

# **Trinity Broadcasting Network**

*WDLI-TV*

*Canton, Ohio*

***January, February, March 2010***

*Eastern Time*

## **Leading Community Issues**

*Economy*

*Youth*

*Substance Abuse*

*Health*

*Housing*

*Civic Affairs*

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy In Our Town # 1459	28:45	13:30	L	PA/O	01/25/2010	11:30 AM
						01/26/2010	3:30 AM
						01/28/2010	3:30 AM
						01/29/2010	1:00 PM
						01/30/2010	3:30 AM
						02/04/2010	4:00 AM

Planning is the key to financial success especially in today's economy. Veronica Callahan, Executive Director of the Family Economic Success Program, says that a person who tracks their spending for one month will find an area where they could save money. Many people are shocked to see that the little expenses, such as buying a daily cup of coffee on their way to work, can really add up. Budgeting is a simple way to balance monthly income against monthly living expenses. Individuals as well as families that follow a monthly budget plan are better able to save money for unexpected expenses.

Joy In Our Town # 1459	28:45	13:30	L	PA/O	01/25/2010	11:30 AM
					01/26/2010	3:30 AM
					01/28/2010	3:30 AM
					01/29/2010	1:00 PM
					01/30/2010	3:30 AM
					02/04/2010	4:00 AM

Everyone that has income must file a federal tax return to either pay the taxes due or to receive a refund for overpaid taxes. Veronica Callahan, Executive Director of the Family Economic Success Program, said that thousands of dollars of Earned Income Tax Credit monies are unclaimed each year. Many people who prepare their own taxes are either unaware of or uneducated on some the tax credits that are available. The 2009 tax year, through the help of the American Recovery and Reinvestment Act, has a lot to offer folks that have made energy improvements to their homes as well as those who have education expenses. Various programs are available for low to moderate income taxpayers that will prepare and file their tax returns for free.

Joy In Our Town # 1460	28:45	13:30	L	PA/O	02/01/2010	11:30 AM
					02/02/2010	3:30 AM
					02/04/2010	3:30 AM
					02/05/2010	1:00 PM
					02/06/2010	3:30 AM

Stress, anxiety and anger are common emotions that accompany hard economic times. Gretchen Shearer, Early Childhood Mental Health Consultant for Stark County Childhood Resiliency Project, talked about the effects that the economy can have on the entire family. Parents tend to want to protect their children by not talking to them about the job loss or the financial crisis that has affected the family. Parents find it stressful during this time to tell children that they cannot engage in some school activities that require fees because the budget does not allow for it. It is important for families to have age appropriate conversations with their children to make them aware of current situation and to assure them that they not the reason that daddy or mommy is upset or sad.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy In Our Town # 1462	28:45	13:30	L	PA/O	02/15/2010	11:30 AM
						02/16/2010	3:30 AM
						02/18/2010	3:30 AM
						02/19/2010	1:00 PM
						02/20/2010	3:30 AM

Several years ago the Canton Chamber of Commerce realized that a lot of young people were leaving the area; some were in search of career opportunities and others felt like Canton had nothing recreational to offer. Aimee Belden, Director of ystark!, talked about the need to retain young people in the area. Young people play an important role in the economic future of their community. They are technologically more advanced than their elders and bring with them fresh ideas for economic development and new programs that will attract others to the area as well.

	Joy In Our Town # 1463	28:45	13:30	L	PA/O	02/22/2010	11:30 AM
						02/23/2010	3:30 AM
						02/25/2010	3:30 AM
						02/26/2010	1:00 PM
						02/27/2010	3:30 AM

Social Security was established to help citizens meet their basic needs upon retirement. Robert Fenn, Public Affairs Specialist for the Social Security Administration, shared the history of the Social Security Administration as well as some of the changes that have occurred in the past 75 years. Everyone that works pays social security tax and earns credits that qualify them for benefits. Benefits could include a monthly stipend upon retirement or disability and medical coverage. Benefits may also be transferred to family members upon death of the individual that the credit.

## Youth

	Joy In Our Town # 1420	28:45	13:30	L	PA/O	01/08/2010	1:00 PM
						01/09/2010	3:30 AM
						01/11/2010	11:30 AM
						01/12/2010	3:30 AM
						01/14/2010	3:30 AM
						01/15/2010	1:00 PM
						01/16/2010	3:30 AM

Childhood obesity is a disease that can be controlled, yet it is out of proportion. Marcella Martell, Registered Dietitian at Aultman Hospital, says that children cannot make healthy food choices if their parents do not bring healthy foods into the home. A lot of things such as not living in safe neighborhoods where they can go out and play, and the over use of computers and video games as well as watching too much television have contributed to the childhood obesity problem. Young people are also drinking too many sugary drinks such as sodas, fruit drinks and sports drinks. Children need water and milk and fruits and vegetables as well as role models to help them battle obesity.

	Joy In Our Town # 1458	28:45	13:30	L	PA/O	01/18/2010	11:30 AM
						01/19/2010	3:30 AM
						01/21/2010	3:30 AM
						01/22/2010	1:00 PM
						01/23/2010	3:30 AM

Aggressive behavior among children is a growing concern. Susan Lowery O'Connell, Early Childhood Mental Health Coordinator at the Mental Health and Recovery Services Board of Stark County, says that very young children use aggression as a means of communicating, not necessarily because they are aggressive. Children who have untreated conditions such as attention deficit hyperactivity disorder will often display aggressiveness. Aggressive children tend to not develop friendships and have poor grades and are likely to abuse substances as they get older. Parents, caregivers and teachers need to teach children at a young age that aggressive behaviors will not be tolerated.

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	Joy In Our Town # 1461	28:45	13:30	L	PA/O	02/08/2010 02/09/2010 02/11/2010 02/12/2010 02/13/2010	11:30 AM 3:30 AM 3:30 AM 1:00 PM 3:30 AM

David Truax, CEO and Scout Executive for the Buckeye Council of the Boy Scouts of America, said that scouting in the early days was just an opportunity to get a group of kids together in a different environment for socialization and fun. Boy scouts today are taught leadership skills and values that remain with them throughout their life. Kids that are actively involved in scouting are more likely to be leaders in their schools and their communities.

