

TIMECODE	VISUALS	AUDIO
	<p><b>GFX Center</b></p> <p><b>dLife For Your Diabetes Life!</b></p> <p><b>Show opener GFX</b></p>	<p>Voice Over - Jim Turner</p> <p>dLife TV, the only show for your diabetes life. Packed with information, insights, cooking and real stories about real people. dLife brings it all together to help you live a healthy diabetes life.</p>
	<p><b>Montage of upcoming segments</b></p>	<p>Voice Over - Nicole Johnson</p> <p>Today on dLife, the dos and don'ts of diabetes etiquette. We'll give you a handy list of rules that will help everyone living with the disease. From the dLife kitchen, chef Michel Nischan is ready to make good food that's good for you. Caring for a child with diabetes is difficult, but when that child becomes a teenager, managing their care takes on new complications.</p>
	<p><b>Nicole Johnson in studio</b></p> <p><b>Lower Third:</b></p> <p><b>Nicole Johnson Diabetic since 1998, Miss America 1999</b></p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. Well, we've all been there. At a party or out with friends, when someone says, "You can't eat that," or "My grandfather had diabetes." Even the most well meaning loved ones, pals or co-workers can step over the boundaries of polite behavior. We visited psychologist, Dr. William Polonsky, to get the basic rules of diabetes etiquette.</p>
	<p><b>GFX Center</b></p> <p><b>dLife For Your Diabetes Life!</b></p>	
	<p><b>William Polonsky speaks to classroom group of adults</b></p> <p><b>Diabetes etiquette card</b></p> <p><b>Lower Third:</b></p> <p><b>William H. Polonsky, PhD,CDE Psychologist</b></p>	<p>William Polonsky</p> <p>For those of you who don't know, my name is Bill Polonsky, and uh.. thank you for coming tonight. We're going to be talking about one of my very favorite subjects which is about diabetes etiquette. The point of developing these etiquette cards was for one particular reason. That what we see in so many families between folks with diabetes and their- and the people they work with and their friends is oftentimes it's so easy to get aggravated with those people in your life who don't have diabetes, uh.. because they'll say things that are, frankly, not so helpful. And it was uh.. an idea properly presented</p>

TIMECODE	VISUALS	AUDIO
	<p><b>William Polonsky unfolds card</b></p> <p><b>Lower Third:</b></p> <p><b>To get a free diabetes etiquette card, visit dLifecom/cards</b></p>	<p>by many of the people I've met over the course of years. They said, "Boy I'd love to have a little wallet card where I could just reach in and pull out my etiquette card when someone says something aggravating. And just hand it to them and say, 'Excuse me, you must not know the rules about how to behave appropriately.'"</p>
	<p><b>Lower third:</b></p> <p><b>Bruce Falconer</b> <b>Diabetes Since 1981</b></p>	<p>Bruce Falconer</p> <p>Until I first saw the card, uh.. I never thought there was a need for it. Now that I've seen the card I think it's the greatest thing in the world. It really says a lot of things very succinctly in a-- in a short space.</p>
	<p><b>Classroom with William Polonsky speaking</b></p> <p><b>Left side of screen:</b></p> <p><b>TIP #1</b> <b>DON'T offer unsolicited advice about my eating or other aspects of diabetes.</b></p>	<p>William Polonsky</p> <p>See, the first one, and it's actually number one on the card that you have is the one I'm-- I'm sure most of you are most familiar with, not to offer unsolicited advice about my eating or other aspects of diabetes. Does this sound familiar to you?</p>
	<p><b>Classroom, Alexis Pollack speaking</b></p> <p><b>Lower Third:</b></p> <p><b>Alexis Pollack</b> <b>Diabetes Since 1992</b></p>	<p>Alexis Pollack</p> <p>When somebody asks you, "Are you allowed to eat that?" They're, essentially, asking, "Do you have permission to eat that?" in a certain way. And as a-- as a grown adult, you feel like somebody is questioning your abilities to make a choice about something as simple as what you're putting in your mouth for lunch.</p>
	<p><b>Classroom, Jeremy Hoffman speaking</b></p> <p><b>Lower third:</b></p> <p><b>Jeremy Hoffman</b> <b>Boyfriend of Alexis</b></p>	<p>Jeremy Hoffman</p> <p>I think the one time uh.. I did make a comment, it was during Halloween season and there were some candy corns around, and she had been high most of the day. And uh.. she went to get some and I actually snatched them out of her hands. &lt;Laugh&gt; That was my one mistake, and I definitely...</p>
	<p><b>Classroom</b></p>	<p>Alexis Pollack</p> <p>And he never did it again 'cuz I bit his head off. No. &lt;laugh&gt;</p>

