

# Trinity Broadcasting Network

## *Quarterly Report*

January, February & March 2011

WWRS

Mayville, Wisconsin

Ascertainment List

Leading Community Issues

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

EDUCATION/SCHOOLS

ECONOMY

FAMILY

CRIME

CIVIC AFFAIRS

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>EDUCATION/SCHOOLS</b>						
PR11-01	30:00	15:00	L	PA/O	01/03/11	10:30 AM
					01/04/11	03:00 AM
					01/06/11	02:30 AM
					01/06/11	11:00 AM
					01/07/11	12:00 PM
					01/08/11	02:30 AM
					01/11/11	02:00 AM

Darrell Finch, Education Specialist for the Housing Authority of the City of Milwaukee, and Host Desiree Hoard discuss educational support for students. Low test scores and reading levels are a challenge for the population he serves. Promoting the value of education to parents is important. It is necessary to build relationships with the youth and families. There are quarterly meetings to determine if a child needs help. Any child with a 2.0 or lower must attend after school programs. Graduation rates for students in the program are very high. Young people become an asset to the community. Younger siblings see the older ones go on to college. Education is constantly changing. There is a need to get out of the box with today's youth. There is a need to look at attitude. When that changes, other things fall in line. Many of the youth Mr. Finch serves have other needs that must be met before focusing on education. Partnering with other organizations has been very beneficial. Keeping kids focused on education and dreams is important.

PR11-05	30:00	15:00	L	PA/O	01/31/11	10:30 AM
					02/01/11	02:00 AM
					02/03/11	11:00 AM
					02/04/11	12:00 PM
					02/05/11	02:30 AM
					02/08/11	01:30 AM

Annette VanHook Thompson, District Administrator for the Dodgeland School District and Host Jackie Kahlhamer discuss the Dodgeland School District. Annette talked about the Ladder of Literacy which has the focus that literacy doesn't just happen randomly. The district uses systemic learning that reaches all the age groups. She also talked about the budget. Revenue comes from different sources. State revenue was cut 3% due to a drop in the equalized valued of property. If cuts continue, it will present challenges. Response to Intervention is a method the district uses to monitor the progress of students who need extra help. Their progress is monitored and help is provided before they experience failure. The District middle school was the first in the state to acquire Expert 21. This is a core curriculum for middle school students. It is innovative and helps to increase student learning and their engagement in school. The District has implemented a program that addresses behavior in school. It is no longer assumed that the students know what is expected of them, but rather they are taught what is expected of them. This promotes a very positive attitude. It is very important for the District to be academically sound, teach 21<sup>st</sup> Century skills and see that the students become good citizens. These are aspects that will take the students into their futures, equipped with the education they need.

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PR11-05	30:00	15:00	L	PA/O	01/31/11	10:30 AM
					02/01/11	02:00 AM
					02/03/11	11:00 AM
					02/04/11	12:00 PM
					02/05/11	02:30 AM
					02/08/11	01:30 AM

Host Jackie Kahlhamer and Dr. Pat. Antony, District Administrator for the Mayville School District, discuss the Mayville School District. Relationships within the schools and community are very important. They are necessary for shared vision, collaborations and tracking success, along with meeting together regularly. There is movement towards a much more customized delivery of services to students. This is because of the accelerating pace of technology. The future will be technology driven which will help students maximize their potential. Meeting students where they are at is important. They need an environment similar to their interaction with technology at home and in the world. Mayville, being a small school district, has many benefits. The speed of change can move much more quickly than in a large one. There are also challenges in a small district. Administrators and personnel must often fill multiple roles. It can be challenging keeping up with all the changes that occur in different fields. Parental involvement is very important. Parents are their child's first teachers and can instill in them the confidence to succeed.

PR11-06	30:00	15:00	L	PA/O	02/07/11	10:30 AM
					02/08/11	02:00 AM
					02/10/11	02:30 AM
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					02/11/11	12:00 PM
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					02/15/11	01:30 AM

Lisa Olson, the District Administrator for the Hartford Union High School District and Host Jackie Kahlhamer discuss the school district. HUHS District is not unique or sheltered from budget cuts. Public school funding is very complex. There is not a lot of local control. There are state statutes and union contracts to abide by and there is a shrinking pool of resources. There can be positive outcomes from the school funding crisis. Public education is 150 years old and it has not seen a lot of changes. It is very regimented and this may force it to be looked at differently. HUHS and the Germantown School District are looking at collaborating to start a charter school. Ms. Olson discussed the Integrated Academic Core that is to be used next year, starting with the freshmen. This should help students better retain and learn knowledge in charter schools. The District is working to have every student have a laptop, iPad, or other device that they would have for their entire high school life. This program would start with the freshmen. The feasibility of this is being studied. Ms. Olson feels the district offers a wonderful diversity of programs that meets the needs of all students.

PR11-12	30:00	15:00	L	PA/O	03/21/11	10:30 AM
					03/22/11	02:00 AM
					03/24/11	02:30 AM
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Host Patti Hutton talks with Mary Diez about character education. Mary is the Co-Director of the Leadership Academy for Character Education, which is modeled after a St. Louis program. Teaching children what is expected of them- integrity, honesty, fairness, etc. is a way to support the whole child. The results are fewer disciplinary actions and an increase in student performance. An increase in suicide, bullying and cheating all are reasons for teaching children about character. A caring and safe environment is beneficial in helping students want to come to school. Restorative discipline brings a perpetrator and victim together to discuss and decide on appropriate consequences. A principal is required to be part of a character education team in a school. They set the tone for the school. Mary related the success of character education in a school located in a high poverty area. The students are able to tell their mission in life and are encouraged to think about college.

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

**ECONOMY**

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-02	30:00	15:00	L	PA/O	01/10/11	10:30 AM
					01/11/11	01:30 AM
					01/13/11	02:30 AM
					01/13/11	11:00 AM
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					01/15/11	02:30 AM
					01/18/11	01:30 AM

Host Patti Hutton and Senator Rich Zipperer discuss growing the economy. The state's economy is stagnant. Wisconsin is falling behind in personal income. The state is rated at #47 in the country for growth. Business owners don't feel they have a part in state government, and feel the government is working against them. Senator Zipperer hopes this will change. He discussed what can be done to improve the business climate- regulatory and tax reforms, tax changes and less government spending are needed. Senator Zipperer talked about the Wisconsin Jobs Now Task Force. This helped Legislators see what are the concerns of business owners. He talked about the Dept. of Commerce and how Governor Walker wants to change it. Senator Zipperer believes government needs to operate at the speed of business and to be re ready to help businesses who want to build in Wisconsin.

