

Trinity Broadcasting Network

Quarterly Report

October, November, December 2010

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.

YOUTH

CIVIC AFFAIRS

UNEMPLOYMENT

ENVIRONMENT

ELECTORAL AFFAIRS

PUBLIC SAFETY

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>
PR10-039	30:00	15:00	L	PA/O	10/01/10	12:00 PM
					10/02/10	02:30 AM
					10/04/10	10:30 AM
					10/07/10	02:30 AM

Host Jackie Kahlhamer talks with Jean Davidson about teaching children to react to danger. Jean is the Founder of the Yell and Tell Foundation, which she started after the drowning death of her 4-year old grandson. An older child witnessed it, but did not immediately let an adult know. Children are often scared and don't want to get into trouble when a dangerous situation occurs. Often it is because they are somewhere or doing something they were told to avoid. Children often need to be taught what to do if they see danger- to yell and to tell a big person. There are ways to teach children how to react around the dangers of water, fire, poison, guns and child enticement. Practicing scenarios is very important. Children need to be taught to err on the side of caution. They can yell and tell for their friend's sake and help keep their friends safe. Teaching children to be responsible and to take action at a young age will help them become good citizens. Middleschoolers are being taught about yell and tell, and they in turn are teaching it to younger children.

PR10-045	30:00	15:00	L	PA/O	11/19/10	12:00 PM
					11/20/10	02:30 AM
					11/22/10	10:30 AM
					11/23/10	02:00 AM

Sally Schoenike, Dodge County 4-H Youth Development Agent, and Host Jackie Kahlhamer discuss positive youth development. Helping youth develop life skills such as communication, cooperation and decision skills are important. Leadership skills are not so much learned, as developed. Sometimes leadership has to be pulled out of the youth if they are not real forward. A lot of youth want to be involved in a lot of activities. This is where decision making skills are developed. Spending, saving and sharing are money management skills that are important for youth to develop. Research shows that youth will be less likely to become involved in risky behaviors when they have more positive skills. Youth feel valued when there are adults who are engaged in their lives. Youth can be good role models in their schools by having a positive attitude, and they can be encouraged to be community changers.

<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>
PR10-044	30:00	15:00	L	PA/O	11/12/10	12:00 PM
					11/15/10	10:30 AM
					11/16/10	02:00 AM
					11/18/10	02:30 AM

Dr. Staci Young and Host Jackie Kahlhamer talk about youth violence prevention. Dr. Young is an Assistant Professor at the Medical College of Wisconsin. The CDC considers youth violence a public health threat. It can lead to injury, disability and death. There is not one specific root cause of youth violence. Anything that destabilizes the family and community, such as unemployment, lack of education and unstable family environments can be a part of the cause. Developing a violence prevention initiative for youth ages 0-11 and working with families which help them to exist in a positive structure will be part of working to combat youth violence. The leadership capabilities of those aged 12-17 will be encouraged. Building community capacity to prevent violence by providing resources to local organizations will be part of working to reduce youth violence. Ramon Candelaria, Community Director for the Youth Violence Prevention Initiative, and Host Jackie Kahlhamer continue the discussion about youth violence prevention. Approaches used to prevent youth violence will be done by bringing back the basics- people getting to know each other and building relationships. People with diverse backgrounds with talents and skills will bring resources together. Youth need to be involved and determine what services they need. When young people are given a voice, they get excited. People often become a product of what is around them. There is a need to see households stronger. This may include the need to have enough food, the walk to school safer and other concerns. By strengthening, lives can be transformed. We can't say that we care about others and only help ourselves. Making right choices and aligning with the right people are needed.

