly Khourie talks with Patricia Strickland from Home Instead Senior Care about some ways to help people with aging parents to acquire and organize pertinent medical and financial information, so that in the event of an unforeseen emergency, they would be prepared to assist first responders and health care providers. Some of the information required is a detailed description of all medical conditions, a list of all prescription medications as well as primary care doctors. A "senior emergency kit" was one tool offered as a solution.

JOY IN OUR TOWN #773T	28:30	13:15	L	PA/O	10/21/2011	1:00 PM
					10/22/2011	3:30 A.M
					10/24/2011	11:30 A.M
					10/25/2011	3:30 AM
					10/27/2011	12:30 PM
					10/28/2011	1:00 PM

Many elderly Americans live alone and when mobility issues exist, proper nutrition can be lacking. On this segment, host Donnelly Khourie talks with Patricia Strickland from Home Instead Senior Care about some of the challenges that many seniors living alone face. Meal time is a time of fellowship in families, those living alone also eat alone and this fact contributes to feelings of loneliness. Many medical conditions require dietary restrictions that can make it more difficult to prepare nutritious meals. Patricia offered some practical solutions, such as inspecting the contents of cupboards and refrigerators for proper foods. She also suggested that cooking meals on occasion for a senior living alone will go along way to contributing to their health in two ways. They also discussed the importance of making sure their spirit is also be fed by being plugged in to a local house of worship.

JOY IN OUR TOWN #774T	28:30	13:15	L	PA/O	11/03/2011	12:30 PM
					11/14/2011	11:30 A.M
					11/15/2011	3:30 A.M
					11/17/2011	3:30 AM
					11/17/2011	12:30 A.M

There is a wide variety of Medicare choices available to seniors with the advent of private health care companies offering different plans. On this segment, host Jennifer Richardson talks with Patty Guttu from SHINE about the differences in various drug plan choices and offers tips on how seniors can determine which plan is best for them. Also discussed were the various drugs that are covered by plans (formulary charts) that patients should bring to their doctors so that he or she can prescribe the medication that is most economical for them and avoid the "donut hole".

<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>
Senior Issues						
JOY IN OUR TOWN #781B	28:30	13:30	L	PA/O	12/23/2011	1:00 PM
					12/26/2011	11:30 AM

There are a number of factors that can effect a senior's ability to drive on Florida's busy roadways safely. On this segment, host Jennifer Richardson talks with Fran Rogers from Carlin Rogers Consulting about a wide range of senior driving issues, such determining when an elderly person should no longer drive because mental or physical limitation due to aging. Part of the discussion also addressed some ways that a seniors vehicle may not be ideally suited for them, such as how close they are seated from the steering wheel. A senior that is seated too close can be injured by the airbag even in a slow speed crash.

Health

JOY IN OUR TOWN #772T	28:30	13:15	L	PA/O	10/14/2011	1:00 PM
					10/15/2011	3:30 AM
					10/17/2011	11:30 AM
					10/18/2011	3:30 AM
					10/20/2011	3:30 AM
					10/20/2011	12:30 PM

Is there such a thing as "flu season"? On this segment, host Donnelyn Khourie talks with Renay Rouse from the Martin County Health Department about ways to prevent getting the flu and how to prevent spreading the illness to others. Predicting the severity of a flu outbreak can be difficult, so she recommended that everyone should receive a flu vaccine as a primary way to prevent being infected by the virus. The safety of vaccines was also discussed for those who have reservations about giving them to their children. It was stressed that if you or your child may have the flu, that they should stay home to avoid infecting others.

JOY IN OUR TOWN #773B	28:30	13:30	L	PA/O	10/21/2011	1:00 PM
					10/22/2011	3:30 AM
					10/24/2011	11:30 AM
					10/25/2010	3:30 AM
					10/27/2011	3:30 AM
					10/28/2011	1:00 PM

Suicide is a permanent "solution" to a temporary problem. On this segment, host Donnelyn Khourie talks with Herenia Ferreiro and Frank Babich from the V.A Hospital in West Palm Beach about mental stability and suicide prevention. Our guests covered a range of points in this discussion, including the fact that Veterans have a higher rate of suicide than does the general population. Some of the signs that a person may be contemplating suicide can be evident and most who are thinking about this an a solution to their problems will tell someone who asks, so it is important to reach out to someone who is down. The V.A. Hospital provides help to anyone who may be contemplating suicide.