PR11-03	30:00	15:00	L	PA/O	01/17/11	10:30 AM
					01/18/11	02:00 AM
					01/20/11	02:30 AM
					01/20/11	11:00 AM
					01/21/11	12:00 AM
					01/22/11	02:30 AM
					01/25/11	02:00 AM
02/01/11	03:00 AM					

Host Jackie Kahlhamer talks with Karyl Richson about Social Security. Karyl is a Public Affairs Specialist for the Social Security Administration- Milwaukee office. She discussed the eligibility requirements for receiving Social Security. It is not meant to supply all that retirees need to live on, for the most part. People are encouraged to begin saving at younger ages. Taking advantage of employer sponsored pensions and talking to a financial planner are recommended. Social Security is intended to only cover 40% of take-home pay. It is necessary to start planning at a younger age for retirement. Even saving \$25 a month, especially at a younger age, is beneficial. It gets people into the habit of investing. Social Security is not deducted from unemployment checks. This should not have a great effect on retirement benefits, if someone is laid off for a year or two. Benefits are based on your high 35 years of work. The number of persons taking benefits early is increasing, due to job losses. It is important to check the yearly statements that are sent out, which can be used as a planning tool for retirement. Karyl recommends a government website that has many valuable tools to help decide how much money will be needed to retire.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-04	30:00	15:00	L	PA/O	01/24/11	10:30 AM
					01/25/11	01:30 AM
					01/27/11	02:30 AM
					01/27/11	11:00 AM
					01/28/11	12:00 PM
					01/29/11	02:30 AM
					02/01/11	01:30 AM

Host Deisree Hoard discusses Brookfield's economy with Carol White. Carol is the President of the Greater Brookfield Chamber of Commerce. The city's businesses have been affected by the current economy, but not as much as others have been. Most businesses weathered through the downturn. There were some business closings. In the last 18 months, there have been at least 20 start-ups. The Chamber provides networking opportunities for business owners. Business done locally strengthens the local economy. Some business owners are adding new staff and equipment. One particular challenge is the access to capital. Health care is a big issue for business owners. Promoting health and wellness can be a focus for small business owners to take that is not expensive.

PR11-04	30:00	15:00	L	PA/O	01/24/11	10:30 AM
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					01/27/11	02:30 AM
					01/27/11	11:00 AM
					01/28/11	12:00 PM
					01/29/11	02:30 AM
					02/01/11	01:30 AM

Michael Firchow, Downtown Beaver Dam, Inc. Board Member, and Host Jackie Kahlhamer discuss downtown Beaver Dam. DBD, Inc. is modeled after the state Main Street Program. For Michael personally, historic preservation of the downtown is very important. The downtown needs to be prosperous and a place where people want to bring their families frequently. The organization has worked to brand downtown Beaver Dam. Many small businesses do start-ups in the downtown because rent is cheaper. But, without a business plan, success can be nominal. DBD, Inc. would like to see and help businesses succeed. There have been surprising changes since the flood of 2008- some properties were removed from the floodway, some newly built and some renovations are part of the changes. Shopping locally provides economic benefits for the community. More local revenues mean increased property values, which increases the tax base.

PR11-06	30:00	15:00	L	PA/O	02/07/11	10:30 AM
					02/08/11	02:00 AM
					02/10/11	02:30 AM
					02/10/11	11:00 AM
					02/11/11	12:00 PM
					02/12/11	02:30 AM
					02/15/11	01:30 AM

Host Desiree Hoard talks with Elaine Motl, the Executive Director of the Washington County Convention & Visitors Bureau, about tourism. Tourism brings easy dollars into communities. It provides different levels of jobs, from management to wait staff. Tourism can be an overlooked part of the economy. Promoting tourism is being done through a comprehensive marketing plan, including the use of social media. It is an interesting time in the state. The Governor used the state tourism motto to encourage economic development- to encourage businesses in Illinois to move to Wisconsin.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-07	30:00	15:00	L	PA/O	02/14/11	10:30 AM
					02/15/11	02:00 AM
					02/17/11	11:00 AM
					02/18/11	12:00 PM
					02/19/11	02:30 AM
					02/22/11	02:00 AM

Host Patti Hutton talks with Lydia LoCoco about support for marriages. Lydia is the Director of the Nazareth Project for the Archdiocese of Milwaukee. Current media culture portrays marriage as a fluid thing. Broken homes and marriages have affected young adults. There are high incidences of cohabitation and are hesitant to get married. They don't think a lifelong union is possible. We live in a pornographic culture and have lost our foundational view. Couples must put each other before their children and jobs. Support programs can help married couples strengthen their marriages.

PR11-08	30:00	15:00	L	PA/O	02/21/11	10:30 AM
					02/22/11	01:30 AM
					02/24/11	02:30 AM
					02/24/11	11:00 AM
					02/25/11	12:00 PM
					02/26/11	02:30 AM
					03/08/11	02:00 AM

Host Ivette Alvarado talks with Jerry Wallendal, Director of Ministries for Youth for Christ/Fresh Start about incarceration and family support. Jerry talked about the important role of family to society. Some incarcerated youth may not have had a stable family life. A support group, such as Circles of Support, can be a surrogate family for them if their family unit is dysfunctional or broken up. There may be a history of incarceration in a family and that pattern needs to be changed. A lifestyle change is the biggest thing to make upon coming out of jail.

PR11-12	30:00	15:00	L	PA/O	03/21/11	10:30 AM
					03/22/11	02:00 AM
					03/24/11	02:30 AM
					03/24/11	11:00 AM
					03/29/11	02:00 AM

Kathryn Kuhn, the Executive Director of Healing Hearts of Waukesha County, and Host Ivette Alvarado talk about grieving families. Grieving can happen because of death, divorce, military separation, immigration, abandonment, etc. Younger children manifest grief by being more tearful and clingy to their guardian. Older youth may have temper tantrums and teens may become isolated. Being in a support program where the experience can be shared with others can be part of the healing process. Even though the reasons for grief may be different, the feelings are often similar. A safe environment is important. Adults have been very affected by the economy. They may be divorcing and still living in the same house, which causes confusion in the children. Grieving adults may have a difficult time helping their children through grief. It can be hard to understand what other loved ones are going through. There is no timeline for the grieving process. The pain lessons but may not completely go away. Listening to someone expressing their grief may be the best gift to give to them.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-14	30:00	15:00	L	PA/O	03/25/11	12:00 PM
					03/26/11	02:30 AM
					03/28/11	10:30 AM
					03/29/11	01:30 AM
					03/31/11	02:30 AM
					03/31/11	11:00 AM

Jack Hanks, who is a Dodge County Foster Care parent, and Host Jackie Kahlhamer discuss foster families. There are many positive things about being a foster parent, although it can be chaotic at times. Foster children need to be in a home where there is predictability and safety. They do not like yelling. A normal routine is needed for them. Some of the foster children may have odd habits which they learned as a form of self-defense. They need help getting back on track. There is a lot of satisfaction in seeing a child's wings unfold. Children are put back in their homes when the parent(s) are able to get things back together. Sometimes this does not happen. Mr. Hanks and his wife have adopted some of their foster children.