PR10-046	30:00	15:00	L	PA/O	12/03/10	12:00 PM
					12/04/10	02:30 AM
					12/06/10	10:30 AM
					12/07/10	02:00 AM

Host Jackie Kahlhamer talks with Jack Hankes about youth leadership development. Jack is the President of the Beaver Dam Noon Kiwanis. Programs are offered for middle and high school students. Leadership and community service skills are cultivated. Youth are our future and the future belongs to those who create it. Society does not intentionally discourage youth leadership but sometimes does so by failing to present positive adult role models. Leadership does not need a title. It is demonstrated by positive behaviors. Youth can lead other youth. Youth involved in developing leadership skills are less likely to engage in negative behaviors, such as substance abuse. Youth who were instilled with leadership skills at earlier ages tend to have greater maturity. Leadership does not have to be formal. It can be as simple as youth leading younger siblings in positive behaviors. Sometimes it is very evident who is a youth leader. Shy youth need to believe in themselves and focus on their abilities versus what they cannot do. Conformity is a powerful force in youth circles. Sometimes this is good and sometimes not. The negative needs to be discouraged.

PR10-048	30:00	15:00	L	PA/O	12/17/10	12:00 PM
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Host Desiree Hoard and Sharon Adams discuss helping children succeed. Sharon is the President of WINS for Children, Inc. A key for success is academic performance. All children need to be able to graduate. WINS will use for their model the best practices which are being used by several cities. In Milwaukee there will be over 20 organizations working together. WINS will be statewide for all children who need additional support. Focus needs to be on children and youth, ages 0-25. The Lindsey Heights neighborhood of Milwaukee will be the first area served. The unemployment rate there is currently 10% and can be as high as 30%. The families are challenged economically. Services need to be provided to children and families. The 0-3 year old group is top priority. The next priority will be with a particular high school. It is hoped that if children are provided with the right support, they will be able to go on to college or trade school. It is important to bring resources, provide accountability and have real time reporting.

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CIVIC AFFAIRS

PR10-039	30:00	15:00	L	PA/O	10/01/10	12:00 PM
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					10/07/10	02:30 AM

Jim Mielke, Dodge County Administrator, and Host Jackie Kahlhamer discuss Dodge County. Jim discussed the proposed 2011 county budget. There is an overall levy increase of \$160,000. All counties are under a 3% levy cap. The county could have had an increase of \$960,000, but recognizing the overall economic condition, they chose to minimize the impact of an increase. There will be a public hearing on the budget. Traditionally attendance has been very sparse at the hearings. The hearing does give the public a chance to make their concerns known. County Supervisors can make budget changes at hearing. The budget challenge is to provide the services the public expects within a tight budget. The Health and Human Services Dept. has seen an increased number of caseloads. This is in line with the current economic downturn. Sales tax revenue is down. The county sales tax is for funding capital projects. Jim talked about the Clearview project and how that is progressing. He also discussed the need of keeping pace with county highway improvements.

PR10-040	30:00	15:00	L	PA/O	10/08/10	12:00 PM
					10/09/10	02:30 AM
					10/11/10	10:30 AM

Host Jackie Kahlhamer and Mayor Tom Kennedy talk about the City of Beaver Dam. The upcoming budget was discussed. Budgets are not easy, as they take a lot of thought. Department Managers are encouraged to be good stewards of their budgets throughout the year. Taxpayers who must pay special assessments are given up to 8 years to pay for them. Hopefully this will be increased to 10 years. The city realizes these assessments can be difficult for people to pay. The redevelopment of the downtown area is moving along. Labor union contracts will have to be negotiated. A new police department building has been started. The community is looking for a new senior center. The city is seeking a new police chief and will be looking into future land development. Mayor Kennedy meets with citizens every other week to hear their concerns. He talked about the Consortium of Mayors he started. Here, local Mayors can come together and share experience, knowledge and collaborate regarding various issues.