TIMECODE	VISUALS	AUDIO
	<b>Classroom, Barbara Beltaire-Pollack speaking</b>	Barbara Beltaire-Pollack  You can't help not telling them what to do or care.
	<b>Woman in red jacket, Susan LaRue, next to Barbara</b>	Susan LaRue  Yeah.
	<b>Lower third:</b>  <b>Barbara Beltaire-Pollack Stepmother of Alexis</b>	Barbara Beltaire-Pollack  It does come from the heart, but I can't shut up. We should.
	<b>Classroom, William Polonsky speaking</b>  <b>Left side of screen:</b>  <b>TIP #2 Don't tell me horror stories about your grandmother or other people with diabetes you have heard about.</b>	William Polonsky  The second one, I think, really pertains more to people you meet and don't know very well. It just says don't tell me horror stories about your grandmother or other people with diabetes you've heard about.
	<b>Classroom, Susan LaRue speaking</b>  <b>Lower Third:</b>  <b>Susan LaRue Wife of Bruce</b>	Susan LaRue  People will, when they know that- that Bruce has diabetes, they'll often say to me, "Oh my gosh," you know. And then they- they say all these stories which, of course, you know, I- I'm well aware of those. And uh.. so it's kind of hard to hear. But then, people say that because they're worried about you.
	<b>Classroom, Dennis Hubert speaking</b>  <b>Lower third:</b>  <b>Dennis Hubert Diabetes Since 1978</b>	Dennis Hubert  It's not productive for me, at all, to hear about somebody who has suffered greatly with diabetes 'cause I do the best I can every day even though it's not always what I'd like it to be.
	<b>Classroom, William Polonsky speaking</b>  <b>Left side of screen:</b>  <b>TIP #3 DO offer to join me in making healthy lifestyle changes.</b>	William Polonsky  So let me go through, continue the list here, here. So number three, the only do we have on this shortened list, is uh.. the importance of saying, "Do offer to join me in making healthy lifestyle changes."

TIMECODE	VISUALS	AUDIO
	<p><b>Classroom, Kirtus Hubert speaking</b></p> <p><b>Lower third:</b></p> <p><b>Kirtus Hubert Diabetes Since 2005</b></p>	<p>Kirtus Hubert</p> <p>I was fortunate enough to uh.. to have my father already have it. So, you know, uhm.. he was already leading that, that healthy lifestyle that, you know. So I- I stayed with him for a while and kind of learned the whole ropes of being diabetic and what I should and shouldn't eat.</p>
	<p><b>Classroom, Alexis Pollack talking to Barbara, her stepmother</b></p>	<p>Alexis Pollack</p> <p>You've given me a look before and said, "Do we really want to eat that tonight?" without making it about me or accusatory. Maybe you- you have seen me check my blood sugar and then made that suggestion.</p>
	<p><b>Classroom</b></p>	<p>Barbara Beltaire-Pollack</p> <p>It's probably because I'm overweight. &lt;laugh&gt; Probably watching my diet.</p>
	<p><b>Classroom</b></p>	<p>Alexis Pollack</p> <p>But if it's about us together, then it's a lot easier to say, "Yeah, let's- let's share the salad and some grilled chicken instead of the darn pizza at a restaurant that's so good.</p>
	<p><b>Classroom, Ashley Falconer speaking</b></p> <p><b>Lower third:</b></p> <p><b>Ashley Falconer Daughter of Bruce</b></p>	<p>Ashley Falconer</p> <p>I think, too, uh.. as far as, you know, an alternate healthy lifestyle change, you know, diet and food but also exercise. Now I think, like, let's go for a walk. Let's go for a hike. Let's be active together, and do it together so that it makes it a little bit more easier.</p>
	<p><b>Classroom, William Polonsky speaking</b></p> <p><b>Left side of screen:</b></p> <p><b>TIP #4 DON'T peek at or comment on blood glucose numbers without asking me first.</b></p>	<p>William Polonsky</p> <p>Let me look at-- let me look down the list here though. It just says, don't peek or comment at my blood glucose numbers without asking me first.</p>
	<p><b>Classroom, people check glucose meters while Jeremy Hoffman speaks</b></p>	<p>Jeremy Hoffman</p> <p>When I try and peek she, definitely, covers it up</p>