## CRIME

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-08	30:00	15:00	L	PA/O	02/21/11	10:30 AM
					02/22/11	01:30 AM
					02/24/11	02:30 AM
					02/24/11	11:00 AM
					02/25/11	12:00 PM
					02/26/11	02:30 AM
					03/08/11	02:00 AM

Host Ivette Alvarado talks with Jerry Wallendal, Director of Ministries for Youth for Christ/Fresh Start about post-incarceration support. Someone being released from jail faces a number of issues. Helping to meet their physical needs and helping them obtain life skills are important to avoiding recidivism. Supporting them by encouraging them helps the person to make a successful transition from jail to being back in society. Overcoming the stigma of being an ex-offender is challenging. Finding a job and housing can be hard. It is important for them to maintain sobriety and to know what programs are available to help ex-offenders function in society.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-10	30:00	15:00	L	PA/O	03/07/11	10:30 AM
					03/08/11	01:30 AM
					03/10/11	11:00 AM
					03/11/11	12:00 PM

Host Desiree Hoard and Lt. Gov. Rebecca Kleefisch discuss reducing crime. There is a laser focus on addressing crime under the administration of Gov. Scott Walker, with a special emphasize on internet child predators. One million in new funding has been allotted to find potential criminals. Crime costs a huge amount to the state and to the children who are victims. Lt. Gov. Kleefisch talked about factors that can contribute to crime and the desperation that can lead to a single act of crime, or a life of it. Local organizations, schools and the State can all be involved in reducing recidivism. Crime prevention, offender punishment and reducing recidivism must all be focused on. There has been a reduction in crime. The programs that work must be analyzed so that taxpayer dollars are used wisely. They must be science and fact based.

PR11-11	30:00	15:00	L	PA/O	03/17/11	11:00 AM
					03/18/11	12:00 PM
					03/22/11	01:30 AM

Host Desiree Hoard and Waukesha County Sheriff Dan Trawicki talk about fighting crime. White collar crimes and drugs and alcohol offenses are the most significant crimes affecting the county. A large percentage of those in jail committed their crimes as a direct result of drug and alcohol involvement. The economy has had an effect on crime. Even though the county is fairly affluent, a lot of people are facing financial difficulties. People make poor choices as a result of this. Bank robberies totally out of context, thefts, fraud and others have been some of the choices made. The department has two full time detectives working with computer forensics. They collaborate with other police departments and the FBI. Of special concern are sex predators luring children through the internet. There is a DARE officer at the Middle School who helps the students to make good choices. The department offers a number of public safety programs to mentor youth. Block Watches are important deterrents to criminal activity.

PR11-14	30:00	15:00	L	PA/O	03/25/11	12:00 PM
					03/26/11	02:30 AM
					03/28/11	10:30 AM
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					03/31/11	02:30 AM
03/31/11	11:00 AM					

Host Tyler Mader and Nancy Franke, the Executive Director of Restorative Justice for Dodge County, talk about restorative justice. In a traditional court room the victim often has no opportunity to express their feelings or the offender cannot address the victim. The first goal of restorative justice is to repair the harm. The victim and offender come together talk it out. In the case of a home invasion, it is a faceless crime. Restorative Justice has been very active in local schools to help students develop core values and make wise choices. Bullying is a big issue in schools. Youth often commit crimes because they are bored or because they just make poor choices. They fail to recognize how far reaching the effects of the crime will be. For too long it has been okay to push and shove others in school. Now students are being encouraged to change their way of thinking. There is a big push in Dodge County schools to move from punitive to restorative methods of dealing with students. Clear expectations need to be given to students of what is expected of their behavior. Nancy has seen great turnaround in students by doing morning circles in schools.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
CIVIC AFFAIRS  PR11-07	30:00	15:00	L	PA/O	02/14/11	10:30 AM
					02/15/11	02:00 AM
					02/17/11	11:00 AM
					02/18/11	12:00 PM
					02/19/11	02:30 AM
					02/22/11	02:00 AM
<p>Jerry Moede, Mayor of Mayville, and Host Jackie Kahlhamer discuss the City of Mayville. He gave a brief overview of the city's budget. The next few years will focus on getting things back into financial shape. There had been severe debt, but the city is working its way back out. The Public Works and Police Departments are running pretty slim. The previous City Planner retired and has not been replaced. The city is subcontracting that work with an engineering firm. Mayor Moede talked about some city projects that include sewer, street and parking lot upgrades. Local manufacturing is doing well. Tourism is very important to local business. The TAG Center has lots of new people coming in. This is very important since the city must subsidize a percentage of the cost of running it. Last year that cost was higher than expected. The city can't keep cutting much more from the budget. It will be tougher next year. Many other communities are experiencing this same issue.</p>						
PR11-10	30:00	15:00	L	PA/O	03/07/11	10:30 AM
					03/08/11	01:30 AM
					03/10/11	11:00 AM
<p>Lt. Gov. Rebecca Kleefisch and Host Desiree Hoard talk about the state deficit. There has been much protesting at the State Capitol regarding Gov. Walker's Budget Repair Bill. It is meant to shore up the budget hole in the 2010 budget. It requires modest increases in state employee's contributions to their health care and pension plans and reduces some of their collective bargaining abilities. By law the State must have a balanced budget. Democratic Senators have left the state in order to avoid voting on this. The Governor does not want to pass this debt onto future generations. The Governor is being very bold about addressing the deficit. Just as a family has to balance their budget, so does the State.</p>						
PR11-11	30:00	15:00	L	PA/O	03/17/11	11:00 AM
					03/18/11	12:00 PM
					03/22/11	01:30 AM
<p>Jim Grigg, Mayor of Horicon, and Host Jackie Kahlhamer talk over state level changes with local effects. Horicon is expected to receive \$130,000 less from the state as the result of budget repair bill. The tax levy has been frozen by the state. The result will be less services and/or employees. All departments are affected except the police department. The city has had budget troubles the last couple of years. Mayor Grigg believes that it will be important for the city to continue recycling even without state grants. The community must come together to help the city move forward. There is no one running for 3<sup>rd</sup> District Alderperson. He is hoping there will be write-in candidates so that this position will be filled. Community members can be active in services groups or city committees. The city is putting in a new well. There has been some construction this year. The city is looking for new home construction. Mayor Grigg believes the Horicon Marsh Education Center will become even more beneficial to the city this summer and fall. He discussed the agreement between Horicon and Mayville regarding the usage of the Horicon city pool and the Mayville TAG Center.</p>						