PR10-040	30:00	15:00	L	PA/O	10/08/10	12:00 PM
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					10/11/10	10:30 AM

Judge John Storck and Host Jackie Kahlhamer discuss the Dodge County Circuit Court system. Judge Storck has been appointed Chief Judge of the 6th District. The court system is dually funded. Judges and Court Reporters are funded by the state. All other personnel are funded by the county. Thus, there are 2 budgets to work within. Even the court system is affected by tight budgets. Furlough days had to be taken and some educational opportunities were cut. The number of days in session was not decreased. Judge Storck had started a pilot project using digital audio recording. Using technology has helped to become more efficient. Systems for processing cases make scheduling more efficient. Programs to reduce recidivism, such as the new alcohol court, are being used. The number of caseloads has increased substantially over the years. Currently, the crime rate has actually decreased. A lot of budget items are fixed expenses. Expenses are high when dealing with mental patients. Court appointed attorneys are costly. The standards will be changing for more people to be able to have public defenders. This will be a cost saving measure. Video conferencing is a cost-saving measure. Judge Storck is involved in the Mock Trial program for high school youth. He is happy to educate the public about the court system and recommends coming to court hearings.

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PR10-047	30:00	15:00	L	PA/O	11/26/10	12:00 PM
					11/29/10	10:30 AM
					11/30/10	02:00 AM
					12/02/10	02:30 AM
					12/07/10	03:00 AM

Dodge County Sheriff Todd Nehls, and Host Jackie Kahlhamer discuss the Sheriff's Department. The department needs 18.5 million dollars to operate. This is offset with revenues from the housing federal detainees, which brings the tax levy down to 7 million dollars. A detective position and a dispatcher position have gone unfilled due to declining revenues. This does not allow the department to provide the level of services the public is accustomed to. This may not be recognized by the public, but internally it is seen. A Sheriff's Posse was started in 2009. Volunteers provide 30,000 hours a year in services. These services traditionally were performed by staff members, but do not require a certified police officer. Sheriff Nehls discussed having a program where jail inmates provide free labor for the elderly. These are very safe, trustworthy inmates. They provide lawn services and snow shoveling. The recipients have been very pleased.

PR10-050	30:00	15:00	L	PA/O	12/10/10	12:00 PM
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Rep. Tom Petri, 6th Congressional District, and Host Jackie Kahlhamer talk about making work and marriage pay. The number of lower-income people getting married is down. This is because they will lose many government sponsored programs if they get a marriage license. It is far better for children to be raised in a 2-parent family. Programs are not very well coordinated. They set up a lot of bad incentives for people. If married, their incomes are combined and they may lose as much as \$7000 in benefits. This is a ticking time bomb. There needs to be incentive to get and stay married. Approximately half the children born are illegitimate. It makes great sense for the government to promote marriage. Government and schools can't do for children what a family can. BadgerCare uses a more graduated qualification approach. Food stamps do not. Making \$1 over the limit will disqualify people. A framework needs to be put into place so that benefits may be more spread out and people don't lose out if they work harder.

PR10-048	30:00	15:00	L	PA/O	12/17/10	12:00 PM
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Willie L. Hines Jr., the Milwaukee Common Council President talks with Host Jackie Kahlhamer about Milwaukee. The city is often underappreciated by the rest of the state, including state government. It has great things to offer. Rural communities may not understand the issues of the state's largest city. Issues such as poverty and public education present challenges. The state has limited resources and rural areas may feel they are not receiving them. Individuals visiting Milwaukee find newfound values there. "So goes Milwaukee, so goes the rest of the state." The state is no stronger than its weakest link. Extremely low reading scores shed a dark cloud over the state. This is a problem for the entire state, not just Milwaukee. The state must address issues the city deals with. Dwelling on its great attributes is beneficial. Improving urban and suburban relationships is important. Milwaukee is the only Class A city in the state. Legislation needs to appreciate the differences between Milwaukee and smaller cities. They each have unique situations. State shared revenue has been stagnant the last several years. An increase would be good. Transportation is another concern. Suburban employers need employees and Milwaukeeans need jobs. There can be a disconnect between Milwaukee and rural areas. By visiting each other, appreciation and understanding can happen. They can't be pitted against each other. Appreciating what the other has to offer is important.

