

THE QUARTERLY REPORT

Issue/  
Problem

Program Title

Program  
Duration

\*Topic  
Segment  
Duration

Source

Type

Air-Date

Time

**Trinity Broadcasting Network**  
*Quarterly Report*

January, February, March 2010

KDOR-TV 17 BARTLESVILLE, OK

Ascertainment List  
Leading Community Issues

*Results of ascertainment from civic leaders, response by telephone from TBN viewers,  
printed media comprising newspaper and magazine publications whenever possible.*

Crime/Gangs

Youth

Health

Economy

Family

Civic Affairs

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<u>Crime/Gangs</u>	JOY IN OUR TOWN#474	28:30	13:00	L	PA/O	1/01/10	12:00PM
						1/04/10	10:30AM
						1/05/10	2:30AM
						1/08/10	2:30AM

Host Michelle Gustafson interviews Kathy Bell of the Tulsa Police Dept. About 400-425 patients are seen a year who are victims of abuse. In Tulsa, 500-600 rapes a year of reported rapes. National statistic there is still only 2-3 out of every ten rapes reported a year. Why should you report a rape? Get medical treatment is first. Don't shower or clean yourself up but come and be evaluated as you are to not eliminate evidence. Be evaluated for injuries, emergency contraception, antibiotics and emotional follow-up services for counseling. Have the evidence collected and preserved for prosecution down the road. If you don't have counseling you can suffer from post-traumatic stress disorders, every day stress in their lives increases, just inability to handle day to day life up to devastating depression, suicides.

JOY IN OUR TOWN#476	28:30	13:00	L	PA/O	1/15/10	12:00PM
					1/18/10	10:30AM
					1/19/10	2:30AM

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**Time**

**1/21/10**

**2:30AM**

Michelle Gustafson interviews Nathaniel Jones, Juvenile Probations Office, Office of Juvenile Affairs-State of OK Families problems, kids with wrong peers, making wrong choices...need to talk to these kids and understand what issues they have. They need family support, education issues and they need to learn to set goals of what to do with their lives. There's a great need for kids to be mentored. Most of our kids don't have that in their home. A parent may be absent. Preventative actions like providing resources to them refer them to someone who can help them with their issues. Some of these kids really want help. A majority of these kids really want to make changes but you sometimes need to uproot them from their environment because sometimes even family members aren't good influences. We have traditional gangs but then we have hybrid gangs that involve every background. The mindset of gangs: intimidation factor, drugs and money, sense of belonging, it's popular.

<b>JOY IN OUR TOWN#477</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>1/22/10</b>	<b>12:00PM</b>
					<b>1/25/10</b>	<b>10:30AM</b>
					<b>1/26/10</b>	<b>2:30AM</b>
					<b>1/28/10</b>	<b>2:30AM</b>

Host Michelle Gustafson interviews Mark Elam, Executive Director of Oklahomans Against Trafficking Humans (OATH). Trafficking of humans is the 2<sup>nd</sup> highest in crimes. It's because in drugs you have to make a product and start over, in human trafficking, you can continue to sell and market the person until you use them up. It's the number one way to make money in the world. \$32 billion made. Human trafficking is loss of your freedom to a control of another\modern-day slavery also includes fraud because they advertise to draw people to "work" for them and they are working as a trafficker. Sex trafficking is here in the U.S. and even in Oklahoma. In 2002, we were reported as a top state of trafficking victims. In Tulsa, it's occurred with cases on the books of trafficking. It's because of our location in Oklahoma, there are port cities and trade groups, and the best way to come into the country illegally is the Mexican border. In human trafficking, you have trade groups and our trade groups are our highway systems. We sit in the cross hairs in the nation for trafficking.

<b>JOY IN OUR TOWN#478</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>1/29/10</b>	<b>12:00PM</b>
					<b>2/01/10</b>	<b>10:30AM</b>
					<b>2/02/10</b>	<b>2:30PM</b>
					<b>2/04/10</b>	<b>2:30AM</b>

Michelle Gustafson interviews Ann Dapice, T.K. Wolf, Inc. Director of Education and Research. Stalking defined is malicious

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						1/12/10	2:30AM
						1/14/10	2:30AM

Host Michelle Gustafson introduces Mary Beth Ogle, SAFE Kids Tulsa Area. Thousands of children nationwide are killed in preventable accident. Motor vehicle crashes were restrained incorrectly or not restrained at all in Oklahoma. Most children die from head injuries. Car seats are being installed incorrectly. It's not as easy as you think. Use the seatbelt or latch to attach the car seat to the car. Follow the manufacturer's car seat instructions and auto manufacturer's guidelines. It can be confusing for families. How to install car seat properly and putting the child into the car seat properly is all important. Follow the weight guidelines. 4'9" is height for children. The position a child is in when a crash occurs is life and death.

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					<b>2/8/10</b>	<b>10:30AM</b>
					<b>2/9/10</b>	<b>2:30AM</b>
					<b>2/11/10</b>	<b>2:30AM</b>
					<b>2/18/10</b>	<b>3:00AM</b>

Michelle Gustafson interviews Jim Walker, of Youth Services of Tulsa. Families have become more stressed, almost everyone has two working people...amount of violence the gangs are usually made up of older than 18 but kids being killed monthly by gangs is astounding. Kids don't have a sense of belonging and with a gang kids do feel like they belong. They will kill for you, it's perverted but kids want to belong. It's a provider and a sense of connectedness that they don't get in school or at home. We found that many of the kids who are on the edge live in parts of north Tulsa where the ability to have funds to even live a normal life isn't available. A lot of the kids have not even gone south of downtown. There isn't enough money for them to even go across town. So all they see is their neighborhood. Through a mentoring program we show them arts, athletic events etc. so they see there's a whole other world out there. Hopefully they see that they want a life like this, not a life of selling drugs for example. It's about making connections to help the kids think they can move past a life of gangs. Keeping kids in school and helping them learn that they can move from the poverty they are living in. If kids have hope, they often will work harder.

<b>JOY IN OUR TOWN#481</b>	<b>8:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/19/10</b>	<b>12:00PM</b>
					<b>2/22/10</b>	<b>10:30AM</b>
					<b>2/23/10</b>	<b>2:30AM</b>
					<b>2/25/10</b>	<b>2:30AM</b>

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Michelle Gustafson interviews Bob Williams, Juvenile Justice Specialist 3, Office of Juvenile Affairs-State of OK. The youth come under the attention of law enforcement. They come to the office, do an intake with them and staff the case with the district attorney. The DA makes all the decisions whether it's filed and goes to court or on a deferred status. If it does go to court, a juvenile has a lot of the same rights as an adult. They go to court every 3-6 months to see how the youth is doing. With repeat offenders, most kids 25-33% will commit a crime again and sort of bump their way up the system. Some end up in L.A. Radar center for example. Substance abuse is a major issue we deal with. A lot of kids get on probation and keep testing positive for drugs. Prescription drug abuse is becoming a problem. I say they haven't used any drugs but if you ask them if they've used prescription drugs that don't belong to them they admit to doing that. Parents need to start out doing is pay attention to what your child is doing, supervise their friends, be in touch with school about grades, behavior. A majority of kids are with peers who drag your child down so parents need to know who their children are hanging out with. Look for those warning signs don't dismiss them. Parents should ask what their friends last names are, contact the friend's parents, watch their grades, set curfew limits.

<b>JOY IN OUR TOWN#485</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/19/10</b>	<b>12:00PM</b>
					<b>3/22/10</b>	<b>10:30AM</b>
					<b>3/23/10</b>	<b>2:30PM</b>
					<b>3/25/10</b>	<b>2:30AM</b>
					<b>3/29/10</b>	<b>11:00AM</b>

Michelle Gustafson interviews Tom Hufford, Tulsa Fire Dept. Thousands are hurt every year by senseless accidents. Safety education is the way to prevent these things. Fire safety: smoking materials is #1 cause of fire deaths, put smoking materials up and away from children. Matches, lighters are tools not toys. Teach the children NOT to play with them. Big fires start small. #1 cause of fires is cooking. Be safe in the kitchen. Never leave cooking unattended. Never cook with loose clothing. Space heaters. Practice an "Exit Drill". Smoke is deadly. One recliner can kill everyone in a two-story home in 3 minutes just from the smoke.