TIMECODE	VISUALS	AUDIO
		which makes sense. I mean, makes sense with the reactions that they get from outsiders not knowing.
	<b>Classroom, Barbara Beltaire-Pollack speaking</b>  <b>Barbara covers Alexis' eyes</b>	Barbara Beltaire-Pollack  You've got to learn how to do it. You go, like, this and then <laugh>.
	<b>Classroom, William Polonsky speaking</b>	William Polonsky  Wouldn't it be nice if our meters had, uh.. I call it a spouse button. So that after you check your blood sugars you could just hit that button and your meter will always say a hundred and one. <laugh> No matter what it really is. And so you could say, "You know, here it is, you know."
	<b>Classroom, Bruce Falconer speaking while Kirtus Hubert checks glucose level</b>	Bruce Falconer  For me, I have an expectation of what the number's going to be, and it's not always that. And uh.. I want to deal with it myself, first, before anybody else is going to deal with it.
	<b>Classroom, William Polonsky speaking</b>	William Polonsky  One of my favorite quotes as you know from one of our most famous physicians from a hundred years ago who said, "You know, the secret to living a long and healthy life is to develop a chronic disease and take good care of it." And uh.. for so many people we see how that is true. That, it can be true not only for an individual who has diabetes, but, as you're talking about, for the whole family as well. It becomes an opportunity to take positive actions.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Nicole Johnson in studio</b>  <b>Lower third:</b>  <a href="http://www.dLife.com/manners">www.dLife.com/manners</a>  <b>Clip from upcoming segment</b>	Nicole Johnson  For more on diabetes etiquette, check out dLife.com/manners. Up next, political pundit, Chris Matthews on playing hard ball with diabetes.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	

TIMECODE	VISUALS	AUDIO
	<p><b>Montage of Chris Matthews studio clips from "Hardball"</b></p> <p><b>GFX: (show title)            HARDBALL            with Chris Matthews</b></p>	<p>Chris Matthews</p> <p>Good evening. I'm Chris Matthews and welcome to "Hardball." We buy more Chinese goods than they buy of our goods. Who's coming out on top of all these fights? She wants some hard ball on MSNBC. Let's play hard ball. Let's play hard ball.</p>
	<p><b>Nicole Johnson and Chris Matthews in Matthews' office</b></p>	<p>Chris Matthews</p> <p>So you're going to spend a day with me, right?</p>
	<p><b>Chris Matthews' office</b></p>	<p>Nicole Johnson</p> <p>Yes, I'm so excited.</p>
	<p><b>Chris Matthews'</b></p>	<p>Chris Matthews</p> <p>Can you keep up the pace?</p>
	<p><b>Chris Matthews' office</b></p>	<p>Nicole Johnson</p> <p>I don't know. I don't know. I'm going to try.</p>
	<p><b>Chris Matthews and Nicole Johnson walking out of office</b></p>	<p>Chris Matthews</p> <p>Let's go. Let's go into the uh.. studio where we do "Hardball."</p>
	<p><b>Nicole Johnson and Chris Matthews walk onto "Hardball" set</b></p>	<p>Chris Matthews</p> <p>So I'm going to sit in my chair.</p>
	<p><b>Nicole Johnson and Chris Matthews sitting down in studio set chairs</b></p>	<p>Voice over - Nicole Johnson</p> <p>I had a chance to turn the tables and fire questions at the rapid fire question man, himself.</p>
	<p><b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b></p>	<p>Nicole Johnson</p> <p>You had a serious incident in December that was your wake up call.</p>
		<p>Chris Matthews</p> <p>Yes, I'd say so. I would say an ambulance ride to uh-- the Washington Hospital Center is a... a serious problem. I had a very bad stomach pain and I had to go the hospital. And the ambulance took me to the hospital and they tried to figure out what was wrong with me, and it was complications from diabetes.</p>
	<p><b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b></p>	<p>Nicole Johnson</p>

TIMECODE	VISUALS	AUDIO
		Really, just a stomach pain. That was your only indication?
		Chris Matthews  Well, my blood number- numbers were about 350 regularly, <laugh> and I was ignoring that.
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Nicole Johnson  So, how long, then were you in denial?
		Chris Matthews  Ten years.
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Nicole Johnson  Ten years, really.
		Chris Matthews  I think so, yeah.
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Nicole Johnson  So you just didn't want to deal with it?
		Chris Matthews  I figured if I ignored it, I could deal with it. But, clearly, uh.. I was wrong.
	<b>Clip from "Hardball."</b>	Voice over - Nicole Johnson  Matthews missed several nights of "Hardball" for treatment. On his first night back, he explained where he'd been.
	<b>Clip from "Hardball"</b>	Chris Matthews  Welcome back to "Hardball." We're at a college tour right now. I'm back. I'm healthy. I've been sick for two week, tell you more about that. It's so great to be back.
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Nicole Johnson  When you came back, you told your viewers that you had diabetes.
		Chris Matthews  Yeah.