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UNEMPLOYMENT

PR10-041	30:00	15:00	L	PA/O	10/15/10	12:00 PM
					10/16/10	02:30 AM
					10/18/10	10:30 AM
					10/21/10	02:30 AM

Host Jackie Kahlhamer and Roger Varner discuss support for the unemployed. Roger is the St. Paul's Unemployment Motivational Support Group Facilitator. The group meets on Monday mornings, in order to get the week off to a good start and forces the attendees to have an action plan and keep on track. Many of the people were employed 20 – 40 years before losing their job. For many this is the first time being unemployed. Two-thirds of the group members are men. Being the unemployed bread winner is very hard for men. Group members share experiences and develop a strong bond. Historically a resume has been the needed tool for a job search. This alone doesn't work in an economy that is not vibrant and growing. Participants are encouraged to network, develop contacts, join online business networks, etc. Job seeking is a full time job in itself. It helps to know someone with influence who can get your resume to the right person. Many participants have found they were unable to job seek on their own and started coming to the group. It is important for take care of themselves, relax and maybe do projects they were unable to do while working. Roger told of a story of a group member who did volunteer work and ended up working right next to someone from the human resources department of a company she wanted a job with.

PR10-042	30:00	15:00	L	PA/O	10/22/10	12:00 PM
					10/23/10	02:30 AM
					10/25/10	10:30 AM

Marcia Arndt, MPTC Dean of Manufacturing, and Host Jackie Kahlhamer talk about manufacturing. A close watch is kept on manufacturing trends. Manufacturing is still a large part of the local economy and it feeds other sectors. It also has seen a large number of job losses, especially for unskilled labor workers. Employers have need of employees with higher technical skills. There is also a need for employees with soft skills such as being able to work on a team and being able to adapt to change. Hard skills get people hired but soft skills are what help them keep the job. Job-seekers need to know how to find job openings. Many employers use online methods to find employees. Job-seekers need to know about the company and what they do. They also need to be excited about working. Soft skills are incorporated into many of the MPTC classes. There is an increase in manufacturing hiring. A lot of it is being done through temp agencies. This is a testing ground and employers can make sure they are getting the right people. Local companies are looking for skilled workers.

PR10-044	30:00	15:00	L	PA/O	11/12/10	12:00 PM
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Host Jackie Kahlhamer talks with Prentiss McClelland, the VP of Word of Hope Ministries, about equipping the unemployed. There is about a 50% unemployment rate for African America males in the area they serve. Some lack skill sets, education or experience. Others may be coming out of incarceration. These present challenges to finding a job. Employers are looking for those with positive attitudes. With the changing job market, computer skills, the ability to read blueprints and operate machines are valuable skills to have. Every job-seeker must have a resume. Knowing how to keep a job is just as important as getting one. Participants in WOHM are encouraged to continue on a career path after getting a job. They may get an entry level job, but through continued education can be career and goal orientated. Those who are coming out of incarceration may lack experience and a driver's license. Transportation is a critical issue. Job-seekers need to be upfront and honest with potential employers. There are employers who are willing to hire them and give them job opportunities

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PR10-050	30:00	15:00	L	PA/O	12/10/10	12:00 PM

Host Jackie Kahlhamer talks with Representative Tom Petri about putting people back to work. Rep. Petri represents the 6th Congressional District. Businesses are in a state of uncertainty. They are unsure of what tax rates, health care costs and environmental laws may bring. This adds to the risk that already exists for business owners. Rep. Petri feels there is a need to support those who pay taxes and hire people. Unemployment benefits were not extended because they were not paid for. Unemployment funds have been drawn down. The federal government would be the one to fill in the gap. A possibility would be to utilize unused stimulus funds, rather than borrow money. The workforce needs to be ready to compete and succeed. Many employers who are hiring are not able to find skilled employees. Expanded vocational education and training need to be looked at. Wisconsin has been a leader in this area. Rep. Petri talked about international trade, export and tariffs and adjustments that could be made to benefit U.S. made items. The best thing that could be done all around is to get the private economy going again. This would encompass reducing uncertainty and giving tax breaks for businesses.