<b>The 700 Club #031010</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>03/10/10</b>	<b>2:00PM</b>
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Mark Martin, CBN News Reporter , says that children are spending more time exploring technology than ever before. New information indicates more than 93 percent of kids are online, not just at home. For many parents this can be a nightmare. But a new safety program designed just for mom and dad could help. "[Internet Safety 101](#)" includes a DVD teaching series and other resources put together by Internet safety expert Donna Rice Hughes, from the organization "[Enough is Enough](#)." The purpose of

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Segment  
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**Time**

the program is to keep young Web users away from Internet threats like pornography. "It is graphic," Ernie Allen, president of the [National Center for Missing and Exploited Children](#), emphasized. "It is explicit. It is deviant. It's aberrant. Kids are seeing content that no 12 or 13-year-old is mentally, psychologically, or emotionally prepared to deal with." Child psychiatrist Dr. W. Dean Belnap said pornography actually shuts down a part of the brain. If parents don't know what to look for or how to protect their kids online, a click of the mouse can usher in a nightmare. Various partners, including the U.S. Department of Justice and America Online, helped with the Internet Safety 101 project. A study found one in five children under the age of seven use the Internet without parental supervision. Mobile devices that kids can use to access the Web make it more crucial for parents to establish safety rules and control content. Alicia said her parents were clueless about her online interactions with the sexual predator. She wonders if her kidnapping could have been prevented by a training tool like "Internet Safety 101." "Know what your kids are doing online and stay engaged with them," Hughes told CBN News. "Recognize that you can't do it alone. You need some help." That help is definitely needed in a society where porn is free, and predators can gain access to your kids, even inside your home.

**Health**

<b>JOY IN OUR TOWN#474</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>		
					<b>1/01/10</b>	<b>12:00PM</b>
					<b>1/04/10</b>	<b>10:30AM</b>
					<b>1/05/10</b>	<b>2:30AM</b>
					<b>1/08/10</b>	<b>2:30AM</b>

Host Michelle Gustafson Kerry Morgan, St. Francis Health System. It's pretty clear that there's a larger number of kids that are overweight today and some of the health conditions that go along with obesity. It's a trickle down affect because the adults (parents) are obese also. As we get older it's harder to break those habits. A lot of kids are eating breakfast at the schools but parents are the chief person responsible for the child's safety and health. If presented with healthy options, kids do like fruits and vegetables. Sometimes it's just availability because it's not provided as a choice for them. For a child, obesity is slotted on a growth chart depending on age and height...they are still growing so it's not as cut and dry. With obesity comes: sleep apnea in children, asthma, more pre-diabetes, as many as 45% as newly diagnosed diabetes is Type 2 in children! Diet is a lot to do with it and lack of exercise, sugary foods, and soda and juice consumption. "Juice" if not 100% fruit juice contain less than 10% fruit juice. It's sugar water. Kids can drink so many calories without even thinking about it. If it says, no fat, but it's loaded with sugar kids are still getting calories. Read labels, parents.

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**Time**

**1/26/10 2:30AM  
1/28/10 2:30AM**

Michelle Gustafson interviews M'Liss Jenkins, Coordinator Washington Cty. Wellness Initiative. Heart disease is the number one killer in Oklahoma. A recent study ranked Oklahoma at the bottom for health. We ranked at 50. Access of care, preventative care, costs of care so Oklahoma is not doing well at all. A lot of it (health problems) is lifestyle related. We are really good about getting information but it is so hard to make the lifestyle changes. Smoking is a really good example of this. Limiting access for advertising, age, all those things made it harder to smoke and limits the number of smokers and health outcomes started to improve. When you look at access to healthy foods, there are tremendous health disparities because of economic classes.

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2/01/10 10:30AM  
2/02/10 2:30PM  
2/04/10 2:30AM**

Michelle Gustafson interviews Jackie Lenzy, Education Coordinator, Alzheimer's Association Oklahoma & Arkansas. It's a brain disease and it attacks the brain cells. They die and effects memory loss, language, behavior and totally affects daily living. There is no cure and it's a progressive disease. Right now over 5.3 million people have the disease and every 70 seconds someone is diagnosed with the disease. By 2050 there will be 16 million Americans with the disease. We're living longer so that's why more people are getting the disease. It's typical at about the age of 65, ten percent develops the disease and by 85 50% develop the disease. You can be thirty and develop the disease that's early onset Alzheimer's. Age is Number one factor. Heredity can play a part. So important to watch what you're eating. Eat antioxidants, omega 3 fatty acids; eat plenty of vegetables, cold-water fish such as salmon, tuna, and halibut. It's important to exercise, some activity you enjoy every day. Keep your brain healthy by stimulating it, studying, learning new things, read the newspaper or a magazine, get on the Internet, do puzzles, games-anything to stimulate the mind.

**JOY IN OUR TOWN#479 28:30 13:00 L PA/O 2/5/10 12:00PM  
2/8/10 10:30AM  
2/9/10 2:30AM  
2/11/10 2:30AM  
2/18/10 3:00AM**

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Program  
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\*Topic  
Segment  
Duration

Source

Type

Air-Date

Time

Michelle Gustafson interviews Emily McCready, MGR, American Diabetes Assoc. of Tulsa. There are different types of diabetes. Type 1-10% of population has this. Your body doesn't produce insulin; Type 2-this is the one that is in epidemic proportions! Your body is producing insulin but it's not regulating it properly. It can be prevented with proper exercise and diet. Gestational diabetes-when you're pregnant; and finally pre-diabetes. 54 million Americans have pre-diabetes. If they don't change their diet, exercise they can move into having diabetes, [food] portion control etc. Those who are pre-diabetic, their blood sugar is at an elevated level. Diabetes is a very confusing disease for some people. Some people think they don't "feel that bad." Get educated. This can really affect your health down the road. It comes with such a big list of complications, it's really going to get worse and worse if you don't take care of it.

<b>JOY IN OUR TOWN#486</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/26/10</b>	<b>12:00PM</b>
					<b>3/29/10</b>	<b>10:30AM</b>

Lissa James, Clinical Director, Grand Lake Mental Health Clinic. One in four people suffer from mental health, victim of trauma or substance abuse issue. OK is a little higher in average of mental illness. A mental illness is disruption of a person's feelings, moods, affects their ability to cope with average stresses, and they're unable to handle it. It's a disease like diabetes. It affects your ability to think, reason, to cope. Major depression is a good example of mental illness. Depression, schizophrenia, hallucinations, having a delusional type thinking, personality disorders, Post traumatic stress, bipolar to name a few. Treatments. Medicines are necessary and different people react differently to different medication. Therapy is needed. Peer support groups are also helpful also!

<b>The 700 Club #031710</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>3/17/10</b>	<b>2:00PM</b>
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Lori Johnson, CBN News Reporter, says that Mercury is a deadly poison inside every one of us. It's in things like fish, dental fillings, and vaccines. Scientists agree that a little bit is okay, but warn not to over-do it. So how much is too much? Fish does contain mercury, and therefore some caution should be taken when choosing your fish and deciding how often to eat it. Much of the mercury in fish comes from coal-fired power plants. The emissions fall to the ground and are then washed into the waterways. Then it's absorbed by tiny organisms which are eaten by small fish, so the mercury stores in their bodies. When larger fish eat smaller fish, mercury accumulates, and builds-up to high levels in the big fish. So the fish at the top When choosing tuna, canned light tuna - which is the darker, cheaper variety - is low in mercury, and can be eaten twice weekly. But white tuna, albacore or sushi tuna, has more mercury and should be eaten no more than once a week for the high-risk groups. But what about the mercury in fish you catch in your local lake or river? If there's reason for concern, health departments will post signs on the banks of certain waterways, warning fishermen to be careful when eating fish caught there. Most state health departments will also post

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	<b>Doctor to Doctor #241</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>1/19/10</b>	<b>11:30AM</b>

**Dr. Dino Prato** talked about Cardio Vascular disease. Although it can be impacted by genetics, dietary health does play a critical role. Deficiencies in antioxidants, vitamin C, amino acids, proline and lysine can impact it as well. It's important to change your eating habits, clean out toxins in the body and then provide the nutrients needed to heal. **Dr. Randy Brinson** talked about ulcers. Often they impact people with Chronic Reflux Disease. Symptoms can be obstruction of the stomach, bleeding, pain and discomfort. Doctors can use an endoscope and directly inject medicine into the ulcer or they can clip the vessel and hold into place. **Dr. Doreen Lewis-Overton** talked about the Adrenal Gland, which was designed to regulate the endocrine system. Stress can throw it off resulting in mood swings, light headed, belly fat and problems sleeping. It's important to eat healthy, moderate exercise, eliminate toxins and see a doctor about getting your Adrenal Gland tested.