TIMECODE	VISUALS	AUDIO
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Nicole Johnson Was that challenging?
		Chris Matthews No. My attitude is this. When you don't have it, you look at people and say, "Oh, they're diabetic." Now I'm one of them.
	<b>Chris Matthews sitting at his desk in office</b>	Chris Matthews I've got to do this now.
	<b>Matthews gets out glucose kit while Nicole Johnson watches</b>	Chris Matthews I think it's important for people to know that it's a condition you can deal with and uh.. not to be afraid of it.
	<b>Chris at desk in office</b>	Chris Matthews Look at this. Doing uh.. .
	<b>Nicole sits across from him and gets out her glucose kit</b>	Nicole Johnson I know.
		Chris Matthews Doing diabetics here.
	<b>Both Nicole and Chris have kits out</b>	Nicole Johnson Yeah, <laugh> all right, here we go.
	<b>Chris Matthews rolls up pants leg</b>	Chris Matthews I think there's a lot to this Miss America thing, now. <sings> There she is...
		Nicole Johnson Listen to you.
	<b>Chris Matthews tests glucose level above knee</b>	Chris Matthews <sings> Miss America.
	<b>Chris pricks himself just above knee</b>	Nicole Johnson You-- why are you testing your blood sugar in you leg!
		Chris Matthews <sings> There she is, your ideal. <talk> You know why I do it? 'Cause I like punching my leg and I don't like it in my hand. <beeping sound> Seventy

TIMECODE	VISUALS	AUDIO
		eight.
		Nicole Johnson  Ohhh!
	<b>Chris Matthews reaches for small book</b>	Chris Matthews  Okay, I'm pretty low. Good shape.
		Nicole Johnson  That's good.
	<b>Chris Matthews leafs through book and begins to record his glucose number</b>	Chris Matthews  So, I was hoping I, you know, I can actually get a day where I'm totally under a hundred today.
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Nicole Johnson  You keep a very detailed log about your numbers.
		Chris Matthews  Yes, and I like that little moleskin book of mine.
	<b>Chris Matthews in office writing down glucose number in book</b>	Chris Matthews  I don't want to lose it. That book's val- valuable to me.
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Chris Matthews  Because I just sort of draw little box. Then I go, breakfast, lunch, supper, bedtime, and then I write my numbers in. I look at them, and if one's over 140 I circle it.
	<b>Chris Matthews walks out of his office and through hallway</b>	Chris Matthews  And I say, "Well, what's that problem? What happened there?"
	<b>Chris Matthews walks through outer office</b>	Nicole Johnson - voice over  I've always found it interesting that there aren't many high profile people...
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Nicole Johnson  who have diabetes and talk about it.

TIMECODE	VISUALS	AUDIO
	<p><b>Chris Matthews behind the scenes in make up chair reading notes</b></p> <p><b>Walks through backstage hallway</b></p>	<p>Chris Matthews</p> <p>Anybody who's in public life is- is crazy not to do that because people are trying to figure out some way that they have life in common with you.</p>
	<p><b>Nicole Johnson on set watches "Hardball" taping</b></p>	<p>Announcer</p> <p>In five, four, three, two...</p>
	<p><b>Chris Matthews taping "Hardball"</b></p>	<p>Chris Matthews</p> <p>Below the belt? Is it wrong for a Democrat like Barack Obama to say Bill Clinton's personal behavior could be a great Republican issue in 2008?</p>
	<p><b>Drive by shot of the Capitol building</b></p>	<p>Chris Matthews - voice over</p> <p>Let's play hard ball.</p>
	<p><b>Capitol building</b></p>	<p>Nancy Nathan - voice over</p> <p>We go ahead and we do...</p>
	<p><b>Chris Matthews, Nancy Nathan and staff at meeting</b></p>	<p>Nancy Nathan</p> <p>boom or bust. Then we do Hillary and Bill and Barack.</p>
	<p><b>Staff meeting</b></p>	<p>Chris Matthews</p> <p>I love it.</p>
	<p><b>Lower third:</b></p> <p><b>Nancy Nathan Executive Producer The Chris Matthews Show</b></p> <p><b>Chris talks to staff at meeting</b></p>	<p>Nancy Nathan</p> <p>Often, in the past, he would load his calendar to a point where people would load his calendar to a point where people would always say, "I don't know how he does it." Now he knows that that's not necessarily smart. In our green room, we have started having a tray full of celery sticks and carrot sticks, and it's not just Christ taking them. All the other guests like it too. And they all say, "Boy, Chris, this diet is a good thing because you look so great."</p>

TIMECODE	VISUALS	AUDIO
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Chris Matthews  So now I do everything right. I do all the pills and I- I- I shoot myself up at night with Lantis.
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Nicole Johnson  But isn't there an emotional side to knowing that you're living with a chronic disease?
		Chris Matthews  No. It's not a disease if I've got control of it.
		Nicole Johnson  It's not!
		Chris Matthews  It's not a disease for me if I can control it.
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Nicole Johnson  But it's still present.
		Chris Matthews  Well, it's not like having the problems that would come to you if you didn't deal with it. You know, I quit drinking completely about twelve years ago because I thought I drank too much.
		Nicole Johnson  Huh.
		Chris Matthews  So I like to surprise people. That's what I like, especially my wife. I like to surprise her and do things she can't quite figure out, "How did he do that?" I want to keep the mystery.
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Nicole Johnson  So, what is it that the person who's watching this can take away and say, "Oh, okay. I can do that. I can make the switch.
		Chris Matthews