ENVIRONMENT

PR10-041	30:00	15:00	L	PA/O	10/15/10	12:00 PM
					10/16/10	02:30 AM
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Sue Loomans, Executive Director of the Wisconsin Green Building Alliance, and Host Jackie Kahlhamer discuss building green. The last 5 years have seen a trend in growth toward sustainability. Options have become more accessible. Building green reduces the negative impact on human health and the environment. Different aspects such as labor practices, transport and what happens when the product wears out are considered. LEED certification is a point system for green building. There are many advantages to green building, including what it does for people, finances and the economy. It leaves a lesser footprint on carbon emission. A disadvantage in building something of higher quality can be that it may take more planning and time to complete. Upfront costs can be higher, but that is not always the case. Sustainable practices can actually have less upfront costs. There are short and long-term savings. Green building can include very small projects to entire neighborhoods being green. There had been some resistance by municipalities in allowing green practices, but that is changing. Some green building permits are being given faster than traditional ones. Local governments have taken great interest in going green and are using stimulus money to fund projects. Green schools are having success with happy, healthier students. Sustainability is making choices today that will benefit future generations.

PR10-043	30:00	15:00	L	PA/O	10/29/10	12:00 PM
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					11/08/10	10:30 AM
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					11/23/10	02:30 AM

Host Jackie Kahlhamer talks with Dona Wininsky, Director of Public Policy & Communications for the American Lung Association, about air quality. Overall air quality is improving over the years. Ozone is a summer concern and particle pollution is a year round issue. The 2 largest pollution contributors are vehicle exhaust and industry, especially those that are coal-fired. The young, the elderly and anyone with a pre-existing lung condition are most vulnerable to the effects of poor air quality. They may need to stay indoors. Even healthy individuals can be affected by pollution and may have to curtail outdoor activities. Ozone can actually cause something similar to a sunburn on the interior of the lungs. Long term effects of pollution can cause a change in the molecular structure of the lungs. Small pollution particles can get into the lungs and heart. Dona talked about hybrid vehicles and their benefit to better air quality. Public transportation, walking, carpooling, turning up the air conditioner and using less electricity will equal less air pollution.

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					11/22/10	10:30 AM
					11/23/10	02:00 AM

Host Jackie Kahlhamer talks with Joel Stancer about LEED. Joel is a LEED Accredited Professional. LEED is the standard in green building practices. Recently, MPTC in Beaver Dam incorporated LEED standards in a building project. Some of LEED requirements include using recycled materials, purchasing items within a 500 mile radius, using construction waste management techniques and energy conservation measures. Outside, the disturbance to the site area was limited. Green buildings are designed for creature comfort. They have pleasing aesthetic appeal. There are cost savings with LEED. The life cycle costing has to be considered. The MPTC project included using straw on the core of inside doors and recycled blue jeans for cotton insulation. Native species were planted outside. There is not an irrigation system. A terrazzo floor was put inside. This is a natural product that lasts a long time.

PR10-049	30:00	15:00	L	PA/O	12/27/10	10:30 AM
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Host Jackie Kahlhamer talks with Bart Sponseller, the DNR Bureau of Air Management, Air Monitoring Section Chief, about monitoring air quality. The Horicon Marsh NCORE site is the state's premier site for air monitoring. Data from there will be used to monitor long-term trends. The air is measured continuously and data is reported to the DNR, whereupon it is put on their website for the public. B-roll footage of the site was shown. The site measures for many different pollutants. Meteorological parameters are also measured. Pollutants can come from combustion processes, evaporated emissions, etc. There is good news about air quality. It has greatly improved since the introduction of the Clean Air Act 40 years ago. Dodge County is meeting ambient air quality standards. When there are times of poor air quality, alerts are issued to the public. Sensitive groups, such as those with asthma, heart or lung conditions need to take appropriate care. Healthy people can be affected especially if they are active outdoors. Hazy conditions can indicate there is poor air quality. Alerts can be sent out to people who request them.