	Joy In Our Town # 1467	28:45	13:00	L	PA/O	03/29/2010	11:30 AM
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Many children today are being raised by their mothers in single parent homes. Darrick Griffin, Preventative Specialist for Urban Ounce of Prevention Services, Inc., tells that young men need the positive influence of another male, particularly their father. Children that do not have father figures are more likely to get involved with alcohol and tobacco and other drugs. Alexander Cagle, Program Coordinator, teaches kids how to deal with violence and avoid alcohol and other drugs. Most kids when aware of dangers will make positive decisions. Evaughn Cagle, Executive Director, says that when kids are involved in positive activities they achieve better grades in school and become leaders in their community.

	700 Club CBN NewsWatch #031010	1:00:00	5:00	REC	PA/O/E	3/10/2010	3:00 PM
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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 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.

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**Substance Abuse**

About every 45 minutes another person is killed due to the recklessness of a drunk driver. Andrew Hayes attended college on a full academic scholarship and graduated with honors earning a master's degree and had a promising career yet today he cannot gain employment because of his decision to get into his car and drive after drinking alcohol. Although there were no fatalities as a result of his recklessness, the felony conviction ended his career. His goal as a Motivational Speaker for SelfHope is to teach high school and college students about the 'perils and by-products of drinking and driving' by sharing his life story. He ensures students that they don't need to test the waters as he has already done that for them.

	Joy In Our Town # 1462	28:45	13:30	L	PA/O	02/15/2010 02/16/2010 02/18/2010 02/19/2010 02/20/2010	11:30 AM 3:30 AM 3:30 AM 1:00 PM 3:30 AM
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Abbas Sadeghian, Clinical Neuropsychologist for Aultman Hospital, tells that a person usually drinks alcohol to alleviate pain, whether physical, emotional or psychologically. Dependency is the idea that a person has to have alcohol and will do anything to get it. As the addiction progresses the amount of alcohol needed to achieve that 'high' increases. A person has reached the stage of full blow alcoholism when they begin to experience blackouts; they fall asleep after consuming large quantities of alcohol and when they wake they don't remember what happened. The problem with alcoholism is that there is no cure and despite the number of treatment programs available many people will lose their careers, family and life before reaching out for help.

	Joy In Our Town # 1466	28:45	13:30	L	PA/O	03/20/2010 03/22/2010 03/23/2010 03/25/2010	3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Lynette Blasiman, Chair of the Stark County Fetal Alcohol Spectrum Disorder, says that FASD is a type of irreversible brain damage that is caused by the mother consuming alcohol during pregnancy. FASD can cause a baby to have a number of problems including low birth weight, failure to thrive after birth as well as learning difficulties. FASD can affect the fetus at any time during pregnancy; there is no safe time or amount of alcohol that can be consumed. The most effective way to prevent FASD is to not drink even a single drop during pregnancy. Lynette says the most frustrating thing about FASD is that it is 100% preventable.

	Joy In Our Town # 1466	28:45	13:30	L	PA/O	03/20/2010 03/22/2010 03/23/2010 03/25/2010	3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Theresa Carroll Anders, Clinical Programs Director at Renew Counseling and Recovery Center, works with women who have an addiction to alcohol or substances. Most often they begin using alcohol or drugs as a way to cope with a stressful or traumatic event in their lives. This becomes a huge problem when they have moved past that stressful situation however they are still using the substance. Overcoming the addiction is a difficult thing to do alone; many need to stay at a residential treatment facility. Support groups are a very vital piece of staying clean and sober.

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy In Our Town # 1450	28:45	13:30	L	PA/O	03/26/2010 03/27/2010	1:00 PM 3:30 AM

Sergeant John Oliver of the Stark County Metropolitan Narcotics Agency says that although substance abuse is constant, the drug of choice changes with time and the economy. Marijuana has been and remains very popular in our country. Emergency rooms are treating more patients for complications connected to mixing other drugs or alcohol with the cocaine they ingested. Heroin use, a very dangerous drug, and prescription drug abuse is on the rise. Drug awareness is necessary for both parents and children as a way to identify the symptoms of substance abuse as well as preventative measures.

## Health

	Joy In Our Town # 1457	28:45	13:00	L	PA/O	01/01/2010 01/02/2010 01/04/2010 01/05/2010 01/07/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Carla Norwood, Public Health Nurse at the Akron City Health Department, was on this segment to bring awareness of the H1N1 vaccine. At the onset of the H1N1 virus outbreak it was imperative that target groups such as young children and seniors and people with chronic medical condition get the vaccine first. As of the mid December the vaccine was open to anyone who was interested in becoming protected from the virus. Some people are still not getting the vaccine especially African Americans. Some people have a fear of needles while others are unsure of the side effects from the vaccine. Carla talked about the two formulas used to administer the vaccine as well as the possible side effects which are minimal.

	Joy In Our Town # 1420	28:45	13:00	L	PA/O	01/08/2010 01/09/2010 01/11/2010 01/12/2010 01/14/2010 01/15/2010 01/16/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM 1:00 PM 3:30 AM
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Calcium cannot be absorbed and utilized by the body properly without vitamin D. Marcella Martell, Registered Dietitian at Aultman Health Foundation, talked about calcium needs on this segment. Everyone should have about 1200mg of calcium and between 400 – 800 IU (international units) of vitamin D daily. Our primary source of calcium can be found in milk products. Other great sources of calcium are dark green leafy vegetables and fish with soft bones. Studies have shown that a diet rich in calcium can help lower blood pressure and enable people to lose weight as well as maintain weight. Our greatest source of vitamin D is obtained by exposure to sunlight. For most people 15-20 minutes of sunlight a day is sufficient.

	Joy In Our Town # 1458	28:45	13:30	L	PA/O	01/18/2010 01/19/2010 01/21/2010 01/22/2010 01/23/2010	11:30 AM 3:30 AM 3:30 AM 1:00 PM 3:30 AM
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Cheryl Sadler, Ph.D. and volunteer for the American Heart Association, says that a person who has an elevated blood pressure has an increased risk of having a stroke. A stroke occurs when a blood clot develops within the blood vessel causing blockage and depriving the brain of oxygen. A blood clot can form due to blood itself or fat plaque in the blood. Eating a well balanced diet consisting of fruits and vegetables and low fat foods as well as exercise and yearly medical exams can decrease the risk of having a stroke. Hospitals are treating patients that display stroke symptoms quickly, as they do heart attack victims and as a result are seeing better recovery rates.