	<b>Doctor to Doctor #242</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>1/26/10</b>	<b>11:30AM</b>
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**Dr. Lavert Robertson** talked about Chronic Systemic Inflammation that has been linked to cancer, obesity, arthritis and Alzheimer's' disease. It is a result of a diet high in refined, processed and chemical food. Systemic Detoxification and cleansing will help the body to get rid of the garbage and maintain optimal balance. **Dr. Randall Sapp** talked about eye exams, which should happen once a year. There is a misconception that they are painful or scary. Case history, visual activity, preliminary testing, phoropter, slit lamp, ophthalmoscope and retinoscope are all used in the exam. **Dr. Amando Pineda** talked about stress. The body was meant to endure stress by producing Cortisone and Adrenaline. Stress all the time can lead to high blood pressure, mood swings, lack of sleep and depression. It's important to learn to relax by exercising or drinking tea.

	<b>Doctor to Doctor #243</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>2/2/10</b>	<b>11:30AM</b>
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**Dr. Rita Hancock** talked about true hunger. There are a lot of reason why people eat before they feel hunger pains. The apple test can determine if you are truly hungry or have a craving. If you are hungry, then eat what you enjoy in moderation. If you have a craving, then look at your emotions and thoughts that caused it. **Dr. Martin Finkelstein** talked about how our thoughts can lead to healing and being healthy. Thoughts are powerful and are related to our beliefs which affect our emotions. It's important to change the way we think and believe. **Dr. Bettye Alston** talked about common sense approaches to dealing with hypertension. Reduce stress, eat healthy, rest, exercise and drink plenty of water. It's also important to monitor your blood pressure and be seen regularly by your doctor.

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	<b>Doctor to Doctor #244</b>	<b>28:30</b>	<b>18:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>2/9/10</b>	<b>11:30AM</b>

**Dr. Bob DeMaria** talked about toxins in the body. We are exposed to toxins every moment of the day in the air, water and food. The liver acts as a filter to help eliminate the toxins in the body. It's important to drink pure water, eat whole foods including vegetables and to exercise daily. **Dr. Gary Myers** talked about cavities in young children. A cavity is a bacterial infection called Strep Mutans. Cavities appear over time and are affected by how much and how often sugar is consumed. It is important to limit sugar, brush, floss and visit the dentist regularly. **Dr. Carl Schmidt** talked about men's health. For the prostate gland, it is important to eat a high quality food with clean oils such as flax or grape seed oil. Eating salad and nuts will help to nourish the prostate gland as well. Exercise that includes muscle building will help the body as well.

	<b>Doctor to Doctor #245</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>2/16/10</b>	<b>11:30AM</b>
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**Dr. Mark & Kathleen Brown** talked about obesity. 1.000 American die each day because of obesity related diseases. It's important to get the right amount of sleep to maintain energy. It's also important to eat the right kinds of food and not put harmful substances like alcohol or drugs into your body. **Dr. Scott Farhart** talked about women's emotional health. The brain produces chemicals that can get out of balance and lead to emotional issues. 85% of women have some form of premenstrual syndrome. That can result in mood changes, irritability, anger, depression, bloating, forgetfulness and confusion. It's important to eat right and exercise. **Dr. Craig Travis** talked about developing resilience. We all experience negative events such as a loss of job, medical issues, move, divorce or loss of a loved one. We can't hide from life, but we can choose how to deal with it. Be positive and helping others along with good relationships can help a person get through a difficult time.

	<b>Doctor to Doctor #246</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>2/23/10</b>	<b>11:30AM</b>
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**Dr. Gene James** talked about protein power. It is an essential nutrient used by all the muscles and major organs. It helps to rebuild and repair muscle tissue. Most people are deficient in protein by consuming less than 50 grams per day. Some sources of protein are eggs, dairy/milk products, lean meats and grains. **Dr. Dale Peterson** talked about weight control. Some obstacles are crash diets, medications, vitamin/mineral deficiencies, sleep disturbance, chronic stress and substance addition. It may be helpful to examine all areas if not successful with eating less and exercising more. **Dr. Ace Anglin** talked about hammertoes. It is a deformity of the toe that has become more rigid and less flexible. It can rub against the shoe resulting in pain. Some treatments are to rest the area, ice, compression, elevation, medication, padding and if necessary surgery.

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<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	<b>Doctor to Doctor #247</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>3/09/10</b>	<b>11:30AM</b>

**Dr. Eric Braverman** talked about heart disease. The heart is responsible for circulating blood through the body and can be hindered by clogged arteries and damaged valves. People get clogged arteries from having high cholesterol and damaged valves from the heart swelling. Garlic, fish oil, Taurine, green teas, safflower and olive oils are all natural remedies that can help to create a healthy heart. **Dr. Dino Prato** talked about stress and insomnia. Stress can cause heart attacks, hormonal issues, fatigue, weight gain and tension in neck/shoulders. It can also cause insomnia. Take a nap, pray throughout the day, practice breathing/relaxation techniques, hot bath and have a routine before going to bed to help reduce stress. **Dr. Elaine Greer** talked about women’s health. A woman’s check up can be frightening and a nervous experience. It’s important to find a health care provider that you are comfortable with and can ask questions. Self breast examines should happen monthly. First mammogram should happen between the ages of 35-40. Menopause symptoms can be hot flashes, sleeplessness and a feeling of being on edge.

	<b>Doctor to Doctor #248</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>3/16/10</b>	<b>11:30AM</b>
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**Dr. Caroline Leaf** talked about differences between the male and female brain. Only 1% of genes are different between males and females. Women have 11% more linguistic neurons. Men have bigger spatial and temporal lobes in the brain. Both are equally intelligent but process information differently. **Dr. Rolando Toulon** talked about how it’s important to take care of the spine and spinal cord because it affects the nervous system. The nervous system is responsible for sending signals to all organs and throughout the body. It’s important to have the spine checked to make sure everything is functioning properly. **Dr. Scott Morris** talked about the leading causes of life. It’s important to identify ways to lead a gentler life, express compassion and experience patience on a daily basis. We also experience a better life when we are doing activities that bring us joy, love and purpose.

	<b>Doctor to Doctor #249</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>3/23/10</b>	<b>11:30AM</b>
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**Dr. Lavert Robertson** talked about natural remedies that can help to keep the heart healthy. Grapes, Red Peppers, Bananas, Garlic and Onions are beneficial for a health heart. **Dr. Terry Overton** talked about shoulder injuries. It is the most problematic joint in the body because most of the injuries involve soft tissue. There are four muscles around the rotator cuff that can be torn, sprained or strained. Test and MRI can determine which muscle is injured. **Dr. Clark Gerhart** talked about how good hand hygiene can help stop the spread of viruses. The skin is a major defense in stopping viruses from entering the body. It’s important to wash our hands and use hand sanitizer as often as possible.

\*The figure designated as Topic Segment Duration is based on our  
Good faith judgment and may not represent exact time.

**THE QUARTERLY REPORT**

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Economy</u>	JOY IN OUR TOWN#476	28:30	13:00	L	PA/O	1/15/10	12:00PM
						1/18/10	10:30AM
						1/19/10	2:30AM
						1/21/10	2:30AM

Michelle Gustafson interviews OK State Rep. Jabar Shumate. Food deserts are areas where you can go for miles and not find a quality grocery store and it's connected to the economy in this way, because it's very difficult to find business owners who want to take a chance on a grocery store for example in today's economy. Finding folks to take risks you don't have. For our state, we're lucky because we haven't experienced a housing bust or retirement/economic things like in Las Vegas, or California. We have a diversified economy: Oil/gas, aerospace, government is our largest employer and usually the government is last to lay people off. We're down as a state but we're not anywhere as bad as other states. You can still buy an affordable home here, you still have jobs that are available not as much as before but you have prosperity opportunities here in Tulsa, and we have a low unemployment rates and people are moving from other states to OK because of this. Baseball park downtown will open a lot of opportunities in that area and will see more homes and businesses coming in.

JOY IN OUR TOWN#480	8:30	13:00	L	PA/O	2/12/10	12:00PM
					2/15/10	10:30AM
					2/16/10	2:30AM
					2/18/10	2:30AM

Michelle Gustafson interviews Mayor Ray Bowen and Trish Richey, Economic Development Director of the City of Bixby. Shares about the new City Manager they hired. Commercial growth with many main attractions, 18 new restaurants, and they are doing very well in a down economy. We've seen a slight dip in our sales tax. There's a new apartment complex also and they are 70% leased in only three months. There are starter homes and larger homes for example a 12,000 square foot home being built along the river. It's very encouraging the growth on the south side of the river. Our unemployment isn't as high as the national market. Our sales tax seems to be moderating.