PR10-051	30:00	15:00	L	PA/O	12/30/10	12:30 PM
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Ron Babros, Ducks Unlimited Regional VP, and Host Jackie Kahlhamer talk about Horicon Marsh conservation. The Horicon Marsh is extremely important to local waterfowl and wildlife. Work has been done to promote conservation, but more needs to be done. Much of the marsh has been degraded. It needs to be actively attended to in order to recapture the former activity of the marsh. Mike Brumley spoke for the next portion of the segment. He is the Ducks Unlimited Regional Director for South Central Wisconsin. Conservation measures need to be continually implemented so the wetlands can be healthy. Ducks Unlimited is working with land outside of the marsh. It can't be just worked at from in the middle. Outward work is done to prevent excessive sediments and nutrients from entering the marsh. Invasive species, namely cattail stands that are too dense, are of concern and work is being done to control them.

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ELECTORAL AFFAIRS

PR10-042	30:00	15:00	L	PA/O	10/22/10	12:00 PM
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Host Jackie Kahlhamer and Karen Gibson discuss local election procedures. Karen is the Dodge County Clerk. Voter registration is required. It can be done at the polls. A state ID or proof of residence is required. Persons can also use a corroborator at the polls who will vouch for them. Re-registering must be done if moving within the same municipality. Karen discussed the procedure for absentee voting. Anyone can request it. There are special deputies to assist those in nursing homes. It is a civic duty, a right and a privilege to vote. Adults can take children along to the polls to instill in them the importance of voting. Local elections are very important and tend to have smaller voter turnouts. Local issues affect people and they should vote and make their voice known. Voter apathy is a problem and it should not be so. Anyone who does not want to come to the polls can get an absentee ballot.

PUBLIC SAFETY

PR10-043	30:00	15:00	L	PA/O	10/29/10	12:00 PM
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					11/16/10	03:00 AM
					11/23/10	02:30 AM

Brian Manthey, WE Energies Media Specialist, and Host Jackie Kahlhamer talk about winter safety. Natural gas needs to be treated with respect and with understanding. Safety precautions should be taken. An odor is added to natural gas in order to make people aware of a leak. If this odor is detected, action should be taken right away. Leaving the premises, not turning anything on or off and not using the phone are recommended for safety. The energy company should be called from outside of that building. Furnaces should be checked every year by a certified contractor. Gas appliances should be installed by a professional. Carbon monoxide is a very serious concern. It can come from a furnace that is not vented properly. A good CO detector is helpful. More importantly is having the furnace checked out. CO is also generated by cars and generators. Any appliances using fuel or natural gas must be vented properly. Care needs to be taken with space heaters. They should be on a flat surface with nothing around them. Only safe models should be purchased.

PR10-047	30:00	15:00	L	PA/O	11/26/10	12:00 PM
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					12/07/10	03:00 AM

Host Jackie Kahlhamer talks with Dodge county Sheriff Todd Nehls regarding public safety in Dodge County. Reduced resources, due to budgetary constraints, bring some concern. The largest threat to public safety is drug use, especially prescription drug abuse/misuse. Family members steal drugs from each other. There are burglaries that occur solely for the theft of prescription drugs in the home. Mixing legal and illegal drugs is very dangerous. Within the last year, 16 deaths occurred in the county as a result of this. Sheriff's Department personnel are trained and educated to respond to all types of emergencies. One way to deal with diminished resources is to incorporate technology. Mobile Data Computers in squad cars allows the officers to spend their entire 8 hour shift on the road and to not have to come back into the office to do paperwork. Educating the public is important. It helps to prevent things from occurring. Winter will soon be here and that in itself is a public safety issue. Snowy roads and people lacking fuel for their furnaces are issues the Sheriff's Department deals with. Another concern for the department is the language barrier that exists with the migrant population in the county.