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						02/13/2010	3:30 AM
						02/18/2010	4:00 AM

Felicia Johnson, Podiatrist at Dynamic Foot Care, says that although everyone should take care of their feet it is vitally important for diabetics. Improperly fitting shoes can cause calluses and pressure point redness that could become infected and lead to serious health risks for diabetics. Diabetes affects all the systems in the body. Due to poor circulation diabetics heal at a slower rate than the average person. The lengthy healing time is an open door for an infection to set in, which requires additional healing time. Diabetics should not try to self treat their wounds because improper care could lead to infection and/or amputation of the foot.

Joy In Our Town # 1467	28:45	13:30	L	PA/O	03/29/2010	11:30 AM
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Maintaining weight loss is even more important than the weight loss itself. Rose Franklin, Team Coordinator and Alphonso Drone, Team Captain of Temple Maintenance Support Group, both shared tips on the importance of losing weight and how to maintain the weight loss. Eating a healthy diet consisting of low fats, plenty of fruits and vegetables combined with physical activity most days of the week is the most effective way to lose weight. As a result of replacing high fat beef with low fat turkey in recipes and using portion control as well as eating more whole grains Alphonso has reversed some of his health problems and reduced his dependency upon medications significantly.

Doctor to Doctor #244	28:30	28:30	L/REC	PA/O/E	02/09/2010	12:30 PM
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**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.

Doctor to Doctor #249	28:30	28:30	L/REC	PA/O/E	03/23/2010	12:30 PM
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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 healthy 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.

700 Club CBN NewWatch #031710	1:00:00	5:00	REC	PA/O/E	3/17/2010	3:00 PM
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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

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the big fish. So the fish at the top When choosing tuna, canned light tuna - which is the darker, cheaper variety - is low in mercury, and can be eaten twice weekly. But white tuna, albacore or sushi tuna, has more mercury and should be eaten no more than once a week for the high-risk groups. But what about the mercury in fish you catch in your local lake or river? If there's reason for concern, health departments will post signs on the banks of certain waterways, warning fishermen to be careful when eating fish caught there. Most state health departments will also post warnings about specific waterways on their Web page. If you are uncertain, play it safe and eat only one meal a week of fish you catch and no other fish during that week. In addition to eating fish, many of us are also exposed to mercury here at the dentist's office when we get a filling. Amalgam fillings, also known as silver fillings, contain 50 percent mercury. But don't panic if you have them. The American Dental Association and the Food and Drug Administration say it's safe. So watch out if your dentist suggests replacing your silver fillings because of the mercury. Some vaccines contain mercury, but not nearly as many as in the past. Years ago, mercury was common as a preservative in vaccines. But it is largely gone now. Many parents believe mercury in vaccines causes autism. So mercury is a poison that is part of our daily lives, such as in fish, dental fillings and vaccines. But it's important to separate fact from fear.

Doctor to Doctor #239		28:30	28:30	REC	PA/O/E	01/05/2010	12:30 PM
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**Dr. Caroline Leaf** talked about how emotions can impact the body. The body and the mind are interlinked. A person can become physically ill because they are overwhelmed and can't think straight. Suppressed emotions can come out emotionally, physically and behaviorally. It is important to deal with our emotions as they come to our attention. **Dr. Michael Tick** talked about Transdermal Infusion. It's important to get the root of health problems rather than treat the symptoms. The skin is connected to all vital components of the body. By using the skin, we can see which organs are having a problem and then apply herbs directly to the skin. **Dr. Denise Brady** talked about oral health. Healthy gums should be pale pink in color. Symptoms of unhealthy gum could be bleeding when flossing for more than a week and bad odor. The number one cause of gum disease is the level of good and bad bacteria in the mouth are out of balance. This can also lead to other problems like heart disease. It's important to your dentist twice a year.

Doctor to Doctor #240		28:30	28:30	REC	PA/O/E	01/12/2010	12:30 PM
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**Dr. Dale Peterson** talked about high fructose corn syrup and the claims made about it. It is not naturally made because it is no where found in nature. It is ok in moderation but moderation is no more than 32 grams of sweeteners per day. There are no studies showing the long term affects of it. People should avoid it and other sweeteners. **Dr. Ace Anglin** talked about bunions being a deformity that happens in about 30% of people. It most often is a problem for women because of narrow length and high heels. It's important to wear proper shoes. Rest, ice, compression and elevation can help manage bunion pain. **Dr. Robert Gear** talked about Spinal Degeneration which happens in three phases. Phase one the alignment of the spin is altered but the disc space remains the same. Phase two alignment continues to deteriorate and disc space it narrowed. Phase three joint space is no longer visualized. Prevention is recommended but sometimes surgery is required.

Doctor to Doctor #241		28:30	28:30	REC	PA/O/E	01/19/2010	12:30 PM
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**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.

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Doctor to Doctor #242		28:30	28:30	REC	PA/O/E	01/26/2010	12:30 PM
<p><b>Dr. Lavert Robertson</b> 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. <b>Dr. Randall Sapp</b> 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. <b>Dr. Amando Pineda</b> talked about stress. The body was meant to endure stress by producing Cortizone 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.</p>							
Doctor to Doctor #243		28:30	28:30	REC	PA/O/E	02/02/2010	12:30 PM
<p><b>Dr. Rita Hancock</b> 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. <b>Dr. Martin Finkelstein</b> 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. <b>Dr. Bettye Alston</b> 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.</p>							
Doctor to Doctor #245		28:30	28:30	REC	PA/O/E	02/16/2010	12:30 PM
<p><b>Dr. Mark &amp; Kathleen Brown</b> 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. <b>Dr. Scott Farhart</b> 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. <b>Dr. Craig Travis</b> 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.</p>							
Doctor to Doctor #246		28:30	28:30	REC	PA/O/E	02/23/2010	12:30 PM
<p><b>Dr. Gene James</b> 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. <b>Dr. Dale Peterson</b> 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. <b>Dr. Ace Anglin</b> 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.</p>							
Doctor to Doctor #247		28:30	28:30	REC	PA/O/E	03/09/2010	12:30 PM
<p><b>Dr. Eric Braverman</b> 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. <b>Dr. Dino Prato</b> 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,</p>							

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
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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.