TIMECODE	VISUALS	AUDIO
		Here's what a person should learn from the- the Chris Matthews case. First of all, stop being afraid of it because it doesn't do any good. Deal with the fact you are and say, "Now I've got to get my blood sugar down." And, of course, you've got to cut out some stuff, and uh.. there's no doubt about that. You have to do it.
	<b>Nicole Johnson interviews Chris Matthews on "Hardball" set</b>	Nicole Johnson  But I think also...
		Chris Matthews  When you do all that, you're going to be fine. So then I think it's-- I'm as good as new then.
		Nicole Johnson  Well we might have to...
		Chris Matthews  You think I'm as-- I think- I think I am as good as new and I will accept no other interpretation of my situation.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Clip of upcoming segment in kitchen</b>	Voice Over - Nicole Johnson  When we come back Chef Michel Nischan is in the DLife kitchen.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Lower third:</b>  <b>Michel Nischan</b> <b>dLife Chef</b>	Michel Nischan  Hi, I'm Chef Michel Nischan and welcome to the DLife kitchen. Today, we're going to do a modern take on an Italian classic, chicken saltimbocca. Now, the classic dish is served with processed pasta. We're going to reduce those carbohydrates by using spaghetti squash. It's delicious and it brings in a variety of other wonderful, natural nutrients. Now, let's get started.

TIMECODE	VISUALS	AUDIO
	<p><b>Michel Nishan holds up zip lock bag</b></p>	<p>Michel Nischan</p> <p>Here I have a zip lock bag, and I've used the scissors to kind of cut the sides away, and that gives me a nice durable kind of plastic to be able to pound out the chicken breasts.</p>
	<p><b>Chicken between plastic bag</b></p> <p><b>Holds up meat mallet and pounds meat with mallet</b></p> <p><b>Lower third:</b></p> <p><b>Pounding the chicken helps it cook evenly and stay moist.</b></p>	<p>Michel Nishan</p> <p>Fold the plastic over. I'm going to use the smooth side of a meat mallet so that doesn't go all the way through the meat when I'm pounding it. There we have just kind of like the perfectly pounded piece of chicken breast.</p>
	<p><b>Mixing herbs in glass bowl</b></p> <p><b>Lower third:</b></p> <p><b>To chiffonade leafy food, Cut it into thin ribbons.</b></p>	<p>Michel Nischan</p> <p>And now I'm going to mix some of my favorite herbs. Here I have, you know, a little bit of fresh basil, chiffonade. We have some fresh sage, little bit of uh.. parsley, little bit of oregano, sliced chives to bring in a fresh oniony flavor. And here we have just some freshly mined garlic.</p>
	<p><b>Mixes herbs and spreads it on chicken</b></p>	<p>Michel Nischan</p> <p>We're just going to do a quick toss of these and we're just going to take a little bit of this herb, spread it out on the chicken and the garlic.</p>
	<p><b>Places ham slice over garlic/herb mixture</b></p> <p><b>Rolls up ham/herb/chicken into roll and attach with toothpicks</b></p> <p><b>Salting the rolls</b></p>	<p>Michel Nischan</p> <p>And here we have some pre-cooked ham. Now we have the ham on top of the chicken, the herbs in between. And we're just going to give it a nice roll, just like this. We're going to secure it with just a couple of toothpicks. And now I'm going to season each of them with a little bit of sea salt and pepper.</p>
	<p><b>Puts grape seed oil in pan on burner</b></p> <p><b>Places rolls in pan for browning</b></p> <p><b>Adds chicken stock to pan</b></p>	<p>Michel Nischan</p> <p>Now here I have a preheated pan. I put in a little bit of grape seed oil. And now I'm just going to brown both of these chicken rolls on both sides, about, you know, two to three minutes on each side just until nicely golden brown. Then we're going to add a little bit of chicken stock and cook it in the oven.</p>