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PR11-01	30:00	15:00	L	PA/O	01/03/11	10:30 AM
					01/04/11	03:00 AM
					01/06/11	02:30 AM
					01/06/11	11:00 AM
					01/07/11	12:00 PM
					01/08/11	02:30 AM
					01/11/11	02:00 AM

Tim Anderson, Environmental Health Supervisor for the City of Watertown, a Designated Radon Information Center, and Host Jackie Kahlhamer talk about radon. Radon is a radioactive gas that is colorless, odorless and tasteless. It comes through the ground and into homes. It is the second leading cause of lung cancer, after smoking. Long term exposure is what is dangerous. The only way to tell if radon is present is by using a test kit. It is very easy to use. After sending it in, results are sent back. Anything at or above 4 is considered as needing corrective action. Radon readings are highest in the lower level of the house. It dilutes as it rises. Remediation consists of using EPA guidelines to fix the problem. Tim discussed different options available.

PR11-02	30:00	15:00	L	PA/O	01/10/11	10:30 AM
					01/11/11	01:30 AM
					01/13/11	02:30 AM
					01/13/11	11:00 AM
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Senator Rich Zipperer and Host Patti Hutton talk about Obamacare. He strongly opposes it. It takes decision making away from the state. If implemented as passed, it would change health care delivery in the state. It is facing legal challenges and will have a negative effect on Wisconsin taxpayers. The potential for increased costs is great. Health care needs to move towards being consumer driven, with more control given to the individual. Health Savings Accounts can be a way to do this. Wisconsin does not allow a tax exemption for them. With Obamacare, insurance companies and employers will lose controls they now have. Business owners are very concerned because of the uncertainty, which discourages business investment. Health care costs are a major concern for employers. In the long run they may be paying more through Obamacare.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-03	30:00	15:00	L	PA/O	01/17/11	10:30 AM
					01/18/11	02:00 AM
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					01/20/11	11:00 AM
					01/21/11	12:00 AM
					01/22/11	02:30 AM
					01/25/11	02:00 AM
					02/01/11	03:00 AM

Host Jackie Kahlhamer and Karyl Richson, Public Affairs Specialist for the Social Security Administration- Milwaukee office, discuss Medicare. There are 4 parts to Medicare. Karyl gave an overview of each one. Medicare becomes very important for retirees who no longer have an employer sponsored health plan. Medicare is guaranteed, pending sufficient work history. Karyl explained when coverage is offered and effective. Medicare only covers 80% of health care costs. It is recommended to consider an additional supplemental coverage policy. Applying online is very easy. People can also call or come in person to the office. Medicare does not cover dental, vision or hearing aids. A Medicare website helps people determine what prescription drug plan will be best for them.

PR11-09	30:00	15:00	L	PA/O	03/11/11	12:00 PM
					03/14/11	10:30 AM

Host Patti Hutton talks with Kara Grennier, Manager of Community and Hospital Development for the Organ Procurement & the Tissue Bank for the BloodCenter of Wisconsin, about organ donation. Kara talked about the number of people awaiting organ donations. The supply does not meet the demand. One donor can supply seven organs. Only 1-2% of those who die are eligible to donate. Death must come about through brain death and the donor must be in a hospital ICU. The family must initiate the conversation about organ donation. The relationship between the family and recipients is very protected. They can meet, if both parties agree. More people qualify to be tissue donors. Organ donations are life saving. Tissue donations are for reconstructive/elective surgeries. Kara discussed how someone can sign up to be a donor. It is important to talk to your family if you sign up. It will help to solidify the decision and make them aware of it.

PR11-09	30:00	15:00	L	PA/O	03/11/11	12:00 PM
					03/14/11	10:30 AM

Christopher Mauritz, Education & Outreach Coordinator for the Pancreatic Cancer Action Network Milwaukee Affiliate, and Host Jackie Kahlhamer talk about pancreatic cancer. Christopher talked about his own journey of being diagnosed and treated for pancreatic cancer. The diagnosis was a life changing event. It brings about a financial burden for the family. Reaching out for help and support are important, as is keeping hope alive. He had been rejected many times for treatments and medications, but kept speaking up and received help. Taking charge of your situation, speaking up and asking questions gets results. Having the help of family and friends is very important. He encourages those with a cancer diagnosis to reach out, let others know and rally family and friends.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #010611	CBN	1:00:00	6:00	REC	PA/O/E	01/06/2011 2:00 PM

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

700 Club NewsWatch #020811	CBN	1:00:00	5:00	REC	PA/O/E	02/08/2011 2:00 PM
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Lori Johnson, CBN News Reporter, asks are you often sad during the winter? People have talked about those blues since before the Civil War. But in the last 30 years, doctors have officially recognized the winter blues as a named, medical condition called Seasonal Affective Disorder, or SAD. The good news is that you can beat it! Decreased sunlight during the winter is the main reason why people develop SAD, because less daylight can disrupt our circadian rhythm, also known as our body clock. Melatonin, a hormone which makes us feel tired, is triggered by darkness and reaches its highest levels at night. People also have increased melatonin levels during the day. On the opposite side, the neurotransmitter serotonin, which is triggered by sunlight, makes us feel happy. But people with SAD have low levels of serotonin. Women are more often affected than men and the disorder is more prevalent in northern climates. [Light therapy](#) is a very effective treatment and involves sitting in front of a specialized light box for 30 minutes a day. The box needs to have a power of 10,000 lux, which is more than 20 times stronger than the average light bulb. Beware though: Tanning beds are not an acceptable treatment because they emit ultraviolet rays. So say "no" to the tanning bed, but "yes" to the light box. And in addition to the light box, other ways to brighten up your life include: Using higher wattage light bulbs, installing a sky light, sitting closer to the window, trimming branches that block sunlight and simply opening the blinds. If you have SAD and work in a dark environment make it a point to spend a few minutes outside every hour or so. Although it's tempting for people with SAD to reach for their comforter, they should reach for their gym bag instead. Exercise is another great tool for fighting the effects of SAD. A cardiovascular workout pumps oxygen into the brain, making us alert and energetic. Exercise also releases endorphins, neurotransmitters that create a feeling of euphoria. So if you suffer from Seasonal Affective Disorder, or SAD, a few lifestyle changes can help you enjoy winter. And spring will be here before you know it!