Doctor to Doctor #248		28:30	28:30	REC	PA/O/E	03/16/2010	12:30 PM
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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.

### Housing

Joy In Our Town # 1463		28:45	13:30	L	PA/O	02/22/2010	11:30 AM
						02/23/2010	3:30 AM
						02/25/2010	3:30 AM
						02/26/2010	1:00 PM
						02/27/2010	3:30 AM

There is a great need for affordable housing in Stark County. Stark Metropolitan Housing Authority offers cluster housing, scattered site housing and section eight housing voucher programs to low income residents of Stark County. Michael Williams, Executive Director, says that the economy has increased the need for housing assistance programs. SMHA has an occupancy rate in excess of 98%, the highest he has ever seen. Applicants for the housing assistance programs wait sometimes up to a year before they can be placed. Due to the excessive number of families on the waiting list, SMHA had to stop accepting applications.

Joy In Our Town # 1464		28:45	13:30	L	PA/O	03/08/2010	11:30 AM
						03/12/2010	1:00 PM

Bradley Payne, Senior Single Family Housing Specialist and Douglas Shelby, Field Office Director for the Cleveland U.S. Department of Housing and Urban Development, were on this segment to discuss reverse mortgages. Many seniors live in a situation that Doug calls "house rich and cash poor", meaning their houses have a lot of equity but they are struggling financially. Equity is the difference between what is owed on a house and the house's market value. Reverse mortgages provide folks with capital that they can use to at their discretion to make home improvements or simply live from day to day. All those interested in reverse mortgage are required to have counseling prior to making their application.

Joy In Our Town # 1464		28:45	13:00	L	PA/O	03/08/2010	11:30 AM
						03/12/2010	1:00 PM

Northern Ohio has seen a spike in foreclosures due to subprime or predatory loans as well as economic downturn. Douglas Shelby, Field Office Director for the Cleveland U.S. Department of Housing and Urban Development, talked about the number of programs available to help homeowners who are facing foreclosure. Bradley Payne, Senior Single Family Housing Specialist, says that the first thing a home owner can do if they cannot make their mortgage payment is to contact their lender: Most people do exactly the opposite. It is in the best interest of both the lender and the owner to make arrangement that will keep foreclosure from taking place.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy In Our Town # 1465	28:45	13:30	L	PA/O	03/19/2010 03/29/2010	1:00 PM 12:00 PM

Jayhue Murdock, Executive Director of Stark County Out of Poverty Partnership (SCOPP), says that with the combination of low interest rates and tax credits now is a great time to purchase a house. Credit scores, down payments and home maintenance are just a few of the things that potential homeowners must consider. Home ownership has great benefits for a family. Children that are raised in family-owned homes are more likely to excel academically.

	Joy In Our Town # 1465	28:45	13:30	L	PA/O	03/19/2010 03/29/2010	1:00 PM 12:00 PM
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Jayhue Murdock, Executive Director of Stark County Out of Poverty Partnership (SCOPP), says that the city of Canton has a large foreclosure rate. There are many reasons for the increase in foreclosure; many homeowners were victims of adjustable rate mortgages. As the adjustable rate mortgages began the resetting phase homeowners were facing mortgage payments that were sometimes triple the original mortgage payment. Jay told that home buyers need to be better educated on the terms in their mortgage contract before they sign on the dotted line. As soon as a person is aware that they will have difficulty making their mortgage payment they need to contact the lender or a certified counseling agency for advice. Many times lenders are willing to work with the home owner to avoid foreclosure.

### *Civic Affairs*

	Joy In Our Town # 1457	28:45	13:30	L	PA/O	01/01/2010 01/02/2010 01/04/2010 01/05/2010 01/07/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Health departments for have numerous responsibilities aside from providing health services to the public. Thomas Quade, Interim Director of Health for the Akron City Health Department, talked about the possibility of consolidating Summit County's three health districts. The consolidation would benefit the city of Akron who, like many other cities, is going through financial difficulties. The consolidation would not mean a takeover or downsizing of the health departments but more so a consolidation of resources. The ultimate plan is to collaborate with community agencies such as hospitals, schools, and faith based organizations to develop a system of prevention care management as opposed to disease management.

	Joy In Our Town # 1450	28:45	13:30	L	PA/O	03/26/2010 03/27/2010	1:00 PM 3:30 AM
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Summit County Sheriff Drew Alexander talked about some of the current problems in our community. Mental illness and violent crimes are a huge problem in our community. Many people have alcohol and drug induced mental illness. This uncontrolled mental illness usually lands a person in jails which do little or nothing to correct the problem. Young people who have little or no supervision at home that become problematic are sent to prison only to return to society more educated in how to do unlawful things. The Sheriff's Office has programs for our two most vulnerable groups – youth and seniors. Educating young people about such things as gang activity, alcohol and drug resistance and the how law enforcement works can have a huge impact on the decisions they make later in life.

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

# **Trinity Broadcasting Network**

***WDLI-TV***

***Canton, Ohio***

***April, May, June 2010***

*Eastern Time*

## **Leading Community Issues**

*Crime*

*Health*

*Education*

*Economy*

*Family*

*Civic Affairs*

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy In Our Town #1429	28:45	13:30	L	PA/O	04/19/2010 04/20/2010 04/22/2010	11:30 AM 3:30 AM 3:30 AM

**Crime**

Chief Deputy Rick Perez of the Stark County Sheriff's Office talked about how technology has changed the way crimes are solved and how police officers are protected while on duty. Today's police officers are able to retrieve a suspect's background through the internet displaying results faster than 35 years ago. Dash cams, in-car video cameras, have helped tremendously in documentation of criminal activity as well as defending a police officer who has had a complaint filed upon him for misconduct. Mask batons and OC spray are non-lethal ways to subdue an aggressive suspect. Cell phones and stationary cameras at businesses have become very useful tools for investigators to solve crimes. DNA and fingerprinting tools at Stark County's crime lab has been very instrumental in solving cases that have occurred 10 to 15 years prior.

