



TheElite Training Group track club

Expanding the area of what is possible

In Track & Field Distance Running & Competent Self-Care in medicine and psychology

TheETG model of local TV news

A major part of TheETG mission is to expand the area of what is possible in competent self-care in medicine and psychology. TheETG's primary method of achieving that is to proliferate applied science based information by way of – free– packets containing plain language info for “the average joe” seeking to move themselves or others forward in these areas. The mail problem TheETG packets attempt to address.....

“...takes an average of 17 years to translate 14% of original research into benefit.....average of 9 years for interventions recommended as evidence-based practices to be fully adopted.”

M.Tinkle, et al
Dissemination and Implementation
Nursing Research and Practice...Volume 2013

Competent Self-Care: Medicine.....The best medicine comes with no risk-versus-benefit equations to contemplate, no daily violations of “first, do no harm”, no whac-a-mole medicine being practiced to medicate each health issue as it pops up. To be a good doctor one must -first- be a good physiologist. And in order to have a fully functioning health care system available to all human beings in America its core must be comprised of competent self-care and good physiologists.

Competent Self-Care: Psychology.....So-called “mental health professionals” should practice more mental health and less pharmacology. The goal of applied psychology is to empower people to achieve self-mastery. This should be the goal of competent self-care and all psychologists. Parenting....dysfunction moves from the parents, into the home, into the kids, into the streets, into the norm. Personal growth toward being a fully functional human being can move from the parents, into the home, into the kids, into the streets, into the norm.

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TV News

The focus should be on producing a news broadcast that gets the highest rating among the portion of the public **that consumes hard news**.

As long as the primary goal is to get the “highest” ratings, among all segments of the viewing public, the news broadcast will covet the reporting of crime, fires, and personal dirt on politicians and celebrities.

Content Model for a Local News Show [30 Minutes]

- Breaking News [2 minutes]
- General News [2 minutes]
- Issues & Happenings.....in **national** Sports [2 minutes]
- Issues & Happenings.....in **local** Sports [2 minutes]
- Issues & Happenings.....of local schools and colleges [3 minutes]
- Issues & Happenings.....of local Police Department, local Fire Department [2 minutes]
- Issues & Happenings.....of Austin Mayor, Austin City Council [3 minutes]
- Issues & Happenings.....of Austin **large** Businesses [2 minutes]
- Issues & Happenings.....of Austin **small** Businesses [2 minutes]
- Issues & Happenings.....Crimes & Fires [1 minute]
- Weather [2 minutes]
 - current temperature, current Doplar radar [in motion]for rain/storm movement,
 - current allergy levels
 - tomorrow’s weather forecast, tomorrow’s allergy forecast, 5 – 7 day forecast