JOY IN OUR TOWN#481	8:30	13:00	L	PA/O	2/19/10	12:00PM
					2/22/10	10:30AM
					2/23/10	2:30AM
					2/25/10	2:30AM

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THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
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Michelle Gustafson interviews David Blatt, Director of Policy, OK Policy Institute. As the economy has been in a downturn we've seen two separate but related events. Unemployment, foreclosure and bankruptcy rates increasing. For the first half of this budget year, state revenue collections being affected...down almost 30% compared to last yr. So that's being driven by declining natural gas collections, but also income and sales tax have been steeply hit. So state leaders have been faced with this challenge to make cuts to the funding of public services. So far, we've seen across the board cuts with a 5% cut to a 10% cut. Some agencies have been able to absorb the cuts but some have had to cut down on senior meals for example. The Dept. of Mental Health had to close beds in children's mental health facilities for example. So increasingly, it's having an impact on education, public safety and education that people count on.

Family

<b>JOY IN OUR TOWN#482</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/26/10</b>	<b>12:00PM</b>
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Host Michelle Gustafson interviews Debra Patterson, Foster Care Specialist. There is a process to becoming a foster parent. Classes to take. There are 5,000 kids in Oklahoma that are foster kids. Usually child abuse: mental, physical, verbal, neglect, sexual, drug addiction, domestic violence all are reasons a child gets put into foster care. If you have a concern about a child, call OK DHS. What to look for: children not dressed properly in bad weather, a lot of parties at the home, drug suspected, domestic violence in the home. If a person suspects a child is in an unhealthy environment, you can call the police, DHS. The process is different in each county how foster parenting works. First thing we look for if a relative can take the child into foster care. Grandparents raising children is becoming more common in the foster care system.

<b>JOY IN OUR TOWN#483</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/08/10</b>	<b>10:30AM</b>
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Michelle Gustafson interviews Beverly Smith, Program Field Rep., OKDSH Division of Children and Family Services. Foster care is a temporary service available for children and as well as their parents if the child can't remain home safely because of abuse or neglect. Some parents are involved with substances. The bridge practice is a home that provides temporary placement for the resource parents to mentor the birth family to help the family improve their parenting skills so when the child goes home they are going home to a safer environment. Behaviors the children exhibit-the children are taught how to effectively manage the behaviors without physical discipline. Being a member of a professional team helps the family.

<b>JOY IN OUR TOWN#483</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/08/10</b>	<b>10:30AM</b>
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## THE QUARTERLY REPORT

Issue/  
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Duration

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Duration

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Type

Air-Date

Time

Michelle Gustafson interviews Rhonda Runnels, Director of Compliance and Post Placement Services, Dillon International. There are families adopting other family members, families are adopting domestically or internationally so I don't think there is a typical "family" today. Many of the children in process in Haiti are being adopted so they can join their families here quickly. The legal process has to be followed to receive a child even from Haiti. There are domestic children even here locally hundreds need a permanent and loving home. Locally there is an unlimited amount of children. You need to have conversations with your family and friends and talk about adoption. Research, find an agency you feel comfortable with and look for programs that fit your family. You'll be connected with a social worker and that's where the support begins. They help educate you on the process.

<b>JOY IN OUR TOWN#485</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/19/10</b>	<b>12:00PM</b>
					<b>3/22/10</b>	<b>10:30AM</b>
					<b>3/23/10</b>	<b>2:30PM</b>
					<b>3/25/10</b>	<b>2:30AM</b>
					<b>3/29/10</b>	<b>11:00AM</b>

Michelle Gustafson interviews Julie Kent-Ferraro and Dr. Jay Ferraro. We were married and eventually shifted our focus from the marriage to business and not each other. The core of a great relationship is friendship and contributes to wrong choices. Oklahoma is top five of all states for divorce. There are a lot of factors that contribute to the high divorce rate. Most people sign up for marriage and they are ill-equipped for. You must know how to love someone. Too often the focus is on finding the right partner and not loving a person. Oklahoma is subject to same stressors that reduce us from maintaining friendship and marriages become vulnerable. How to maintain friendship? There has to be a commitment to spend time together. Time is critical. To have conversations and to continue to get to know each other. People change. Make a list of questions to ask your partner.

<b>JOY IN OUR TOWN#486</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/26/10</b>	<b>12:00PM</b>
					<b>3/29/10</b>	<b>10:30AM</b>

Michelle Gustafson interviews Robert Chorette and Cherilyn Chorette, Marriage Encounter. Infertility on her end she had a lot of guilt because she had the medical problems and lost three children through miscarriages. This causes stresses on every marriage. You need to learn how to communicate. And financially it's stressful. It's not true, real men do cry. It's being who you really are. If you can't let your guard down with each other who can you do that with? Seldom are you going to find a husband and a wife who come from the same background. You have to pick and choose your battles. What is really worth fighting for? A budget and sticking to it and being transparent with each other about what you're spending. Talk about what you're worried about. It's ok to talk about what scares you and make the time to do that.

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THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<b><u>Civic Affairs</u></b>	<b>JOY IN OUR TOWN#475</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>1/08/10</b>	<b>12:00PM</b>
						<b>1/11/10</b>	<b>10:30AM</b>
						<b>1/12/10</b>	<b>2:30AM</b>
						<b>1/14/10</b>	<b>2:30AM</b>

Michelle Gustafson interviews OK State Rep. Jabar Shumate. A food desert is when you can go for miles and not a chance to find a grocery store that has healthy produce/products. The life expectancy where in north Tulsa area lives has 14-yr less health expectancy because of a lack of good quality food. You're costing the state money when you're constantly sick. Everything starts at home, but it's hard to teach health when you don't have access to it. You eat what's most convenient to you. It's personal responsibility and we as the government have a responsibility to make sure there's access to healthy things around you. Some don't have transportation to get to quality fruits and vegetables. Who wants to drive 14-15 miles to get healthy produce? Tax increment financing districts is one way to improve the area for businesses to build the infrastructure. Community development block grants which come from the federal government to give loans to business to see if the concept will work. After one success, than five, six, seven other people lined up to see if their business idea comes to work.

<b>JOY IN OUR TOWN#480</b>	<b>8:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>2/12/10</b>	<b>12:00PM</b>
					<b>2/15/10</b>	<b>10:30AM</b>
					<b>2/16/10</b>	<b>2:30AM</b>
					<b>2/18/10</b>	<b>2:30AM</b>

Host Michelle Gustafson interviews Mayor Ray Bowen. Completed intersection improvements on 122<sup>nd</sup> and Memorial, ready to open up bids on a 4-lane and a 3-lane on Riverview at 161<sup>st</sup> street. Memorial drive is the main corridor through the city and just completed a 6-lane which has really helped traffic flow better. There's been a lot of street maintenance and keeping transportation flowing. The city's growth is still happening and we don't see much of a downturn in the housing. We have 1300 potential housing lots in place which helps bring retail. He shares about the branding the city campaign.

<b>JOY IN OUR TOWN#484</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>3/12/10</b>	<b>12:00PM</b>
					<b>3/15/10</b>	<b>10:30AM</b>

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## THE QUARTERLY REPORT

Issue/  
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Program Title

Program  
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Air-Date

Time

Michelle Gustafson interviews Mayor Ron Nikkel, City of Bartlesville. There was a lot of factions among the city government and the city council is in great shape right now. There has been a lot of healing happening in the city council. We've forgiven and restructured a lot of things and working together as a team. They are searching for an economic development director. We went into 2009-10 year anticipating and cutting back 2 ½ percent but wasn't enough. Made another cut and down 1.4 million below where we were last year. 19 million is our general fund and that's where the real cuts are. It's tough right now. We don't know what's going to happen. There are some retail opportunities we're discussing. A lot of people showing interest in redeveloping our downtown area. You need to keep a vibrant and healthy environment people are looking for something besides just the mall. The city has had a shortfall on really nice restaurants but probably this new rebuild downtown may offer the same opportunity.

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THE QUARTERLY REPORT

Issue/  
Problem

Program Title

Program  
Duration

\*Topic  
Segment  
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Time

**Trinity Broadcasting Network**  
*Quarterly Report*

April, May, June 2010

KDOR-TV 17 BARTLESVILLE, OK

Ascertainment List  
Leading Community Issues

*Results of ascertainment from civic leaders, response by telephone from TBN viewers,  
printed media comprising newspaper and magazine publications whenever possible.*

Environment

Homeless/Housing

Economy

Family

Health

Civic Affairs

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Good faith judgment and may not represent exact time.