Joy In Our Town #1472	28:45	13:00	L	PA/O	05/07/2010 05/08/2010 05/10/2010 05/11/2010 05/13/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Michael Paris, President of the Better Business Bureau, reports that springtime brings along the possibility of thunderstorms, tornados and hail storms that can damage our homes. During this season, especially following severe storms, scammers present themselves to homeowners offering to make repairs. These dishonest companies usually leave the job unfinished or give estimates that are not typical of that industry or some collect monies and do absolutely no work. The elderly populations are less likely to climb on their roof to investigate the damage so they often fall victim to roofing scammers. Driveway sealant scams also tend to occur more frequently in the springtime. To avoid becoming a victim of a scam homeowners should only deal with local companies that they contact and they should get more than one estimate for any repairs that need done on their home.

Joy In Our Town #1473	28:45	13:30	L	PA/O	05/14/2010 05/15/2010 05/18/2010 05/20/2010 05/24/2010	1:00 PM 3:30 AM 3:30 AM 3:30 AM 11:30 AM
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The financial industry loses millions of dollars each year as a result of scams. Terrence Sullivan, U.S. Postal Inspector, shared information with viewers about work-at-home schemes. Scammers target stay at home moms, recently unemployed individuals as well as retirees. These groups are usually at a very vulnerable time in their life and are looking for an easy way to earn extra dollars. The two most popular schemes are "re-shipping" and "mystery shopping" jobs; both require the consumer to deposit counterfeit checks, counterfeit money orders or counterfeit cashier's checks into their personal checking account and transfer the money out of the country. Weeks later the consumer then becomes responsible for the counterfeit instrument. If it sounds too good to be true, it probably is.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy In Our Town #1475	28:45	13:00	L	PA/O	05/28/2010 05/29/2010 05/31/2010 06/01/2010 06/03/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM

Research done by the University of Cincinnati has shown that when low risk children are placed in a high risk setting such as a detention center their risk to commit a new offense nearly doubles. Summit County Juvenile Court Judge Linda Tucci Teodosio says that there is a direct link between delinquent behavior and poor school attendance. Delinquent behavior may also be driven by mental health issues, substance abuse and family problems. Placing the youth in prevention programs instead of detention centers helps to identify high risk juveniles and provide them the community supports so they need to overcome the issues. As the substance abuse and mental health issues are addressed the delinquent behaviors diminish. Most of the youth that come through the courts are good kids that made wrong choices.

	Joy In Our Town #1477	28:45	13:00	L	PA/O	06/11/2010 06/12/2010 06/14/2010 06/15/2010 06/17/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Canton's Mayor, William Healy, is certain that community involvement is vital in order to reduce crime. Although the mayor is encouraged about the 30% decrease in crime since he took office, he would like to see a much larger reduction. Programs such as Neighborhood Associations and Canton's Most Wanted have helped reduce crime and catch criminals. The city received grants that allowed police officers overtime to enforce teenage curfews and target areas where there was major drug activity and prostitution. Mayor Healy says that crime and education seem to parallel one another; as education increases, crime decreases.

## Health

	Joy In Our Town #1423	28:45	13:30	L	PA/O	04/05/2010 04/06/2010 04/08/2010 04/09/2010 04/10/2010	11:30 AM 3:30 AM 3:30 AM 1:00 PM 3:30 AM
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Patients of life limiting or terminal illnesses and their families can benefit tremendously from hospice and palliative care. Steven Radwany, Professor of Medicine at Summa Health System, talked about some of issues that accompany those illnesses and the affect it has on the entire family. Family members that provide care for the patient often make sacrifices in their career, personal time and finances which can create stress. Kevin DeJournett, Spiritual Care Counselor, provides support for the patient by helping them connect with their faith to find comfort and inner peace.

	Joy In Our Town #1423	28:45	13:30	L	PA/O	04/05/2010 04/06/2010 04/08/2010 04/09/2010 04/10/2010	11:30 AM 3:30 AM 3:30 AM 1:00 PM 3:30 AM
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Artificial food or fluids can be helpful for someone that is experiencing a temporary illness and are expected to recover. Steven Radwany, Professor of Medicine at Summa Health System, tells that for a person who has an advanced illness or is actively dying artificial nutrition is not helpful. Food has been associated with an expression of affection and compassion so family members find peace and comfort for themselves in requesting artificial nutrition for their dying loved one. Studies have shown that people that are at the end of life stage don't perceive hunger or thirst when good mouth care is provided.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy In Our Town # 1429	28:45	13:00	L	PA/O	04/19/2010 04/20/2010 04/22/2010	11:30 AM 3:30 AM 3:30 AM

Chrissy Fratena, Clinical Nurse Specialist at Aultman Hospital, explained stress as any kind of change in our lives. Good stresses are things that cause some anxiety yet keep you focused such as preparing for a test. Things that are overwhelming and that cause a person to function poorly are considered bad stress such as a death in the family or relationship issues. There are physical as well as emotional symptoms of stress. People deal with stress differently. Some may relieve stress by using substances such as smoking cigarettes or drinking alcohol which is harmful in the long term. Relieving stress through relaxation, proper diet and exercise is the most beneficial to one's health.

	Joy In Our Town #1472	28:45	13:00	L	PA/O	05/07/2010 05/08/2010 05/10/2010 05/11/2010 05/13/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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The CDC (Center for Disease Control) recently reported that one child in every 117 children are diagnosed with autism. Brianne Nightingale, Director of Dragonfly Academy, explained the difference between Autism, Asperger's Syndrome and Pervasive Developmental Disorder Not Otherwise Specified (PDDNOS). Parents need to learn the symptoms of Autism Spectrum Disorder so the concern can be evaluated early. Early diagnosis is imperative because the brain is still in the developmental stage and with intervention the areas of weakness can be addressed which can lead to greater success in the future. Autistic adults that have had no support system in the early years will often find it difficult to maintain employment due to the social issues. There is no conclusive evidence as to what causes autism however there are genetic and environmental tendencies.