TIMECODE	VISUALS	AUDIO
		And we're going to cover this and then transfer it to a preheated 350 degree oven and cook it for about twelve to fifteen minutes or until just cooked through
	<b>Michel Nischan puts chicken in oven</b>	Michel Nischan  I can't wait.
	<b>Michel Nischan takes chicken out of oven</b>	Michel Nischan  Now here we go. I believe these should just be perfectly cooked.
	<b>Takes rolls out of pan and slices them</b>  <b>Left half of screen:</b>  <b>Serving size:</b> <b>1 breast &amp; ½ cup squash</b>  <b>Per serving--</b> <b>Calories: 214</b> <b>Carbs: 12g</b> <b>Fiber: 3g</b> <b>Sodium: 269 mg</b> <b>Saturated fat: 1g</b>	Michel Nischan  Now you take them out of the pan. You remove the toothpicks. And then we're just going to gingerly slice it. And I'm slicing on just a little bit of an angle 'cause it really kind of shows the beauty of the mix between the herbs and the ham.
	<b>Uncovers spaghetti squash on stove</b>	Michel Nischan  And now it's a _____, we have the most important part of the base of the dish, spaghetti squash. You just cut it in half, roast it on a cookie tray for about twenty to thirty minutes until it's just soft all the way through. You take the seeds out first. And then when you take it out of the oven you just take a fork and you flake it and you get this spaghetti like inside; hence, the name spaghetti squash.
	<b>Lower third:</b>  <b>A half-cup of spaghetti squash</b> <b>Contains just 5g of carbs.</b>  <b>Places portion of spaghetti squash onto plate and arrange saltimbocca around it with tomato sauce</b>  <b>Sprinkling herbs over dish</b>	Michel Nischan  So we're going to take this wonderful spaghetti squash which we've seasoned with just a little bit of salt and pepper. And then we're going to take our saltimbocca and then we have some really wonderful fresh tomato sauce. And then I just kind of do a couple of little splashes of sauce across because you don't want to over cover the chicken. And I think, if I'm not mistaken, we have just a little bit of leftover herbs here and we're going to just sprinkle that on the top. These are chives. I love 'em for the oniony flavor.
	<b>Michel Nischan shows completed dish</b>  <b>Lower third:</b>	Michel Nischan  There you have it. Our take on chicken saltimbocca. It's delicious. It's low carb. It's really,

TIMECODE	VISUALS	AUDIO
	<b>www.dLife.com/recipebox</b>	really good for you. Now for this recipe and other great tips on how to manage your diabetes, visit us at the website at dLife dot com, slash, recipe box. I'm Michel Nischan. Thanks for joining me in the dLife kitchen.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Peter Miller's house and family photo</b>  <b>Giuseppina washes hands in kitchen sink, sets microwave</b>	Voice Over - Nicole Johnson  Peter Miller was eight when he was diagnosed with diabetes, and his mother, Giuseppina, immediately helped Peter take control and manage his diabetes.
	<b>Giuseppina in kitchen</b>  <b>Lower third:</b>  <b>Giuseppina Miller</b> <b>Mother of Type 1</b>	Giuseppina Miller  Peter can live a normal life. We just need to plan. We need to manage. We need to do what we need to do.
	<b>Giuseppina goes upstairs to check Peter's blood sugar while he's in bed</b>	Voice over - Nicole Johnson  Now, Peter is twelve and entering adolescence, but Giuseppina still checks his blood sugar before he wakes up.
	<b>Giuseppina measuring and pouring cereal in bowl</b>	Giuseppina Miller  Because Peter was eight, I was responsible for giving the shots and making sure he measured and his food and all that.
	<b>Peter getting cereal, speaking</b>	Peter Miller  When I was eight, I wasn't as aware of my diabetes.
	<b>Peter talking to Giuseppina about glucose reading</b>	Peter It was _____
	<b>Peter with glucose meter</b>	Giuseppina  Yeah, just 'cause of the honey, measure that?
	<b>Peter looks at meter</b>  <b>Lower third:</b>  <b>Peter Miller</b>	Peter  Now that I'm twelve I'm more aware of everything that's going on in the world and my diabetes, so I feel like I can do it myself and my mom doesn't always need to be there to help me.

TIMECODE	VISUALS	AUDIO
	<b>Diabetes Since 2004</b>	
	<b>Dog runs after Peter and Giuseppina walking and talking on trail about glucose levels</b>	Giuseppina Miller  Yeah, but, you were in the three hundreds all day yesterday, weren't you?
	<b>Walk and talk on trail</b>	Peter Miller  Not all day, twice.
	<b>Walk and talk on trail</b>	Giuseppina Miller  Twice?
	<b>Walk and talk on trail</b>	Peter Miller  Yeah.
	<b>Walk and talk on trail</b>	Giuseppina Miller  No, I think it was more than that.
	<b>Giuseppina pulls out glucose meter on trail</b>	Giuseppina Miller  That's going to bother me. I have to look. One twenty one at eleven, that was fine. But then you were three seventy three at seven o'clock, three forty seven at twelve.
	<b>Checking meter</b>	Peter Miller  Yeah, you're right.
		Giuseppina Miller  Two thirty six at ten.
		Peter Miller  Okay, you're right.
	<b>Peter twirls dog leash</b>	Giuseppina Miller  Am I annoying you?
	<b>Peter and Giuseppina walk away</b>	Peter Miller  Kind of.
	<b>Peter and Giuseppina walk away</b>	Giuseppina Miller  The scariest part for me as a parent is Peter not waking up.