**THE QUARTERLY REPORT**

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<u>Environment</u>	JOY IN OUR TOWN#487	28:30	13:00	L	PA/O	04/05/10	10:30AM
						04/06/10	2:30AM
						04/08/10	2:30AM

Host Michelle Gustafson interviews Daniel Jeffries, Metropolitan Environmental Trust. Each year more and more people realize being green is something to be concerned with. Tulsa has been known on focusing on energy and recycling can save energy. Recycling takes up less space in the landfills. Soon we can run out of landfill space and alternatives will have to be come up with. Recycling creates jobs and provides opportunities for new companies to think about what they can make out of recycled materials. Glass can be recycled and infinite number of times, it can be re-melted and crushed up and used again. You can make carpet out of pop bottles. T-shirts also made out of pop bottles, the possibilities are really endless. When you put things in landfills it never really decomposes. Anything that seeps into the ground can also seep into the water supply. It kills plant life. It can affect crops.

JOY IN OUR TOWN#492	28:30	13:00	L	PA/O	5/7/10	12:00PM
					5/10/10	10:30AM
					5/11/10	2:30AM
					5/13/10	2:30AM
					5/20/10	3:00AM

Michelle Gustafson interviews Anna America, Up With Trees, Inc. After the ice storm of 2007, the re-green program was started and the goal is to plant 25,000 trees by end of year. The trees are not just beautiful but they are essential to how they clean the air, provide habitat, cool areas etc. The "heat island effect"-on an empty parking lot with no trees it's hot, but a shaded spot is significantly cooler. You can reduce the wear on the pavement with protecting the roads with shade trees. Air quality is the most common that people are aware of. The trees absorb water from the ground water and make it cleaner. When talking about health, kids will use playgrounds that are shaded.

JOY IN OUR TOWN#496	28:30	13:00	L	PA/O	6/04/10	12:00PM
					6/07/10	10:30AM
					6/08/10	2:30AM
					6/10/10	2:30AM

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**THE QUARTERLY REPORT**

**Issue/  
Problem**

**Program Title**

**Program  
Duration**

**\*Topic  
Segment  
Duration**

**Source**

**Type**

**Air-Date**

**Time**

Host Michelle Gustafson interviews Megan Quickle, Tulsa Partners Inc. Geo-thermal energy. Green pesticides that are safe for your home, family and pets. You want to be safe for your children and pets--non-toxic. And it's safer for your environment. Roofing materials can be made out of recycled products. Using the correct plants for your yard; drought-resistant plants. Sustainability is how it affects in the long run for 50-100 years, so it doesn't have to be rebuilt, remodeled...thinking long term. Green buildings are using sustainable materials, recycled materials that don't leave a carbon foot print.

<b>JOY IN OUR TOWN#499</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/25/10</b>	<b>12:00PM</b>
					<b>6/28/10</b>	<b>10:30AM</b>
					<b>6/29/10</b>	<b>2:30PM</b>

Michelle Gustafson interviews Cheryl Cheadle, Blue Thumb Coordinator. Protecting streams, rivers and lakes from pollution. Non point source pollution are the pollutants that come from lots of different places in different quantities. Take for example a parking lot-rain comes and washes the oil that's dripped onto the pavement into streams and river and neighborhoods that fertilize their lawn. If they are over fertilizing it or putting it on right before a rain you can see where we'd have wash off getting those chemicals into the stream(s). It can also be agricultural. If you have cattle over grazing and leaving soil bare you can have soil washing off into the stream(s). The Clean Water Act has had some really good impact on the streams, rivers and lakes. Day to day what can a person do to help the quality of water. Be aware of what you apply to your lawn. Read the instructions carefully. Don't over apply. Plant native plants that are good for the birds and butterflies. Keeping cars maintained so we don't have drips of oil. Picking up your own dog's waste, can affect water pollution by reducing bacteria in the water. Don't put medications in the toilet, save them and take to a household pollutant plant.

**Homeless/  
Housing**

<b>JOY IN OUR TOWN#487</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>04/05/10</b>	<b>10:30AM</b>
					<b>04/06/10</b>	<b>2:30AM</b>
					<b>04/08/10</b>	<b>2:30AM</b>

Host Michelle Gustafson introduces Tim Gowin, Youth Services of Tulsa, street outreach coordinator. Homeless-you think of someone who just live out on the street but it's also couch surfing, living in cars, squatting-living in an abandoned building or a shelter. Causes for being homeless. Many have aged out of the foster care system and some aren't equipped when they leave foster care. They aren't equipped to get a job, rent an apartment...they have social obstacles. Tulsa is in the middle of America so we have a lot of transients coming through. We invite them to the shelter for a hot meal, clean clothes and is free is a huge attraction. We have food and drinks for them as we walk the streets looking for them.

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THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
	<b>JOY IN OUR TOWN#489</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/16/10</b>	<b>12:00PM</b>
						<b>4/19/10</b>	<b>10:30AM</b>
						<b>4/20/10</b>	<b>2:30AM</b>
						<b>4/22/10</b>	<b>2:30AM</b>

Michelle Gustafson interviews Jennifer Barcus-Shafer of Rebuilding Together Tulsa. After the ice storm a lot of making homes safe, secure and weather proof has been done especially. Homes safety for seniors is They are on fixed income so things in the home are overlooked. It's a safety issue. Cooking hazards and the leaky roof with the bucket causes a lot of damage. Dangers to look for: simple things like the less clutter you have the less chance you have of tripping over it. Make sure lights are bright enough. A lot of times seniors try and save money by turning off lights and they trip and fall because it's dark. Using their gas stoves to heat the house with and opening up their ovens to heat their homes with is extremely dangerous. The light could go out and release just gas into the home (fumes) and with open flames clothes can catch fire. Cozy rugs that are cute, unless they are taped down and really secure they can slip and fall on those.

	<b>JOY IN OUR TOWN#492</b>	<b>8:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>5/7/10</b>	<b>12:00PM</b>
						<b>5/10/10</b>	<b>10:30AM</b>
						<b>5/11/10</b>	<b>2:30AM</b>
						<b>5/13/10</b>	<b>2:30AM</b>
						<b>5/20/10</b>	<b>3:00AM</b>

Michelle Gustafson interviews Steve Whitaker, Executive Director, John 3:16 Mission Record numbers of homeless this year. These were people that had a job, a home and just lost it from one bad thing after one bad thing. A lot of people don't handle it well. There's a lot of broken homes and a lot hurt when one becomes homeless. Homelessness has many causes. Sometimes it's character issues like anger-they aren't employable because they have anger issue. Some have addiction problems or a guy is just down on his luck. We are "repairing" if you will these people. They need good character teaching, counseling, practical teaching. A lot of homeless people are uneducated. So education is a real need and concern.

	<b>JOY IN OUR TOWN#493</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>5/14/10</b>	<b>12:00PM</b>
						<b>5/17/10</b>	<b>10:30AM</b>
						<b>5/18/10</b>	<b>2:30AM</b>

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**THE QUARTERLY REPORT**

**Issue/  
Problem**

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Duration**

**\*Topic  
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Duration**

**Source**

**Type**

**Air-Date**

**Time**

**5/20/10**

**2:30AM**

Michelle Gustafson interviews Mack Haltom, Assoc. Director, Tulsa Day Center for the Homeless, Inc. October –December in 2009-250 families were helped, keeping them in housing that they are renting. Many families have lost jobs and are waiting for unemployment to kick in. These are “normal” people who are just going through some tough time. Job loss or sudden hospitalization (hospital bill) causes financial problems. Most homeless are 50% chance of substance abuse and/or mental health as well. I say more like 50% are mental health problems. Some are just out of dept. of corrections and need an I.D. and a job. Many need support: making sure rent is paid, bills are paid and for those chronically homeless they need that support.

**JOY IN OUR TOWN#495**

**28:30**

**13:00**

**L**

**PA/O**

**5/28/10**

**12:00PM**

**5/31/10**

**10:30AM**

**6/01/10**

**2:30AM**

**6/03/10**

**2:30AM**

Michelle Gustafson interviews Naomi Hill, Founder and Lois Bass, Chairman of the Board of Lighthouse Outreach Center in Bartlesville. Bartlesville does have a homeless problem. Since 1992 we’ve served more than 9000 people including transients from other states. They’re not as chronic homeless in Bartlesville as they are in Tulsa. There isn’t just one factor in becoming homeless. Most Americans are one pay check away from being homeless. They live pay day to pay day. Taxes going up, people who have homes/rentals and if only making minimum wage how can they afford it. Domestic abuse and substance abuse is another problem. It’s harder to find work in the Bartlesville area. They need job skills, training, and education. If you had to choose: keep rent and utilities paid. There is always somewhere they can get food and clothing.