<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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Health

JOY IN OUR TOWN #775B	28:30	13:30	L	PA/O	11/04/2011	1:00 PM
					11/07/2011	11:30 AM

What causes heart disease and what causes it? On this segment, host "Joyful Jen" talks with David Foreman, Rph, an herbal pharmacist about various facts about achieving heart health naturally. He explained that in his opinion, many drugs, such as statin drugs are over prescribed. He favors a more holistic approach to good health, such as reducing stress, proper diet and not neglecting the spiritual part of our being as central. Finding the root cause of an illness or disease is key to wellness, rather than using drugs to deal with the symptoms of a health problem. He also recommended avoiding processed foods and high salt content foods and trans fats, such as margarine. The build up of toxins in the body has also been linked to many diseases, not to mention obesity.

JOY IN OUR TOWN #778T	28:30	13:30	L	PA/O	12/02/2011	1:00 PM
					12/05/2011	11:30 PM
					12/08/2011	12:30 AM

With health care costs on the rise and a dead slow economy, many find themselves unable to pay for proper medical care. On this segment, host Donnelyn Khourie talks with Teresa Banks and Ron Ashley from Light of the World charities about some of the real problems that people in our community have in regards to basic medical needs and what their organization is doing to address these problems. She explained that legal liability has kept many from doing this kind of charitable work, but there are ways that non profit organizations can be protected from lawsuits, which is a significant cost of care. She also believes that small community organizations helping neighbors is the way of the future.

JOY IN OUR TOWN #778B	28:30	13:15	L	PA/O	12/02/2011	1:00 PM
					12/05/2011	11:30 AM
					12/08/2011	12:30 PM

Even for those who are fortunate enough to have medical insurance, sometimes if a procedure is not deemed medically necessary by their insurance company, they will not pay for it. On this segment, host Donnelyn Khourie talks with Dr. James Roberts, who works with the HANDS clinic of St. Lucie County. He explained about the many reasons people cannot afford care and what the effects of that can be, long term. Since no solutions to the main causes of medical costs are in site, the doctor feels it is incumbent on those who can help like him to do so in these difficult times. The HANDS clinic offers free medical care to St. Lucie County Residents who are at 200% of the Federal Poverty level.

<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

Doctor to Doctor #320	28:30	28:30	REC	PA/O/E	10/04/2011	12:30 PM
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Doreen Lewis talked about breast cancer. The rates for breast cancer are rising. 8% is genetics, but 92% is environmental. Birth control, water with fluoride and chlorine, make-up, chemicals and even French fries can increase the risk of breast cancer. It's important to look at the chemicals being used, cut sugar and exercise. **Dr. Elizabeth Matthews** talked about post partum depression. It impacts 1 in 5 women and can occur during the first year after a baby is born. Symptoms can be anxiety, worthlessness, guilt, not eating well or lack of sleep. It's important to get help and the treatment based up the severity of the depression. **Dr. Samuel Verghese** talked about the brain. Generalized anxiety begins in the brain and can include different centers of it. It can cause headaches, tremors, insomnia, phobias and sweating. If symptoms last more than 6 months, then seek medical help.

Doctor to Doctor #321	28:30	28:30	REC	PA/O/E	10/11/2011	12:30 PM
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Dr. George Rhodes talked about biblical parenting. Many times parents don't follow through or lack consistency in their parenting. Parents need to be a role model for their children and train their child starting at birth. It's important to know the personality of the child and to guide them accordingly. **Dr. Mark Sheehan** talked about congestive heart failure. This is when the heart function has been weakened to the point where it's no longer doing the job the body requires. It can be caused by coronary artery disease, hypertension, valve disease and cardiomyopathy. Symptoms can be shortness of breath and fatigue. Medications, pacemakers and heart transplants are ways to help fight it. **Dr. Chip Null** talked about chiropractic care. The spin, that protects the nerves, can get knocked out of position and put pressure on the nerves. Pinch nerves can cause pain in the back, neck and cause headaches. An adjustment can put the spin back into position. It's important to maintain proper posture when sitting, standing and sleeping.

Doctor to Doctor #322	28:30	28:30	REC	PA/O/E	10/18/2011	12:30 PM
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Dr. Jill Westkaemper talked about the difficulty with weight loss. It's complicated because there are many systems in the body. Limbic system can be triggered by emotions and take over the thinking part of the brain. This can result in bad food choices being made. Hormones and larger food portions all impact the body. It's important to eat smaller portions and exercise regularly. **Dr. Leonard Scott** talked about Periodontal Disease. It's inflammation and infection of the gums surrounding the teeth. There is gingivitis, periodontitis, and advanced periodontitis. It's important to brush, floss and see a dentist regularly. **Dr. Janet Poole** talked about Scleroderma. It is an autoimmune connective tissue disease. It can result in hardening or thickening of the skin, vascular insufficiency and fibrosis of the internal organs. Doing exercise can help keep mobility.