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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700 Club NewsWatch #032211	CBN 1:00:00	5:00	REC	PA/O/E	03/22/2011	2:00 PM
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Lori Johnson, CBN News Reporter, says during the past 50 years Americans have developed a drinking problem with convenience. We buy our drinks already-made, everything from water to coffee. But it's the ingredients found in of some of those beverages that have some physicians sounding a warning. Take for instance energy drinks. With names like Rock Star, Monster, and Full Throttle, energy drinks pack a punch that young people can't get enough of. In fact, one in three teenagers regularly drinks them. Energy drinks burst on the scene 20 years ago. They are now so popular, Americans are expected to spend \$9 billion on them this year, making them the fastest-growing beverage market. What's in these energy drinks that has them flying off the shelves? Mainly caffeine, at least the amount found in a strong cup of coffee, sometimes much more. The U.S. Food and Drug Administration only requires that manufacturers list the presence of caffeine in a product, not how much. Energy drinks can also be loaded with sugar -- a quarter-cup on average. Also, since they're marketed as dietary supplements, they often contain unregulated herbal stimulants like Taurine, Guarana, Creatine and B vitamins. Doctors say this can be a dangerous mix. In fact, the medical journal Pediatrics warns energy drinks can cause kids to suffer heart palpitations, seizures, strokes, and even sudden death. The pediatrician also tells his patients not to even drink one because they can be highly addictive. Energy drinks are often marketed to athletes for that extra boost. But they can pose even more problems for athletes than non-athletes, including increased blood pressure and serious dehydration. Because of that risk, many athletes who shy away from the energy drinks choose the sports drinks instead. But doctors warn that while sports drinks don't have the caffeine that energy drinks contain, they do have their own set of problems. For instance, sports drinks can corrode teeth even more than soda. The acid in sports drinks erodes the teeth from the first sip until 45 minutes after the last sip, when the saliva returns the mouth to its normal ph balance. So how many carbohydrates are in what you're drinking? It's on the bottle. But watch out -- that number is carbohydrates per serving. Many bottles contain two or more servings. So if you drink the whole bottle, you're consuming at least twice the number of carbohydrates on the label. So while Americans have more beverage choices than ever, doctors say don't be fooled. Just because a drink has a healthy image, that doesn't mean it's good for you.

Doctor #280	to Doctor	28:30	28:30	REC	PA/O/E	1/04/2011	11:30 AM
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**Dr. Don Colbert** talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. The root is inflammation caused by fatty meats, excessive sugars and fried foods. It's important to have your C Reactive Protein measured, to eat anti-inflammatory foods, lose belly fat and have dark chocolate. **Dr. James Mittelberger** talked about Palliative Care. It specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. It allows for pain to be managed which will allow for the comfort and quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. **Dr. Martin Finkelstein** talked about mind and body connection. When muscles near the cervical spine experience trauma or stress, they can tighten up and irritate nerves. This can lead to headaches, allergies and sinus problems. It's important to take care of our body, pay attention to symptoms and to correct the problem.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #285	28:30	28:30	REC	PA/O/E	1/18/2011	11:30 AM
<p><b>Dr. James Krystosik</b> talked about food allergies. 75% of all major health problems are directly link to food allergies. There can be an immediate reaction, a delayed reaction or a food intolerance. It's important to identify the food and eliminate it from the diet. <b>Dr. John Fischer</b> talked about Uterine Fibroids. They are benign tumors of muscle that occur within the uterus. Symptoms could be pelvic pressure or pain, frequent urination, constipation and back pain. Treatments include surgery, hormonal therapy and medication. <b>Dr. Martin Finkelstein</b> talked about arthritis. Does not occur just because we get older. We can do something about it and it begins when a person is young. Prevention is helpful with daily stretching exercises, healthy diet and regular checkups.</p>						
Doctor to Doctor #286	28:30	28:30	REC	PA/O/E	1/25/2011	11:30 AM
<p><b>Dr. Eric Braverman</b> talked about weight. The brain controls the body through dopamine. Changes in the levels can cause changes to metabolism rates. It's important to eat fresh food, spices, fish and whole grains. <b>Dr. Ace Anglin</b> talked about stress fractures. They can be caused by repetitive types of exercise or activities resulting in intense pain in a specific area. X-rays, immobilization, brace, cast and ice are all ways to help heal from stress fractures. <b>Dr. Susan Cole</b> talked about cancer screening. It is important to discover cancer early in order for the best outcome, especially if you are at high risk for lung, prostate, or colon cancer. Recommendations are always changing, but screening has become cheaper and less evasive.</p>						
Doctor to Doctor #287	28:30	28:30	REC	PA/O/E	2/01/2011	11:30 AM
<p><b>Dr. Jessica Setnick</b> talked about picky eaters. Children, at age three, enter a Neophobia stage which is a fear of trying something new. Plus they are not growing as fast so they don't need as much food. It's important to make mealtime a good experience and to expose them to a variety of foods. <b>Dr. Teresa Carlson</b> talked about Ocular Allergies. They can be seasonal such as grass or environmental such as carpet. Symptoms can be red, itchy and swollen eyes. Besides seeing an eye care provider, flushing and medication can help as well. <b>Dr. Karen Bierman</b> talked about time management. The more balanced our time the better we feel. It looks different for everyone because of different needs and priorities. It's important to set priorities and take steps to accomplish them.</p>						
Doctor to Doctor #288	28:30	28:30	REC	PA/O/E	2/8/2011	11:30 AM
<p><b>Dr. Bettye Alston</b> talked about water. It is very important for the systems in the body, joint lubrication, metabolism rate and to neutralize stomach acid. Dehydration can cause dry mouth, headaches and constipation. It's important to drink plenty of water throughout the day. <b>Dr. James Mittelberger</b> talked about influenza vaccine. People older than 65 and children under the age of 2 are at a higher risk of dying from the flu. It's important to get the flu vaccine as well as regular hand washing, not coughing near others and treating flu like symptoms early before they get serious. <b>Dr. David Cawley</b> talked about new treatments in dentistry. Digital Radiography helps provide x-rays of the teeth while cutting down on the exposure to radiation. There are lasers that help with oral surgeries as well as mouth rinse that detects oral cancer. There is also cosmetic restoration as well as dental implants.</p>						
Doctor to Doctor #289	28:30	28:30	REC	PA/O/E	2/15/2011	11:30 AM
<p><b>Dr. Mike Ronsisvalle</b> talked about stress. It is the body's reaction to situations that may cause it. It impacts the Amygdala, which is the part of the brain that releases hormones. It can cause increase heart rate, stomach problems, trembling, headaches and sweat. It's important to learn to relax by using deep breathing exercises and meditation. <b>Kay Spears</b> talked about PH levels. Acidic levels make the blood unhealthy while alkaline levels make it healthy. Acidic foods are sugar, rice and pasta. Alkaline foods are fish, green vegetables and brown rice. It's important to check ph balance. <b>Dr. Dale Peterson</b> talked SIDS or crib death. The greatest risk is between the ages of 2 to 4 months. Risk factors also include being male, premature low birth weight, cigarette smoke and fall/winter. It's important to lay the baby on their stomachs and to wrap the mattress.</p>						