**JOY IN OUR TOWN#497**

**28:30**

**13:00**

**L**

**PA/O**

**6/11/10**

**12:00PM**

**6/14/10**

**10:30AM**

**6/15/10**

**2:30AM**

**6/17/10**

**2:30AM**

**6/24/10**

**2:30AM**

Michelle Gustafson interviews Lela Brinlee, Board of Directors, Habitat for Humanity and Gina Elias, Executive Director of Building Bridges and Wanda. Transportation and Housing two biggest areas of concern. One out of two children live in poverty and one out of four seniors live in poverty so we have those who are primarily wealthy and those who are not and a very small, dwindling

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**THE QUARTERLY REPORT**

**Issue/  
Problem**

**Program Title**

**Program  
Duration**

**\*Topic  
Segment  
Duration**

**Source**

**Type**

**Air-Date**

**Time**

middle class. The poor conditions of houses that are available for those in poverty are in poor condition and can have higher utility bills and that adds to the cost of the homes. Weatherize housing makes a difference to reduce the utility costs. You are more apt to take care of something you own. Over 50 homes have been built in Bartlesville and another two homes are being built.

**Health**

<b>JOY IN OUR TOWN#493</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>		
					<b>5/14/10</b>	<b>12:00PM</b>
					<b>5/17/10</b>	<b>10:30AM</b>
					<b>5/18/10</b>	<b>2:30AM</b>
					<b>5/20/10</b>	<b>2:30AM</b>

Host Michelle Gustafson Doug White, President, Stroke Prevention Plus. Number one killer is heart disease, number 2 cancer and number 3 killer is stroke. 25% happen to people under the age of 55. Every ten years after the age of 55 your chance of stroke doubles. Risk factors of stroke: when trying to pick up pencil or trying to get your hand to move that's a symptom. When you lose feeling on the side of your face, when trying to walk, or shading in one eye and it gets clear and foggy over and over, when you have a severe migraine you need to call 9-11. They can give you a drug called TPA within three hours to help reverse the stroke damages. 400,000 people have a stroke every year. The way to prevent stroke is to have screening that shows blockages. It's not necessarily an obese person it can be people who exercise and take care of themselves. Smoking causes a lot of blockages.

<b>JOY IN OUR TOWN#494</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>		
					<b>5/21/10</b>	<b>12:00PM</b>
					<b>5/24/10</b>	<b>10:30AM</b>
					<b>5/25/10</b>	<b>2:30AM</b>
					<b>5/27/10</b>	<b>2:30AM</b>

Michelle Gustafson interviews Christina Newendorp, Development Director, Autism Center of Tulsa Latest figures show 1 in 91 individuals are affected with autism and boys have autism rates that are 3x more than girls. It affects and individuals ability to communicate and relate to others. It's diagnosed as early as 12 months if you and your physician know what signs to look for. 18 months is more common time to be diagnosed. You can look at behaviors and development in communication. Red flags to look for: no language or very little by 18 months, not talking at all is a huge red flag, lack of joint attention skills-do they point or bring something to you to show you?. They notice things but don't know that they have to relate things to you. Extreme sensory sensitivities is part of the disorder also. If you see extremes one way or the other it's cause for concern. Early intervention is critical. Autism is treatable. If you treat it, it can get better and if you don't it can get worse. The earlier the better. Intensive

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## THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
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intervention is key to turning their life around. Treatment: If child under 3, go to SoonerStart and if 3 and older, go to local public school district and they can be tested and get educational services. Diet and nutrition changes and sometimes medicine also.

<b>JOY IN OUR TOWN#499</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/25/10</b>	<b>12:00PM</b>
					<b>6/28/10</b>	<b>10:30AM</b>
					<b>6/29/10</b>	<b>2:30PM</b>

Michelle Gustafson interviews Renetta Harrison, Health Educator, Bartlesville, Washington County Health Dept. Oklahoma is not a pretty picture, as far as health we were 47<sup>th</sup> and went down to 49. The health issues: most is the lifestyle. We need to aim for a healthier lifestyle. A lot of it is the physical activity, nutrition, Tobacco (quitting, never using) but we also have a problem with the inequity-due to lack of distribution to health opportunities due to their social status, or positions that plays into a lot of things in the way of social, economic, ethnicity, genders, disability status, geographic locations. Trying to make healthy choices affordable or at least showing the people how to "save" it because it doesn't last. Most people think they need to buy a gym membership, but the cheapest thing you can do is go out and walk. 1800-quit-now is a smoking cessation. Plan for quitting. Set a date. Do some trials. Reduce one less dip or cigarette a day. Cinnamon can reduce the cravings. Nicotine is the most addictive substance and it is very hard to quit.

<b>The 700 Club #04211</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>4/21/10</b>	<b>2:00PM</b>
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Lori Johnson, CBN News Reporter , says The NCAA's Division 1 Legislative Council voted April 13 to require all athletes to be tested for the sickle cell trait -- no matter their sport, race or gender. The measure now goes to the board of directors and is expected to pass. Sickle cell anemia is a fairly well-known disease, however, sickle cell trait is different. Many people don't even know they have it and can go through life without any symptoms. But combined with rigorous exercise, it can be deadly. Unlike sickle cell anemia where both hemoglobin genes are abnormal and produce mostly dangerous, sickle-shaped blood cells, people with the trait have only one abnormal hemoglobin gene and their blood cells are mostly a healthy, round-shape. But when people with the trait intensely exercise, their round blood cells can take on the sickle shape, become sticky and clog blood vessels. Resting corrects that, returning the cells to their round shape. Complications from sickle cell trait is the number one cause of death for college football players. It's been linked with 10 on-field deaths in the last decade. None were during games, but instead happened during rigorous training. The NCAA recommended member schools test for the trait, but then went one step further and voted to require all Division 1 schools to test athletes for the trait. Currently only 64 percent of colleges screen for the trait and do so voluntarily. Beginning August 1, all athletes in NCAA Division 1 schools will be required to either: Take a blood test to screen for sickle cell trait. Prove they already had the screening. Opt out of the screening by signing a waiver releasing their school of

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## THE QUARTERLY REPORT

Issue/  
Problem

Program Title

Program  
Duration

\*Topic  
Segment  
Duration

Source

Type

Air-Date

Time

any liability. Hospitals in every state screen all newborns for sickle cell trait. Yet, parents often don't read the results of those screenings or forget them when their babies grow up. One in 12 African Americans carry the trait, but people with Spanish, Greek, Italian, Asiatic Indian and Mediterranean ancestry are also affected. While some players never survived sickle trait complications, their deaths raised awareness about the condition that will likely prevent others from suffering the same fate.

<b>The 700 Club #061610</b>	<b>1:00:00</b>	<b>6:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>6/16/10</b>	<b>2:00PM</b>
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Lori Johnson, CBN News Reporter , says if you're trying to eat healthy, perhaps you have heard to stay away from processed foods. While that's great advice, it seems many people are confused about what exactly constitutes processed food. If you can't identify them, it's hard to cut processed foods out of your diet. And although most people know processed foods are bad for them, it's often unclear what makes them so dangerous to a person's health. Remember - processed foods are foods that have been altered from their natural state. Have you ever wondered why a pre-packaged food stays fresh for months, when the same food made from scratch grows moldy in just days? It's because food manufacturers use man-made ingredients that prolong a product's shelf life. Unfortunately, they may have the opposite effect on peoples' health. Trans fats are commonly found in commercially fried food and packaged foods, especially baked goods. But you won't see the phrase, "trans fat" in the list of ingredients. Instead, look for the word, "hydrogenated." And beware of labels claiming no trans fats. They're often still in there, because the Food and Drug Administration allows food with up to a half-gram of trans fat per serving to be labeled "trans fat free." The problem is, those servings can be small so we eat many servings, and those half-grams add-up. Vending machines are often loaded with processed foods. In addition to trans fats, they often contain too much salt, which can cause heart problems and creates a craving for even more salt. Another addictive ingredient you'll find in processed foods is high fructose corn syrup, which is linked to obesity and diabetes. Although high fructose corn syrup manufacturers contend it's nutritionally the same as sugar, others say it's worse. Also on the list are other syrups and sweeteners like dextrose, glucose, lactose and maltose. And speaking of chemical names, here's another one to watch out for: monosodium glutamate, or MSG for short. Food manufacturers like it because it adds flavor. But doctors dislike it because it causes high insulin secretion. Believe it or not, even white flour is a processed food. Its soft texture and mild taste is created by removing the most nutritious parts of the wheat berry, the bran and the germ. The starch leftover is digested too fast in the body and can lead to weight gain, diabetes, heart disease and cancer. By contrast, whole wheat flour includes the entire wheat berry, which is digested slowly, making us feel full longer. Although identifying processed foods and removing them from our diet isn't easy, it may be less troubling than dealing with the health problems they could create