	Joy In Our Town #1477	28:45	13:00	L	PA/O	06/11/2010 06/12/2010 06/14/2010 06/15/2010 06/17/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Vital signs such as blood pressure, heart rate, temperature or respirations are indicators of health issues. In the year 2000 the Joint Commission on Accreditation of Healthcare Organizations introduced pain as the fifth vital sign. Chronic neck or back pains along with pain caused by various diseases such as cancer and arthritis are some of the reasons why patients visit the Aultman Center for Pain Management. Dr. Robert Felden, with the help of advanced medical technology, is able to pinpoint the location of the pain and use more aggressive treatments to provide some relief for patients. The pain scale is a useful tool for doctors to evaluate the effectiveness of each patient's treatment plan and adjust medications and treatments accordingly.

	Doctor to Doctor #253	28:30	28:30	L/REC	PA/O/E	04/27/2010	12:30 PM
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**Dr. Bettye Alston** talked about being a healthy person. You should look at your hair, eyes, skin, hands, feet and legs to determine if the inside of your body is healthy. You should not be bloated, constipated or have diarrhea. It's important to eat healthy foods and to stay hydrated. **Dr. Bob DeMaria** talked about female hormones. There can be too much estrogen and a vitamin B deficiency. High levels of copper mean low levels of zinc. Drink plenty of water, daily exercise, eat plenty of protein, avoid sugar and get plenty of sleep. **Dr. Randy Brinson** talked about Inflammatory Bowel Disease. There is Ulcer Colitis, which is inflammation on the surface of the colon. Then there is Crohn's Disease, which is inflammation all the way through the colon. Medications and surgery are options for treatment.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Doctor to Doctor #257	28:30	28:30	L/REC	PA/O/E	5/25/2010	12:30 PM

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

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

	700 Club CBN NewsWatch #042110	1:00:00	5:00	REC	PA/O/E	04/21/2010	3:00 PM
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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 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.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	700 Club CBN NewsWatch #042110	1:00:00	6:00	REC	PA/O/E	06/16/2010	3:00 PM

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

Doctor to Doctor #250	28:30	28:30	REC	PA/O/E	04/06/2010	12:30 PM
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**Dr. LaJoyce Brookshire** talked about how to stay well. It's important to drink plenty of water, use the bathroom when needed and to go to bed without the television. It's also important to eat 3-5 organic fruits and vegetable each day. It's important to eat foods that fuel our body and to maintain an alkaline level. **Dr. Dino Prato** talked about weight loss. In order to have successful weight loss, it is important to look at our emotional connection to food. We need to view food as a healing, transforming and giving us health. High food quality is important along with increasing fruits and vegetables. **Dr. Carl Schmidt** talked about Vitamin K. It is important to help with cellular functions, strong bones, blood vessels and intestinal track. It is also found to reduce the risk of cancer. It can be acquired through greens such as spinach, cabbage and turnips. It can also be taken in a supplement form.

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

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Doctor to Doctor #252	28:30	28:30	REC	PA/O/E	4/20/2010	12:30 PM
	<p><b>Dr. Rita Hancock</b> talked about bondage to food. Symptoms can be thinking about food too much, always dieting and avoiding social events because of overeating. Eating disorders have to do with control issues. Admit you have a problem, let go of control and only eat when you are hungry. <b>Dr. Ace Anglin</b> talked about corns and calluses. Corns are on top of the toes and calluses are on the bottom or ball of the foot. It's important to wear proper shoes, use pads and orthotic insoles. In extreme cases, surgery may be required. <b>Dr. Robert Gear</b> talked about TMJ. It is when the jaw hinge does not open or shut equally. It can cause swelling, inflammation and headaches. It's important to make sure the skull and the 1<sup>st</sup>/2<sup>nd</sup> Vertebrae are aligned to help with TMJ.</p>						
	Doctor to Doctor #254	28:30	28:30	REC	PA/O/E	05/04/2010	12:30 PM
	<p><b>Dr. Gene James</b> 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. <b>Dr. Carl Schmidt</b> 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. <b>Dr. Shalaunda Grey</b> 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.</p>						
	Doctor to Doctor #255	28:30	28:30	REC	PA/O/E	05/11/2010	12:30 PM
	<p><b>Dr. Dino Prato</b> 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. <b>Dr. Rick Barrett</b> 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. <b>Dr. Terry Overton</b> 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.</p>						
	Doctor to Doctor #256	28:30	28:30	REC	PA/O/E	05/18/2010	12:30 PM
	<p><b>Dr. Caroline Leaf</b> talked about how your words can impact your mind. Speaking negative or positive words will feedback into your brain and affect the way the brain is wiring itself. We need to be conscious of what we say because negative thoughts can create toxicity in the brain. <b>Dr. Ace Anglin</b> talked about Tailor's Bunions. It is a deformity on the little caused by an abnormal growth of the bone outward towards the shoe. It can be painful depending on inflammation. Treatments include rest, ice, compression, elevation, medication and sometimes surgery. <b>Dr. Robert Gear</b> talked about blood vessels. There is life in blood because it carries oxygen and nutrients to the body. It's important that opening are not closed by bones twisting or waste matter. Poor diet, smoking, lack of activity can cause blockage. It's important to make lifestyle modifications to keep blood flowing.</p>						
	Doctor to Doctor #258	28:30	28:30	REC	PA/O/E	06/01/2010	12:30 PM
	<p><b>Dr. Gerard Guillony</b> talked about inflammation. It can speed up our aging and be an increased risk factor for a heart attack. It's important to not eat trans or saturated fat and instead eat omega 3 fats. Eat foods with a low glycemic index and a high anti-inflammatory compounds. <b>Dr. Hale Akamine</b> talked about child discipline. When children are being disciplined they will try to change the situation, change you and then change themselves. Age appropriate time outs don't begin until the child is absolutely quiet. Parents should seek professional help if assistance is needed. <b>Dr. Lisa Akbari</b> talked about seasonal hair problems. The scalp and hair can become dehydrated resulting in itchy/tender scalp and split end. The hair needs to be hydrated. It's important to shampoo with a pH of 4.5-5.5 and moisturize daily.</p>						

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Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Doctor to Doctor #260	28:30	28:30	REC	PA/O/E	06/15/2010	12:30 PM

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

	Doctor to Doctor #261	28:30	28:30	REC	PA/O/E	6/22/2010	12:30 PM
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**Dr. Dino Prato** talked about lyme disease. Borrelia is the infection caused by a tick and followed by a bull's eye rash. It can cause joint pain, memory problems, digestive issues and hormone imbalances. It is important to be tested by a lyme literate doctor because it can mimic 300 other diseases. **Dr. Sheryl Strom** talked about allergies. They create an infection in the sinus that can result in nasal congestion, drippy nose and post nasal drip. It's important to build up the immune system and clean the sinuses with a saline solution. **Dr. Dale Peterson** talked about insomnia. It is a difficulty getting and staying asleep. It can result in being tense, difficulty handling stress, excessive day time sleepiness, stomach problems and high blood pressure. It's important to have a dark, cool and noise free environment to help you fall asleep and to get 8 hours a night.