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #290	28:30	28:30	REC	PA/O/E	2/22/2011	11:30 AM
<p><b>Lisa Buldo</b> talked about weight loss made simple. It is about a lifestyle change. Drink plenty of water, exercise and sleep. You want to eat proteins, good fats, green vegetable and fruits. It's also important to minimize starch grains such as rice, pasta and cereal. <b>Dr. Ace Anglin</b> talked about foot advice for joggers. It's important to talk with your doctor before starting any type of exercise program. You need the correct shoe to support running otherwise you may end up with blisters, hammer toes or bunion problems. <b>Dr. Glee Steele</b> talked about vision and learning. It's important that vision is working properly in order to learn. There are other issues that can't be detected by an eye chart exam. Symptoms can be double vision, lack of tracking, headaches and difficulty in coping information off of the board.</p>						
Doctor to Doctor #291	28:30	28:30	REC	PA/O/E	3/08/2011	11:30 AM
<p><b>Dr. Brian Nimphius</b> talked about exercise. It's important to contract and relax muscles in order to strengthen them. Muscles that are weak are prone to injury. Exercise helps to keep the heart and brain healthy. Walking, resistance and aerobic exercise can help promote lean muscles. <b>Dr. Bob DeMaria</b> talked about Vitamin D. It pulls the calcium from the intestine and puts it in the blood. Vitamin D deficiency can lead to diabetes, high blood pressure and pain syndromes. You should get out in the sun for 20 minutes a day or take a Vitamin D supplement. <b>Dr. Bernice Gonzalez</b> talked about male menopause also known as Andropause. There is a decline in Testosterone and an increase in Estrogen. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase Testosterone levels.</p>						
Doctor to Doctor #292	28:30	28:30	REC	PA/O/E	3/15/2011	11:30 AM
<p><b>Dr. Don Colbert</b> talked about diabetes. The increase sugar levels can slowly destroy the body. It can lead to damaged nerves, vision problems, heart attacks and strokes. It's important to have low amounts of belly fat, exercise, healthy eating and supplements. <b>Dr. Malcolm Hill</b> talked about the importance of elimination or bowel movements. It's important to have one at least once a day. Fruits, vegetable and whole grains have a lot of fiber which can help. Lack of them can result in obesity, diabetes, high blood pressure and colon cancer. <b>Dr. Kelafo Collie</b> talked about major depression. There need to multiple symptoms lasting for more than two weeks. Some of symptoms are sadness, lack of interest, loss of concentration and changes in appetite or sleeping patterns. It's important to have family support, counseling and check with your doctor about medical treatments.</p>						
Doctor to Doctor #293	28:30	28:30	REC	PA/O/E	3/22/2011	11:30 AM
<p><b>Dr. Tonya Lyons</b> talked about gum disease. It is serious because bacteria can enter the bloodstream and cause illnesses to get worse. It can go from Type 1 to Type 4. It's important to have teeth and gums checked every 6 months. <b>Dr. Gerard Guillory</b> talked about food allergies and food sensitivities. Food can make you sick as well as additives like caffeine and MSG. It can cause headaches and other health problems. It's important to figure out which foods are causing the problem and then eliminate it from the diet. A food diary is a tool that can help. <b>Dr. Chris Lewis</b> talked about Cancer. It is a tumor that invades in the tissue or can spread around the body. It's the result of a mutated gene. It is preventable with good nutrition, exercise, getting enough rest and drinking plenty of water.</p>						















<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<b>SUBSTANCE ABUSE</b>						
PR11-16	30:00	15:00	L	PA/O	04/14/11	02:30 AM
					04/14/11	11:00 AM
					04/15/11	12:00 PM
					04/16/11	02:30 AM
					04/21/11	11:00 AM
					04/26/11	01:30 AM
					05/03/11	03:00 AM
					05/10/11	03:30 AM

Mary Simon, the Executive Director of The Council on AODA of Washington County and Host Tyler Mader discuss reaching adolescents. A goal is to delay alcohol usage among youth for as long as possible. Alcohol is one of the first drugs used by teens and even preteens. It is readily accessible and is a cultural concern in the state. Wisconsin rates #1 in binge drinking in the country. Other drugs of concern are tobacco, marijuana, prescription drugs and heroin. Mary talked about developmental assets. The more a youth has, the less likely they are to engage in risky behaviors. Showing kids that they can have fun without using drugs is done through various programs. A research based curriculum is used in schools to help students make healthier decisions. Outside of school, the work is to change the culture- to - that it is cool not to use, versus, it is cool to use. Parental support is important. Parents sign a contract that they will not host underage parties with alcohol and drugs. Every person can be part of helping children to make a right decision. Part of the challenge is the cultural norm. Adults may think, they used, so why is it so bad? There is now more known about how brain development is affected by alcohol and drugs.

PR11-17	30:00	15:00	L	PA/O	04/22/11	12:00 PM
					04/25/11	10:30 AM
					04/26/11	01:30 AM
					04/28/11	02:30 AM
					04/28/11	11:00 AM
					05/03/11	01:30 AM
					05/10/11	03:00 AM

Host Tyler Mader discusses the Social Norms Campaign with Debb Lins. Debb is the Beaver Dam Unified School District Alcohol, Tobacco and other Drug Abuse (ATODA) Prevention Coordinator. She discussed the latest results available from the annual Youth Risk Behavior Survey, which is given to 6<sup>th</sup> through 12<sup>th</sup> graders. She talked about the misperceptions students have about substance abuse. These can range from believing it is okay to do it to feeling ostracized if not doing it. The Social Norms Campaign has an immediate and a long-term focus. Addressing teen drinking, driving and then using data over time to show that "not everyone is doing it" are part of the campaign. Results of the survey show that binge drinking has decreased in the last few years. Parental involvement will be an important component to the success of the campaign. Addressing bullying and (negative) peer pressure are messages that must be given continuously in as many forms and to as many people as possible.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-18	30:00	15:00	L	PA/O	05/06/11	12:00 PM
					05/07/11	02:30 AM
					05/09/11	10:30 AM
					05/10/11	02:00 AM
					05/12/11	11:00 AM
					05/17/11	01:30 AM