<b>Doctor to Doctor #250</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>4/06/10</b>	<b>11:30AM</b>
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## THE QUARTERLY REPORT

Issue/  
Problem

Program Title

Program  
Duration

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Segment  
Duration

Source

Type

Air-Date

Time

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

<b>Doctor to Doctor #254</b>	<b>28:30</b>	<b>18:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>5/4/10</b>	<b>11:30AM</b>
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**Dr. Gene James** talked about reducing body fat. Extra calories consumed are stored in the body as fat. It's important to reduce the amount of calories being taken in. Exercise, drinking plenty of water and eating more fruits and vegetables can also help. **Dr. Carl Schmidt** talked about the sweetener Stevia. It is 300 times sweeter than sugar and does not have any calories. This sweetener does not have the toxic side effects as artificial sweeteners and does not increase your appetite. **Dr. Shalanda Grey** talked about breast cancer screenings. Mammograms , self-exams and clinical exams are all important tools for detecting breast cancer. It's important to talk to your doctor about our age and family history to determine the best choices.

<b>Doctor to Doctor #255</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>5/11/10</b>	<b>11:30AM</b>
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**Dr. Dino Prato** talked about chronic disease. It's important to think outside of the box and look at what's causing the disease rather than dealing with the symptoms. It's also important to learn about the disease and create a plan to either prevent or reverse it. **Dr. Rick Barrett** talked about how it's important to take care of the spine and spinal cord because it affects the nervous system. The nervous system is responsible for sending signals to all organs and throughout the body. It's important to have the spine checked to make sure everything is functioning properly. **Dr. Terry Overton** talked about knee injuries. The knee is a hinged joint made for stability not mobility. It is often injured depending on the sport. It is important, after an injury, for it to be tested for stability.

<b>Doctor to Doctor #256</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>5/11/10</b>	<b>11:30AM</b>
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**Dr. Caroline Leaf** talked about how your words can impact your mind. Speaking negative or positive words will feedback into your brain and affect the way the brain is wiring itself. We need to be conscious of what we say because negative thoughts can

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THE QUARTERLY REPORT

Issue/  
Problem

Program Title

Program  
Duration

\*Topic  
Segment  
Duration

Source

Type

Air-Date

Time

employment rate is up. Lots of non-residential construction taking place, for instance the BOK center and now the renovated convention center are really big dollars to get into town. Building the nucleus with key entertainment venues is a key to the whole metro area, beyond the city, county and they willingly spend their money here.

<b>JOY IN OUR TOWN#490</b>	<b>8:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/23/10</b>	<b>12:00PM</b>
					<b>4/26/10</b>	<b>10:30AM</b>
					<b>4/27/10</b>	<b>2:30AM</b>
					<b>4/29/10</b>	<b>2:30AM</b>

Michelle Gustafson interviews President, Mickey Thompson, Broken Arrow Chamber of Commerce. Locally we've really seen some of the downturn in the economy and it'll be here for awhile. There is a natural cleansing, business cycle when the economy is tough but it's not something we haven't seen before. The Tulsa/Broken Arrow economy is doing ok; our local businesses are trying to survive. Cutting back doesn't help the economy. People are waiting to see what's going to happen here. There's a certain amount of fear. Risk of inflation and increased taxes. No one knows what's going to happen. Small businesses are generally where job growth comes, more flexible and can react more quickly and don't have the margin where large businesses can adjust. We need to figure out ways to be more competitive to compete with other countries. It's difficult and we need to make it easier for them to compete.

<b>JOY IN OUR TOWN#491</b>	<b>8:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/30/10</b>	<b>12:00PM</b>
					<b>5/03/10</b>	<b>10:30AM</b>
					<b>5/04/10</b>	<b>2:30AM</b>
					<b>5/06/10</b>	<b>2:30AM</b>

Michelle Gustafson interviews Mike McGrew, Ward 2 Councilor City of Bartlesville. We are limited to operation on sales tax and those sales tax revenues are decreasing one reason is because of Internet sales. Oklahoma is a service oriented type state, so there's a lot of labor that's not taxed so that's one source of tax dollars. Trying to find another revenue source. Tulsa got in big trouble because they didn't have a Rainy Day fund for when downturns happened. Eventually they had to reduce personnel. Bartlesville has a 9% reserve fund-we've had to tap 2% and held it at 7. This has kept us from cutting back on city workers, fire, police...no one wants to face what Tulsa is facing. Unemployment federally is 9.7 %, State of OK is 6.5%, Bartlesville is 5.4%.

<b>JOY IN OUR TOWN#495</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>5/28/10</b>	<b>12:00PM</b>
					<b>5/31/10</b>	<b>10:30AM</b>

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**THE QUARTERLY REPORT**

**Issue/  
Problem**

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**Air-Date**

**Time**

**6/01/10 2:30AM  
6/03/10 2:30AM**

Michelle Gustafson interviews Pat Simmons, President-Board of Directors, and Ronda Adkisson, Executive Director, Dress for Success Tulsa Provides business attire to disadvantaged women so they can go out to a job interview. Last year the age range from 30-40 was 23% of total "suitings" of last year; from 40 and above was 29% of our numbers from last year. You can see the midlife-age range increasing strongly. I do think that has to do with the economy. Ladies are finding themselves in a disadvantaged position. Husbands have lost their jobs, or divorce or other reasons, the economy is pressuring families and they are really struggling. 24% of the women served don't have a high school diploma and the demand for skill set is prevalent and if they are going to pursue economic increase they need to be educated.

**JOY IN OUR TOWN#498 28:30 13:00 L PA/O 6/18/10 12:00PM  
6/21/10 10:30AM  
6/22/10 2:30AM  
6/24/10 2:30AM**

Michelle Gustafson interviews Representative Steve Martin, (R) District 10, Bartlesville and he represents Osage, Nowata and Washington County. Nowata is one of the poorest counties in Oklahoma and Washington County is one of the most prosperous. Nowata needs more of his attention, county road situations so money to maintain those roads is naturally scarce. The people are living in (as far as the roads are concerned) substandard (not really safe) but we have budget problems right now so it's difficult to come up with the funds. A solution is to move some funds from "special funds" to the road situation but even so we'll still have some problems. Session runs from February to May and in that session we adopt a budget that begins July 1 and ends the next year June 30<sup>th</sup>. The equalization board tells us how much money we have to spend and 5% goes into the "Rainy Day Fund". Unfortunately for 2010, we guessed wrong. 2009 we limped by even though revenues were down but 2010 Budget we didn't have the revenues we thought we were going to have so agencies began to be cut and they were cut across the board (7.5%) but not as much as the reduction budget. We had the Rainy Day Fund and used it in core areas: Public Safety, health care, transportation, and education.

**Family**

**JOY IN OUR TOWN#488 28:30 13:00 L PA/O 4/09/10 12:00PM  
4/12/10 10:30AM  
4/13/10 2:30AM**

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**THE QUARTERLY REPORT**

**Issue/  
Problem**

**Program Title**

**Program  
Duration**

**\*Topic  
Segment  
Duration**

**Source**

**Type**

**Air-Date**

**Time**

**4/25/10**

**2:30AM**

Host Michelle Gustafson interviews Sasha Townsend Mrs. Tulsa America 2010. Marriage education and marriage enrichment and helping kids who've been through divorce and family changes. Adults think kids are resilient they'll be fine after divorce or traumatic event in their life. Kids don't have a "support system" like adults do. They keep it all inside. Couples can learn to fall in love again. Oklahoma is the 2<sup>nd</sup> highest in the nation for divorce. Learn how to communicate well and nurture the friendship. Act lovingly when you don't feel like acting lovingly. Associate your partner with positive things. Buy her flowers even if you don't think she deserves the.