## Education

	Joy In Our Town #1470	28:45	13:30	L	PA/O	04/23/2010	1:00 PM
						04/24/2010	3:30 AM
						04/26/2010	11:30 AM
						04/27/2010	3:30 AM
						04/29/2010	3:30 AM

Public libraries are, just as schools, centers for learning. David Jennings, Director of the Akron Library, says that the demand for library services is higher now than any other time in history. Recent surveys have shown that 1/3 of Americans use the library's public computers for educational, business and personal research. Not only are students accessing the library to supplement their school learning but many adults are improving their lives as a result of programs offered at local libraries. One can do research for a report, earn a GED, create a resume and find jobs at the library.

	Joy In Our Town #1474	28:45	13:30	L	PA/O	05/17/2010	11:30 AM
						05/21/2010	1:00 PM
						05/22/2010	3:30 AM
						05/25/2010	3:30 AM
						05/27/2010	3:30 AM

Education is one of the four pillars of revitalization within a city. Education indicators in the city of Canton are what inspired Mayor William Healy to run for office. For several years the state's report card showed that only about 50% of students were graduating from high school. Education has a huge impact on the property value, the crime rate and the economic growth of a community. People want to move into neighborhoods that have good schools. Crime stats decrease in neighborhoods that have strong schools and high graduation rates. In the past few years graduation rates have increased dramatically due to educational awareness programs as well as the great efforts of the Canton City Schools staff from the superintendent down to the janitors.

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

<b>Issue/Problem</b>	<b>Program Title</b>	<b>Program Duration</b>	<b>Topic Segment Duration</b>	<b>Source</b>	<b>Type</b>	<b>Air-date</b>	<b>Time</b>
	Joy In Our Town #1475	28:45	13:00	L	PA/O	05/28/2010 05/29/2010 05/31/2010 06/01/2010 06/03/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM

Eric Gardenhight, Behavior Coordinator of East Akron YMCA Phoenix School, says that too many children are being socially promoted to the next grade level and lack basic education skills. Basic fundamentals of reading, writing and arithmetic are a necessity in today's society. Behavior issues, whether intentional or as a result of mental illness or problems within the home, will hinder a child's education. Students that have behavior issues that are not addressed will find themselves expelled from school and written off by society as a failure. Public school teachers generally do not have time for one on one contact that a lot of students who have behavior issues need. Often times when the problem is addressed the student is able to function in a typical school classroom setting.

	Joy In Our Town #1476	28:45	13:30	L	PA/O	06/04/2010 06/05/2010 06/07/2010 06/08/2010 06/10/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Education directly impacts the economy therefore the business communities in Stark County make it a high priority to support education. Canton Regional Chamber of Commerce has teamed up with many organizations in the community such as Stark Education Partnership to bring about awareness of the importance of college education. David Kaminski, Director of Education and Government Affairs, talked about the tremendous impact the P-16 Compact is having on the number of students that are enrolling in college. Parents are reaping the financial benefits of having their children take free college classes while in high school.

	Joy In Our Town #1476	28:45	13:30	L	PA/O	06/04/2010 06/05/2010 06/07/2010 06/08/2010 06/10/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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As more students realize that successful employment requires a degree beyond high school many parents are worried about the financial responsibility. Stark Education Partnership Program Officer Adele Gelb says that the catchall term for higher education is college. Certificates of proficiency can be earned at a technical school as well as a union that certifies that you have the skills to perform in a particular field in today's world. Area high school students have the opportunity to earn college credits while they are completing their high school education. Some students that have taken advantage of this opportunity are receiving their high school diploma as well college work course credits upon graduation: which means equates to less money needed for tuition.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy In Our Town #1470	28:45	13:30	L	PA/O	04/23/2010 04/24/2010 04/26/2010 04/27/2010 04/29/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM

**Economy**

America has been striving toward a green economy by means of solar use, wind generators, and energy conservation. Arnold Pearl, Compliance Monitor for Dominion East Ohio House Warming Program, talked about how this transition has had an effect on communities. Homeowners can lower energy bills by properly insulating their homes or installing energy efficient appliances and heating and cooling units in their homes. As more components are invented to conserve energy the need for production companies to make the components will increase therefore providing employment. Utilizing the sun's energy to heat water in order to produce electricity reduces our independence for foreign oil.

Joy In Our Town #1473	28:45	13:30	L	PA/O	05/14/2010 05/15/2010 05/18/2010 05/20/2010 05/24/2010	1:00 PM 3:30 AM 3:30 AM 3:30 AM 11:30 AM
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Michael Paris, Director of the Better Business Bureau, shared information with the viewers about their rights when purchasing or repairing automobiles. Dealers are required to post warranty information on all cars for sale which details information about manufacturer warranty left on the car. The Lemon Law protects consumers that have recurrent problems with a new car within the first 12 months or 18,000 miles. Vehicles that are sold "as is" are indeed sold "as is"; however, a consumer can take that car to a trusted automotive mechanic before they purchase the car to check for problems. Automotive repair shops are required by law to have a consumer's consent of a written, oral or no estimate on all repairs before the work can begin. The Better Business Bureau provides its services to the consumer free of charge to help get automotive issues resolved quickly.

Joy In Our Town #1478	28:45	13:30	L	PA/O	06/18/2010 06/19/2010 06/21/2010 06/22/2010 06/24/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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The Summit County Consumer Affairs office provides assistance to local citizens in the event that a company has not followed through in providing services as agreed upon. According to Director Cynthia Sich home improvement contractors are the number one complaint in Summit County. Cynthia says that it is due to there being few or no regulations for home improvement contractors. Consumers who are facing foreclosure have been taken by for-profit companies that offer guaranteed help to save their homes; this same help can be obtained through HUD counseling offices which provide services free of charge.