Host Tyler Mader talks with Jim Pearson, the Program Coordinator for The Addiction Resource Council of Waukesha, about prescription drug abuse. This form of drug abuse is the misuse of a prescribed drug in order to get high. For some reason teens think it is safe because it is prescribed by a doctor. Teens are swayed by peer pressure to fit in and abuse drugs. Most of the drugs are stolen from someone's medicine cabinet. Side effects can include respiratory problems, depression, decreased heart rate, etc. Parents may need to do a drug test, to intervene before addiction occurs. Jim talked about pharm parties and how especially dangerous it is to mix alcohol with the drugs. School stress is the #1 reason kids say they abuse. The best ways to combat the abuse is to educate. Parents need to be aware of what is in their medicine cabinet. Extracurricular activities are important for youth to be involved with.

PR11-18	30:00	15:00	L	PA/O	05/06/11	12:00 PM
					05/07/11	02:30 AM
					05/09/11	10:30 AM
					05/10/11	02:00 AM
					05/12/11	11:00 AM
					05/17/11	01:30 AM

Claudia Roska, Executive Director of The Addiction Resource Council of Waukesha talks with Host Tyler Mader about addiction in the workplace. When an employer suspects that an employee may have an addiction issue, the best recommendation is that they look at the work behavior and address that. It can be very difficult for an employer to discuss their concern with the employee. Small businesses may not have the resources to address it. Employers can look at work behaviors not seen before and address those as a disciplinary action. It can be helpful for an employer to have involvement with an addiction resource program. This helps keep records out of the place of employment and keeps the employers interaction along the lines of work performance. Addiction can be one of the highest costs to employers, including lost work time, problems between employees and health care costs. Addiction pushes up the cost of health care. Employees may also be dealing with family members who have issues. A good employee assistance program is beneficial to employers and employees. Safety and workplace productivity need to be considered. Early intervention is best. An employee assistant professional can address addiction concerns correctly.

PR11-22	30:00	15:00	L	PA/O	06/10/11	12:00 PM
					06/11/11	02:30 AM
					06/13/11	10:30 AM
					06/14/11	02:00 AM
					06/16/11	02:30 AM

Host Patti Hutton talks with Kurt Klomberg, Dodge County District Attorney about heroin. Use of the drug has been rising substantially in the last couple of years. It is extremely dangerous and destructive. Fueling it has been the rise of the abuse of prescription drugs. These are expensive and when in withdrawal, there is a trend to then use heroin, which has become cheaper to abuse. Heroin is physically addictive. There are some local fatalities caused by heroin. Heroin use has a cascading effect across law enforcement. A heavy user may need a couple hundred dollars per day for the addiction. This in turn leads to burglaries, thefts, armed robberies, forgery and ID theft. The Dodge County Multi Jurisdictional Task Force aggressively investigates drug related crimes and there is aggressive prosecution. Mr. Klomberg is intent on educating the public about the use of heroin in the county.

## HOUSING

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-21	30:00	15:00	L	PA/O	05/20/11	12:00 PM
					05/21/11	02:30 AM
					05/23/11	10:30 AM
					05/24/11	01:30 AM
					05/26/11	02:30 AM
					05/26/11	11:00 AM
					06/07/11	03:00 AM

Host Jackie Kahlhamer talks with Kathy Hetzel, Dodge County UW Extension Family Living Educator about first time home buying. Kathy is also involved with the Dodge County Home Buyer's Council. A first time home purchase needs to be carefully thought out. It may not be right for everyone. A difficult part has been that home values were not increasing as they previously were. Credit history is a critical component to receiving a home loan. Borrowers need to know what is on there and correct any mistakes. Kathy discussed what to take along to a lender when seeking a loan. A general guide to the cost of the home one can afford is 2.5 – 3 times the annual income. Another guide is that not more than 29% of income should go towards housing costs. Homeowners must consider maintenance and upkeep costs. A home inspection is a good idea before purchasing. A spending plan is critical to follow and to not buy extras on credit.

PR11-23	30:00	15:00	L	PA/O	05/27/11	12:00 PM
					05/28/11	02:30 AM
					06/02/11	02:30 AM
					06/02/11	11:00 AM
					06/07/11	02:00 AM
					06/09/11	03:00 AM

Host Ivette Alvarado and Jim Eigenberger, Senior Asset Manager for the Housing Authority for the City of Milwaukee discuss affordable housing. The Housing Authority has a component that helps qualified public housing residents purchase their first home. People must be responsible and ready to own a home. Required counseling classes are the biggest plus to being educated and responsible. Home ownership is a win-win situation. The houses are on the tax roll and owners have a financial interest in the house. They must occupy it. The Housing Authority is acquiring foreclosed properties to sell to first time homeowners. Credit reports must be pulled and cleaned up as needed. For those who do not have credit, it must be established. There cannot be a drive through mentality. The process can take 6 months or longer.

PR11-24	30:00	15:00	L	PA/O	06/17/11	12:00 PM
					06/18/11	02:30 AM
					06/20/11	10:30 AM
					06/21/11	02:00 AM

Host Jackie Kahlhamer and Melissa Bublitz talk about affordable housing needs. Melissa is the Executive Director of the West Bend Housing Authority. Melissa talked about the different programs available for qualified applicants. There has been a vast increase in the number of calls and applications for housing assistance. Families who never needed assistance before now are finding themselves in need of it, often due to unemployment or underemployment. They have received calls from those facing foreclosure. Assistance may be available for that, depending how far into the process they are. The waiting time for rental assistance for qualified applicants can be from 6 months to 1 year. This means they may have to live in a place they cannot really afford. The Section 8 Voucher List was closed 6 months ago because the waiting period was 7 years. Homeless persons are moved to the top of the list. There are no vacant apartments.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-24	30:00	15:00	L	PA/O	06/17/11	12:00 PM
					06/18/11	02:30 AM
					06/20/11	10:30 AM
					06/21/11	02:00 AM

Shirley Peterson, Waukesha County Aging & Disability Resource Center Supervisor, and Host Jackie Kahlhamer discuss senior housing. Leaving a home can be very hard for some seniors, easier for others. It can be a time of loss and stress. Shirley discussed the different types of housing for seniors- senior apartments, assisted living, to nursing homes. It is very helpful for seniors to have along a family member or trusted friend when touring a facility. There is housing available for those with low income. Getting on a waiting list may be necessary. Each senior has different needs and finding a home that will be a good fit is important.