Doctor to Doctor #323	28:30	28:30	REC	PA/O/E	10/25/2011	12:30 PM
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Dr. April Speed talked about breast cancer. It's important for women to be aware of their own breasts and know what normal is like for them. Things to look for are redness, swelling or thickening. If there is a problem, it's important to get a mammogram. If you get a call back about something abnormal, then follow up immediately. It's important to eat plenty of healthy food and to exercise. **Dr. Wayne Gordon** talked about Migraine Headaches. Symptoms include one sided throbbing or pounding, nausea, vomiting, light and noise sensitivity. It can last from 4-72 hours. Relaxation techniques, massage, medications and preventative medications can help reduce them from occurring. **Dr. Thomas Di Stefano** talked about hip replacement. It has a longevity problem because it can cause bone loss, difficulty in repeating surgery, complications and success rates decrease. They are looking at other options such as ceramic on ceramic, metal on metal and ceramic on cross-linked polyethylene.

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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Doctor to Doctor #324	28:30	28:30	REC	PA/O/E	11/15/2011	12:30 PM
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Dr. Bryan Wasson talked about cholesterol and artery disease. Cholesterol is primarily produced from the liver. If it is over produced it can lead to artery disease and heart attack. It's important to have your cholesterol, triglycerides, HDL and LDL checked regularly. **Dr. Mason Savage** talked about brushing and flossing. It's important to brush twice a day with a soft bristle brush for about 2 minutes. You should apply light pressure and replace toothbrush every 3 months. It's also important to floss at least once day. You should visit your dentist regularly. **Dr. Stephanie Blenner** talked about Autism Spectrum Disorder. It's an umbrella term for all the possible symptoms associated with Autism. There is impairment in reciprocal social interaction, communication, repetitive behavior and restrictive interests. Early identification and intervention are critical to the behavioral diagnosis.

Doctor to Doctor #326	28:30	28:30	REC	PA/O/E	11/22/2011	12:30 PM
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Dr. Bob DeMaria talked about healthy thanksgiving eating. It's important to try to eat organic fruits, vegetable and meat. #9 on labels for fruits/veggies means it's organic and #8 means it has been genetically engineered. It's important to drink plenty of water, steam veggies, use sweet potatoes or yams and combine food properly. **Dr. Martin Finkelstein** talked about distressing for the holidays. There is a lot of tension that can make the immune system weak and lead to sickness. It's important to let go of emotional stresses. It's also important to envision the type of relationships we want and to practice forgiveness and appreciation. **Dr. Hale Akamine** talked about overcoming holiday blues. It can be a season of mixed emotions like sadness or bitterness. It's important to allow other people to come into your life and to also share with those less fortunate than you.

Doctor to Doctor #327	28:30	28:30	REC	PA/O/E	11/29/2011	12:30 PM
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Dr. Bettye Alston talked about sugar free holiday desserts. It's important for diabetics to not elevate their blood sugar, but still be able to enjoy desserts. You can make smoothies and tarts by using certain ingredients that diabetics can enjoy. **Dr. Malcolm Hill** talked about holiday stress. Stresses are situations that come into our life that causes us to have to change. It can lead to high blood pressure, heart attack, stroke, diabetes and depression. It's important to live within our means, exercise daily, drink plenty of water and eat a plant based diet. **Dr. Brian Nimphius** talked about health care vs. sick care. Health care is preventative and involves eating right and exercising. It's taking the necessary steps to make sure your body stays healthy. Sick care is reactive and it's waiting until you are sick to seek care. It's not exercising and not eating right.

Civic Affairs

JOY IN OUR TOWN 780T	28:30	13:30	L	PA/O	12/16/2011 12/22/2010	1:00 PM 12:30 PM
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When expanding local infrastructure, the various costs and impacts must be carefully weighed against the benefits of the project. On this segment, host Jennifer Richardson talks with Michael Davis from Keith and Scnars about the details of an expansion of the newly improved Crosstown Parkway to included a third bridge over the north fork of the St. Lucie River. Some of the main points discussed were the various government agencies that must approve the project, what type of environmental impacts can be expected and how those impacts will be mitigated. There are several proposed routes that the expansion could take and those were all explained with pros and cons.