Joy In Our Town #1478	28:45	13:30	L	PA/O	06/18/2010 06/19/2010 06/21/2010 06/22/2010 06/24/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Purchasing products and services online carries with it the risk of unfair business transactions. Cynthia Sich, Director of Summit County Consumer Affairs, gave consumers some tips to consider when shopping online. Contact the Better Business Bureau or the Department of Consumer affairs prior to purchasing; if the company has a bad history consider looking elsewhere. Refund policies differ from company to company; be sure to read the company refund policy. Using one credit card for online purchases is recommended; if there is fraudulent activity it is easier to cancel one card. Contact the Office of Consumers Affairs if you become a victim of fraud or you cannot resolve an issue with online purchases.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy In Our Town # 1479	28:45	13:30	L	PA/O	06/24/2010	4:00 AM
						06/25/2010	1:00 PM
						06/26/2010	3:30 AM
						06/28/2010	11:30 AM
						06/29/2010	3:30 AM

Stress, anxiety and anger are common emotions that accompany hard economic times. Gretchen Shearer, Early Childhood Mental Health Consultant for Stark County Childhood Resiliency Project, talked about the effects that the economy can have on the entire family. Parents tend to want to protect their children by not talking to them about the job loss or the financial crisis that has affected the family. Parents find it stressful during this time to tell children that they cannot engage in some school activities that require fees because the budget does not allow for it. It is important for families to have age appropriate conversations with their children to make them aware of current situation and to assure them that they not the reason that daddy or mommy is upset or sad.

### *Family*

	Joy In Our Town #1469	28:45	13:30	L	PA/O	04/12/2010	11:30 AM
						04/13/2010	3:30 AM
						04/15/2010	3:30 AM
						04/16/2010	1:00 PM
						04/17/2010	3:30 AM

Children who are properly secured in a motor vehicle are less likely to suffer serious injury or death. Amanda Kelly, Health Educator for the Stark County Health Department, talked about the new booster seat law. Children under eight years of age or who are less than 57 inches must use a booster seat. Parents may secure children in a seat belt however most often the belt rubs on the child's neck so they put it behind their back which will not protect them in an accident. The use of a booster seat raises a child up so the seat belt fits them properly and ensures that they are securely fastened in an automobile.

	Joy In Our Town #1469	28:45	13:30	L	PA/O	04/12/2010	11:30 AM
						04/13/2010	3:30 AM
						04/15/2010	3:30 AM
						04/16/2010	1:00 PM
						04/17/2010	3:30 AM

Installing smoke and carbon monoxide detectors are common ways we can protect our families. Amanda Kelly, Health Educator at Stark County Health Department, says that children are going to get hurt but there are safety measures that parents can take to reduce serious injuries. Thirty percent of all childhood injuries are fall related; tripping over things, falling off of things or just clumsiness. Removing clutter from around the home can prevent many falls. Burns can occur from the temperature of hot water being too high. Household cleaner containers can be poisonous to children; ideally parents should have these items in a locked cabinet but at least be sure they are out of the reach of small children. Taking simple precautions can eliminate many family emergencies.

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

Issue/Problem	Program Title	Program Duration	Topic Segment Duration	Source	Type	Air-date	Time
	Joy In Our Town #1471	28:45	13:30	L	PA/O	04/30/2010 05/01/2010 05/03/2010 05/04/2010 05/06/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM

Children that grow up in fatherless homes are more likely to be involved in criminal activity, have self esteem issues and an overall feeling of being unwanted. Marcus white, Trainer/Facilitator for The Leaders of Tomorrow Initiative Inc., knows how difficult it was for him growing up without a father. Marcus believes that selfishness, on the behalf of the mother or father, is the main reason why a child grows up without its father. Fathers not only need to be emotionally attached to their child, they need to provide financially for them as well. Church members as well as the general community can help to fill the void of an absent parent by supporting, encouraging and providing guidance to fatherless children.

	Joy In Our Town #1471	28:45	13:30	L	PA/O	04/30/2010 05/01/2010 05/03/2010 05/04/2010 05/06/2010	1:00 PM 3:30 AM 11:30 AM 3:30 AM 3:30 AM
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Marcus White, Trainer for The Leaders of Tomorrow Initiative Inc., explained the difference between a happy marriage and a healthy marriage. Happiness is an emotional state of being that varies quite frequently throughout the day. Healthy marriages consist of two people that understand that they are in a lifelong relationship that they must work at constantly. In a healthy marriage the couple will face conflicts but are willing to work toward resolving the problem. Communication and body language are very important in conflict resolution. Couples that create a MVP (Mission, Value and Purpose) plan are better able to understand the commitment involved in achieving their goals.

	Joy In Our Town # 1479	28:45	13:30	L	PA/O	06/24/2010 06/25/2010 06/26/2010 06/28/2010 06/29/2010	4:00 AM 1:00 PM 3:30 AM 11:30 AM 3:30 AM
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Self esteem issues seem to be the underlying source of domestic violence from the side of the victim as well as the abuser. Women tend to be the most victimized. Rhonda Frazier, Executive Director of The Transformation Place, Inc., tells that date violence has become a huge issue among the ages of 13 – 18 years of age. Although the physical abuse is most often seen, the emotional abuse tends to have a more long lasting effect on the victim. Victims of domestic violence often have too many connections to just walk away as many people would suggest to them. Those who have removed themselves from the situation often need constant reassurance and support to keep them from returning to that lifestyle.

## *Civic Affairs*

	Joy In Our Town #1474	28:45	13:30	L	PA/O	05/17/2010 05/21/2010 05/22/2010 05/25/2010 05/27/2010	11:30 AM 1:00 PM 3:30 AM 3:30 AM 3:30 AM
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Canton City Mayor William Healy advises that repairing infrastructure now will help to lower operation costs in the future. When underground water lines have a leak it usually goes unnoticed until there is a break that shoots water out of the ground. Infrastructures such as water lines and road foundations in the city of Canton are between 30 and 60 years old. Underground leaks can lead to water loss. Using advanced technologies the city has found many areas that are faulty and need repair. Replacing 20% of the infrastructure has already saved the city over 3 million gallons of water a day. Businesses are more likely to be interested in relocating to an area that has affordable and readily available water resources.

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