PR11-26	30:00	15:00	L	PA/O	06/24/11	12:00 PM
					06/25/11	02:30 AM
					06/27/11	10:30 AM
					06/28/11	02:00 AM

Host Jackie Kahlhamer and Barb Hagedorn, Executive Director of the Dodge County Housing Authority, talk about affordable housing. The need for this seems to always increase. The housing voucher list was recently opened for 9 days. It had been closed for several years. There were a large number of applicants. Barb talked about the cost of rentals in Dodge County. The rent is costly for someone with low income. If a family is able to find a 3 bedroom home it is usually in an older, energy inefficient home. This drives up the cost of utilities. The Housing Authority recently purchased an apartment complex. They were awarded tax credits for the renovation of it. When finished, the apartments will be better insulated and quality materials will be used that will make them sustainable for a long time. Barb talked about eligibility requirements and the application process.

## ELECTORAL AFFAIRS

PR11-13	30:00	15:00	L	PA/O	04/01/11	12:00 PM
					04/02/11	02:30 AM
					04/04/11	10:30 AM
					04/05/11	01:30 AM

Kathy Nickolaus, Waukesha County Clerk and Host Ivette Alvarado discuss local spring elections. Kathy gave a general overview of what will be on the ballots, locally and statewide. To be eligible to vote, one must be a U.S. citizen and live in the local area where they will vote. Becoming a registered voter can be done at the Clerk's office or at the polls. They must bring along a proof of residence, such as their driver's license, utility bill, etc. There is a 10 day minimum residency requirement. Sample ballots can be checked out on the county website. Voter turnout is usually lower than in a partisan election. Kathy does expect a higher turnout due to recent events. Voters should be concerned about local elections- these officials are people that make decisions that impact everyday life. Election night results are posted on the website. Anyone interested in becoming a poll worker must meet some eligibility requirements. There is the possibility of recall elections occurring. Certain criteria must be met to have one.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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## HEALTH/MENTAL HEALTH

700 Club CBN News Watch	1:00:00	6:00	REC	PA/O/E	06/16/2011	2:00 PM
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#061610

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 #295	to Doctor	28:30	28:30	REC	PA/O/E	4/05/2011	11:30 AM
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**Dr. Eric Braverman** talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. **Jessic Setnick** talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. **Dr. Daniel Leeman** talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.

Doctor #296	to Doctor	28:30	28:30	REC	PA/O/E	4/12/2011	11:30 AM
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**Dr. Scott Hannen** talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. **Dr. John Fisher** talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. **Dr. Ross Dorsett** talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #297	28:30	28:30	REC	PA/O/E	4/26/2011	11:30 AM

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

Doctor to Doctor #298	28:30	28:30	REC	PA/O/E	5/03/2011	11:30 AM
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**Lisa Buldo** talked about acne. It can be caused by a buildup of bacteria in your intestine. A suppressed immune system can be caused by medications, processed food and chemicals. Eat clean food, avoid sugar, take a supplement daily, exercise, get plenty of sleep and clean skin daily. **Dr. Bronlynn Eberhardt** talked about teeth health. Bad teeth health can lead to stroke, heart disease, cancer and diabetes. It's important to floss, brush teeth regularly and to see the dentist on a regular basis. **Dr. Brian Nimphius** talked about neck pain. It often occurs because the muscles in the neck region become weak from not being used. These muscles are then susceptible to fatigue and injury. It's important to do certain exercises that will strengthen them as well.

Doctor to Doctor #299	28:30	28:30	REC	PA/O/E	5/10/2011	11:30 AM
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**Dr. Christopher Chen** talked about exercise. It helps to keep inflammation down, increases heart rate, decrease blood pressure and stress level. It increases circulation which helps to deliver oxygen to other parts of the body. Walking, swimming and cycling are great low impact exercises. **Dr. Bob DeMaria** talked about joint pain. Plantar Fasciitis can result in a heel spur. Tennis elbow and Carpal Tunnel syndrome can result in joint pain. It's important to drink plenty of water, limit sugar, increase flax seed oil and vitamin B6. **Dr. Carl Schmidt** talked about vitamin B. Every nutrient has a purpose to keep the body alive and functioning. B1 is good for mood, memory and attention. B2 helps with cells. B3 helps lower cholesterol. Whole grains or supplements are a great way to make sure you are getting enough B vitamin.

Doctor to Doctor #300	28:30	28:30	REC	PA/O/E	5/17/2011	11:30 AM
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**Dr. Marc Unterman** talked about Ischemic Heart Disease. It's when cholesterol plaque builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. **Kay Spears** talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. **Dr. Mark Sheehan** talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.

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Doctor to Doctor #301	28:30	28:30	REC	PA/O/E	5/24/2011	11:30 AM
<p><b>Dr. Doreen Lewis</b> talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. <b>Dr. George Alonso</b> talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. <b>Dr. Abinash Achrekar</b> talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.</p>						
Doctor to Doctor #302	28:30	28:30	REC	PA/O/E	5/31/2011	11:30 AM
<p><b>Eric Braverman</b> talked about how to have an abundant life. It is possible to look on the outside for problems on the inside. Balding men have a higher rate of Prostate cancer. A pigment change in the skin can mean skin cancer or skin damage. Gum disease can be linked to heart disease. It's important to get screened. <b>Dr. Nicole Gordon-Moton</b> talked about colon cancer. It is the 3<sup>rd</sup> most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. <b>Dr. David Cawley</b> talked about the fearful dental patient. This is the patient that has dental needs but doesn't go because of an extreme fear. There is an oral sedation that lowers the patient's anxiety level and makes it a pleasant dental experience. There is a general sedation that allows for difficult and longer procedures.</p>						
Doctor to Doctor #303	28:30	28:30	REC	PA/O/E	6/07/2011	11:30 AM
<p><b>Dr. Tonya Lyons Anderson</b> talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. <b>Dr. Randy Burden</b> talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. <b>Dr. Bernice Gonzalez</b> talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.</p>						
Doctor to Doctor #304	28:30	28:30	REC	PA/O/E	6/14/2011	11:30 AM
<p><b>Dr. Ace Anglin</b> talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. <b>Dr. James Krystosik</b> talked about the pH system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. <b>Jannie Wolff</b> talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.</p>						
Doctor to Doctor #305	28:30	28:30	REC	PA/O/E	6/21/2011	11:30 AM
<p><b>Dr. Valerie Saxon</b> talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. <b>Dr. Bill Williams</b> talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. <b>Dr. Dale Peterson</b> talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.</p>						

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