TIMECODE	VISUALS	AUDIO
	<p><b>Giuseppina checks on Peter and closes bedroom door</b></p> <p><b>Funeral obituary notice of Andrew</b></p>	<p>Giuseppina Miller</p> <p>My husband, Kerry's, first cousin, who was- was twenty three, died of diabetic coma. We don't know exactly what happened, but he'd been ill.</p>
	<p><b>Giuseppina Miller speaking</b></p>	<p>Giuseppina Miller</p> <p>When his roommates did go to check on him, he didn't wake up and he had passed away during the night.</p>
	<p><b>Peter shoots basketball outside</b></p>	<p>Giuseppina Miller</p> <p>About four months ago, Peter was out playing basketball with his friends and I was with my daughters and we went shopping. The basketball court was on the way so I just decided to kind of stop by and make sure everything was okay, see if they needed anything to drink. And none of the children were there but the diabetes bag that Peter carries everywhere with him that has all of his snacks and supplies and meter, uh.. was there but Peter wasn't</p>
	<p><b>Peter at baseball practice swinging and getting helmet on</b></p>	<p>Peter Miller</p> <p>When I don't want to manage my diabetes, it's usually because nobody that I know really has to. Everybody else can just run around and play around all the time. It seems a little unfair.</p>
	<p><b>Baseball game</b></p>	<p>Teammate</p> <p>Let's go Peter.</p>
	<p><b>Peter bats and runs to first base</b></p> <p><b>Giuseppina in car</b></p>	<p>Giuseppina Miller</p> <p>I'm not sure whether it's an adolescent thing, that he's just, you know, invincible and that's scary. At this point he should understand the danger.</p>
	<p><b>Giuseppina in car and dropping off Peter at practice</b></p>	<p>Giuseppina Miller</p> <p>Make sure you drink enough, okay? And if you don't feel well or whatever, just measure, okay?</p>
	<p><b>Peter Miller out of car</b></p>	<p>Peter Miller</p>

TIMECODE	VISUALS	AUDIO
		I'll see you.
	<b>Peter walks away from car</b>	Giuseppina Miller  All right. Bye.
	<b>Peter walks to field</b>  <b>Giuseppina driving in car</b>	Peter Miller  When I have a pick up baseball game or basketball game, she keeps driving by the court almost, like, pretending that she's bringing me, like, water, a snack or something to eat. But I know that she's checking on me to make sure that my diabetes is okay. And I just want her to stop driving by and pretending. Like it would almost be better if she just drove by and asked me how my numbers were.
	<b>Peter Miller gets snack in kitchen with Giuseppina and sister</b>  <b>Lower third:</b>  <b>Gabriella Miller, 11</b> <b>Peter's Sister</b>	Gabriella Miller  There's always a little of worry and there's always a little bit of fighting going on because they have to figure out what to do when he's high or low.
	<b>Peter, Giuseppina and sister at table</b>  <b>Peter walks away</b>	Giuseppina Miller  I know that Peter's beginning, and that these arguments we're having are probably just the tip of the iceberg. I may have to let him make mistakes while he's living under my roof so that he can maybe see some of the ramifications in a safe place. But on the other hand, I feel like it's his health. It's his life and how many mistakes do I let him make?
	<b>Peter Miller speaking</b>	Peter Miller  Sometimes I can feel like it's my diabetes. I can do it by myself just like anything else. But then, other times, when I'm low or I want to sleep in, I want her to take care of it for me because that's just easier. But most of the time I feel like it's my diabetes. I should learn how to take care of it by myself.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	

TIMECODE	VISUALS	AUDIO
	<p><b>Upcoming Clip of Jim Turner</b></p>	<p>Voice Over - Nicole Johnson</p> <p>Next on dLife, a dialog most people living with diabetes have had with themselves.</p>
	<p><b>GFX Center:</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	
	<p><b>Nicole Johnson in studio</b></p> <p><b>Lower third:</b></p> <p><b>Nicole Johnson</b>  <b>Diabetes Since 1993</b></p>	<p>Nicole Johnson</p> <p>Do you ever have conversations with yourself? Jim Turner does.</p>
	<p><b>GFX Center:</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	
	<p><b>Jim Turner dialog with himself</b></p> <p><b>Lower third:</b></p> <p><b>Jim Turner</b>  <b>dLife Correspondent,</b>  <b>Diabetes Since 1970</b></p>	<p>Jim Turner</p> <p>Hi. I'm Jim Turner</p> <p><i>Inner Voice -</i>  <i>Hey, remember we're going on a hike today with Ted up in Griffith Park?</i></p> <p>Yeah.</p> <p><i>And Ted likes a really long hike.</i></p> <p>Okay, all right.</p> <p><i>So you gotta plan for that, all righty?</i></p> <p>Okay. Hi there, I'm Jim Turner, one of the most...</p> <p><i>I think you should eat something now to get ready.</i></p> <p>Okay.</p> <p><i>Your blood sugar was pretty low this morning.</i></p> <p>Yes, no, no. It was eighty three.</p> <p><i>I think it was dropping.</i></p>