**JOY IN OUR TOWN#489**

**28:30**

**13:00**

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**4/16/10**

**12:00PM**

**4/19/10**

**10:30AM**

**4/20/10**

**2:30AM**

**4/22/10**

**2:30AM**

Michelle Gustafson interviews Monica Epperson, Author/Founder Blended Love, Inc. 50% of children will go through multiple divorces, it's such a trend. One million every year are going thru a divorce. And dealing with "change". It's hard for adults to deal with much less a child. Let's equip them with strategies to deal with these changes. Children are not resilient. They are just like us (adults). They'll carry defense mechanisms with them and it'll ruin relationships. 50% of children of divorce will get divorced themselves and that number is rising. We are seeing a huge increase in generation x and y explode with divorce. They psychological. effects of divorce are greater on a child than divorce. If you are divorcing/separating, get on a schedule as fast as you can. Encourage the children and parent to journal. 25% increase in the immune system through writing. Children of divorce are more likely to have health issues. Sit down and have a writing time and have that experience.

**JOY IN OUR TOWN#483**

**28:30**

**13:00**

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**4/23/10**

**12:00PM**

**4/26/10**

**10:30AM**

**4/27/10**

**2:30AM**

**4/29/10**

**2:30AM**

Michelle Gustafson interviews Steve Hahn, MS, Family & Children's Services. Fifty percent of Oklahoma marriages end in divorce. Communications. Couples enter in ineffective communication patterns all of the time. Escalation is when you go back and forth over a topic, spinning your wheels and not getting anywhere. One of the biggest things people argue is about is money. Arguments-people aren't listening to the other person; They are forming their own opinion and plan. Withdraw is another way of

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## THE QUARTERLY REPORT

Issue/  
Problem

Program Title

Program  
Duration

\*Topic  
Segment  
Duration

Source

Type

Air-Date

Time

ineffective communication. Men go in their cave and women escalate (typically). The woman is more aggressive as she sees her husband withdrawing. Men can focus on one or two things at a time and women can bring in other things into the argument. Effective communication skill that men can use is a "time out". People need a minimum of 30 minutes to calm down-the chemicals in their brain. Don't take a time out for more than 24 hrs. You need to address the problem. Think about your partner's perspective on an issue. Negative interpretation/spin on things. It's a hard habit to break thinking the worst of the other person. Invalidation-putting the other person down. How they look, how they act, how they parent-especially if it's in front of a group of people. It takes 20 positive affirming to deal with one negative word. Speaker/Listening technique-use this when you get stuck on an issue.

<b>JOY IN OUR TOWN#494</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>5/21/10</b>	<b>12:00PM</b>
					<b>5/24/10</b>	<b>10:30AM</b>
					<b>5/25/10</b>	<b>2:30AM</b>
					<b>5/27/10</b>	<b>2:30AM</b>

Michelle Gustafson interviews Kathy Lee of Loving Roots Ministries and Dani Echols and Cathy Echols about teen pregnancy. 14 year decline in but in 2007 teen pregnancy there's been an incline. 18-19 has the highest increase but ages 15-16 still prevalent. Sixteen years old and younger can get pregnant. They think they can't get pregnant. There is a misconception about pregnancy. Education starts at home. If you don't have those talks at home, they'll get it over the Internet. Encouraging teens to "stay a teen" is a push right now out there. It's a fun time and have the "adult time" later in life.

<b>JOY IN OUR TOWN#496</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/04/10</b>	<b>12:00PM</b>
					<b>6/07/10</b>	<b>10:30AM</b>
					<b>6/08/10</b>	<b>2:30AM</b>
					<b>6/10/10</b>	<b>2:30AM</b>

Michelle Gustafson interviews Tonia Caselman, MSW, Asst. Professor, OU-Tulsa. Playing board games benefits the development of your child(ren). We've lost the "art" of playing board games in today's society because of all the electronic games out there. They are solidarity for the most part but board games can bring the entire family together. Family time is so important to a child's social and emotional development. Singles parents are so busy they can miss this opportunity. Sharing outdoor activities, going places together, sharing a movie-all help a child feel like they have easy access to a parent. Parents and children forget to enjoy each other. Games help a child learn how to be a good loser, how to play fair, how to negotiate-they learn fabulous life skills as well! Anger management, impulse controls are all things a child can learn.

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THE QUARTERLY REPORT

<u>Issue/ Problem</u>	<u>Program Title</u>	<u>Program Duration</u>	<u>*Topic Segment Duration</u>	<u>Source</u>	<u>Type</u>	<u>Air-Date</u>	<u>Time</u>
<b><u>Civic Affairs</u></b>	<b>JOY IN OUR TOWN#491</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>4/30/10</b>	<b>12:00PM</b>
						<b>5/03/10</b>	<b>10:30AM</b>
						<b>5/04/10</b>	<b>2:30AM</b>
						<b>5/06/10</b>	<b>2:30AM</b>

Michelle Gustafson interviews Mike McGrew, Ward 2 Councilor, City of Bartlesville. We have a council city manager form of government. They council is the final authority and they make the decisions. We have a charter review committee going on right now and one of the issues we're dealing with is where this is going with how the city government is set up. What infrastructure do we need and looking at developing the city in a progressive way. Working on bringing tax dollars to the city by tourism and creating a bid for the American Legion World Series.

<b>JOY IN OUR TOWN#497</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/11/10</b>	<b>12:00PM</b>
					<b>6/14/10</b>	<b>10:30AM</b>
					<b>6/15/10</b>	<b>2:30AM</b>
					<b>6/17/10</b>	<b>2:30AM</b>
					<b>6/24/10</b>	<b>2:30AM</b>

Michelle Gustafson interviews Bob Walker, Mayor, City of Sand Springs and Doug Enveoldsen, City Manager. By charter the mayor is elected every year, every year two seats turn over and every May the Council can change. The City Manager is really the CEO of the city. The City Council sets policy and the City Mgr. oversees it. The recession has made it challenging balancing the budget. The city is basically "living within its means", belt tightening rather than raising taxes. The main source of revenue is sales tax like most cities. Alternative financing sources are needed and we believe in "local control" so we're hoping legislation can be modified and updated to aid in economic growth.

<b>JOY IN OUR TOWN# 498</b>	<b>28:30</b>	<b>13:00</b>	<b>L</b>	<b>PA/O</b>	<b>6/18/10</b>	<b>12:00PM</b>
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					<b>6/22/10</b>	<b>2:30AM</b>
					<b>6/24/10</b>	<b>2:30AM</b>

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**THE QUARTERLY REPORT**

<u><b>Issue/ Problem</b></u>	<u><b>Program Title</b></u>	<u><b>Program Duration</b></u>	<u><b>*Topic Segment Duration</b></u>	<u><b>Source</b></u>	<u><b>Type</b></u>	<u><b>Air-Date</b></u>	<u><b>Time</b></u>
	<p>Michelle Gustafson interviews Representative Steve Martin, (R) District 10, Bartlesville. In 2004 there was a wind of change in the party in Oklahoma. There was a slight more conservative trend and majority party that wanted were term-limited out so that causes the change in the majority in the Oklahoma House of Representative. There were 39 out of 101 Representatives in Rep. Martin's freshmen class. Another phenomena term limits bring is a loss of institutional memory and loss of experience. In the old days if you had 10-12 years experience you were just getting started and now you only can serve 2 more years. The average of experience, 76% of the House of Rep. have 6 yrs. experience or less and at the end of this session that % will go up because people are term limited out. I think the secret to term limits is having the right number of years, Arkansas has six years of term experience but I think Oklahoma with 12 years is just about right and I think that's a good number. And then serving in an election year is a different experience also. This year we don't have money to fight over.</p>						
<b>Roll in Clip</b>	<b>JOY IN OUR TOWN</b>	<b>28:30</b>	<b>:30</b>	<b>L</b>	<b>PA/O</b>	<b>04/12/10</b>	<b>10:30AM</b>
						<b>04/15/10</b>	<b>2:30AM</b>
						<b>04/16/10</b>	<b>12:00PM</b>
						<b>04/19/10</b>	<b>10:30AM</b>
						<b>04/30/10</b>	<b>12:00PM</b>
						<b>05/03/10</b>	<b>10:30AM</b>
						<b>05/14/10</b>	<b>12:00PM</b>
						<b>05/18/10</b>	<b>2:30AM</b>
						<b>05/28/10</b>	<b>12:00PM</b>

Roll in clip of car accidents. Every wreck has a story; you are the authority of yours. It's more than just the law. The Oklahoma Highway Department's Officer Timmons encourages Oklahomans to Buckle up. Truck-OK highway.

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