TIMECODE	VISUALS	AUDIO
	<p><b>Jim Turner dialog with himself</b></p>	<p>Yeah, it was training up.</p> <p>No.</p> <p>It was not dropping. No...</p> <p><i>I think it was dropping.</i></p> <p>No, I- I tested. I did not guess.</p> <p><i>I don't remember that.</i></p> <p>It was training up.</p> <p><i>I think you should bring a lunch on the hike.</i></p> <p>Okay.</p> <p><i>Don't forget your meter.</i></p> <p>All right.</p> <p><i>Check to make sure you got strips.</i></p> <p>And one of the most annoying things in my life is the constant internal dialog with me.</p> <p><i>Uh huh. No.</i></p> <p>The person living with diabetes.</p> <p><i>Agggghh.</i></p>
	<p><b>Jim Turner lifts shirt to reveal himself talking on small TV screen</b></p>	<p>Jim Turner (on television screen)</p> <p><i>Hey, how are you? You should check your blood sugar right now.</i></p>
	<p><b>Jim Turner dialog with himself</b></p>	<p>Jim Turner</p> <p>I'm not a doctor, but he is, or thinks he is.</p> <p><i>Well, I am like a doctor. You don't see your doctor enough.</i></p>

TIMECODE	VISUALS	AUDIO
	<p><b>Jim Turner dialog with himself</b></p>	<p>Acts like a nutritionist too.</p> <p><i>Yeah, got that right.</i></p> <p>And a pharmacist.</p> <p><i>Bingo.</i></p> <p>And a training coach.</p> <p><i>And I am a trainer.</i></p> <p>And the questions never...</p> <p><i>You're not listening.</i></p> <p>Ever stop.</p>
	<p><b>Someone knocks on door of Jim's office and opens door</b></p>	<p>Jim Turner - <i>inner voice</i></p> <p><i>The way you're acting now I think you should check your blood sugar right now.</i></p>
	<p><b>Hiker at door</b></p>	<p>Hiker</p> <p>Hey, Jim, should we go on a hike?</p>
	<p><b>Jim at desk</b></p>	<p>Jim Turner</p> <p><i>Is your blood sugar low right now?</i></p> <p>Uh, yeah, sure.</p>
	<p><b>Jim Turner opens refrigerator</b></p> <p><b>Jim's inner voice talking on small screen in refrigerator.</b></p> <p><b>Jim talks to himself on screen</b></p>	<p>Jim Turner - <i>inner voice</i></p> <p><i>How much food should I bring? Oh, boy, what did I do yesterday? I took-- I played basketball for two hours. What should I? I should bring, I should probably bring about, like three or four sport drinks with me.</i></p> <p>I will take plenty of sport drinks. I'm taking some candy bars too.</p> <p><i>Oh God. How- how many units of _____ did I take this morning? And how long is this hike going to be, twenty minutes, thirty?</i></p>

TIMECODE	VISUALS	AUDIO
	<b>Jim Turner closes refrigerator door and goes outside to meet hiker</b>	<p>Jim Turner</p> <p>Sorry.</p>
		<p>Hiker</p> <p>What took so long?</p>
	<b>Jim and hiker set off for hike, walk around back of house</b>	<p>Jim Turner</p> <p>I just, there's a lot of stuff I've got to do.</p> <p><i>Oh and take a box or two of raisins. Those are good on a hike and they don't melt. Don't forget a bottle of water because if your blood sugar's high, then you can't drink the sport drink.</i></p> <p>It's going to be a good hike.</p> <p><i>Jim, I hope you're listening. You know, I'm only doing this for your own good. Jim, Jim, Jim!!!</i></p>
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	
	<p><b>Nicole Johnson in studio</b></p> <p><b>Lower third:</b></p> <p><b>Watch dLifeTV on CNBC every Sunday evening.</b></p> <p><b>To order a copy of any dLife TV episode, visit <a href="http://dLife.com/orderdLifeTV">dLife.com/orderdLifeTV</a>.</b></p>	<p>Nicole Johnson</p> <p>That's all the time we have. We'll be back again next week with another edition of dLife TV to inform, inspire and connect for a healthy diabetes life.</p>
	<p><b>GFX Center:</b></p> <p><b>dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.</b></p>	
	<b>Credits roll</b>	
	<b>Nicole Johnson (Inset)</b>	<p>Nicole Johnson</p> <p>Remember we're not role models. We're people living with diabetes just like you. What we do and how we manage may work for us, but everyone is</p>

TIMECODE	VISUALS	AUDIO
		different. And you have to work with your diabetes care team to find out what works best for you. Remember, it's your diabetes life and there's no substitute for getting control of it.
	<b>GFX Center:</b>  <b>dLife</b>	