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Deb Knepler, Citizens Corps of Washington County Outreach Coordinator, and Host Jackie Kahlhamer discuss citizen volunteers. CCWC helps people to put together emergency supply kits and evacuation plans. Having prepared citizenry is the most effective way to care for self and family. Emergencies can be natural, manmade or a combination of both. Weather, tornados, winter issues and flooding have been recently experienced. Citizens Corps works with other public safety agencies. It is a coordinated effort so that they are not duplicating services. They must wait to be activated. Having citizens become trained through Citizens Corps means that they are pre-trained and have been background screened and can serve immediately in the event of an emergency. Proper training helps citizens not succumb to initial panic and fear, but to be equipped with critical skills, even for their own neighborhood. Learning what not to do in an emergency is as important as knowing what to do. Citizens are encouraged to start with their own family preparedness plan.

PR10-049	30:00	15:00	L	PA/O	12/27/10	10:30 AM
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Carl Guse, the President of DCERT talks with Host Jackie Kahlhamer about emergency response. DCERT assists local public safety agencies. Trained members provide the county with an added level of public safety. They work primarily with the Sheriff's Dept. They provide traffic control during emergencies. DCERT is one of the first in the state to utilize Traffic Incident Management. They have a truck that allows them to bring more equipment on site. By providing traffic management, other agencies are released from it and can operate more efficiently to do what they need to be doing in the event of an emergency. With the onset of winter weather, Carl urges motorists to slow down when they see flashing lights, for the safety of emergency personnel.

PR10-051	30:00	15:00	L	PA/O	12/30/10	12:30 PM
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Host Desiree Hoard talks with Sherry Scopp about domestic violence. Sherry is an Advocate against domestic violence. Her daughter was a victim of it. Sherry was active in promoting legislation that made strangulation a felony. Domestic violence is a public safety issue. Many of the victims are harassed in their workplace. The innocent can be in the way of an act of violence. It can also have generational effects. Violence can affect families and children. Sherry does not believe restraining orders are generally effective. She believes GPS monitoring would give an added level of protection. There is help available for domestic violence victims. Victims are often in a controlled relationship and don't always ask for help. Discretion and safety are important. Children can become victims of domestic violence. If family or friends are aware of domestic violence, they must realize the victim may be very controlled, afraid, or not wanting to admit it.

<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 NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	11/17/2010	2:00 PM
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#111710

Lori Johnson, CBN News Reporter, says imagine sweating so much you're afraid to be around other people. Close to 10 million Americans suffer from this medical condition, known as hyperhidrosis. But there are now ways to help them keep it a secret. Unfortunately, many people with hyperhidrosis -- and even some doctors and insurance companies -- don't understand excessive sweating is a medical condition. There are now treatments for varying degrees of hyperhidrosis. The first step is to get a good antiperspirant, not just a deodorant. Deodorants only treat odor, which comes from bacteria on the apocrine sweat gland. A deodorant's antiseptic or fragrance takes care of the bad smell. But wetness comes primarily from the eccrine sweat gland, and is generally odor-free. Antiperspirants use an aluminum compound to shut the gland, blocking the release of all that water. Some consumers are afraid that using antiperspirants containing aluminum may cause breast cancer or Alzheimer's disease. But most doctors agree antiperspirants containing aluminum are safe. The Alzheimer's scare can be linked back to a 1960s-era study which found abnormally high concentrations of aluminum in the brains of Alzheimer's victims. Since then, new evidence has led various health organizations and the Alzheimer's association to conclude, "Aluminum is not a key factor in developing Alzheimer's disease." Updated research also found no conclusive link between antiperspirant use and breast cancer, according to the Food and Drug Administration and the National Cancer Institute. Stronger antiperspirants containing more aluminum are sold with a "clinical" strength label. Doctors can also prescribe a powerful antiperspirant. Hyperhidrosis doesn't just affect the underarms. Some people suffer from excessive sweating on their feet and hands, which can also be dangerous. Treatments for excessive sweaty hands include prescription medication, immersing the hands in water with a very low electrical current, and botox injections. The injections last about six months, and work for nearly 80 percent of patients who try them. For those who don't respond to that treatment, there is surgery. But it's an option that should only be viewed as a last resort. People with hyperhidrosis often feel trapped by their condition.

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	12/08/2010	2:00 PM
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#120810

Lori Johnson, CBN News Reporter, says Each year about 750,000 Americans develop sepsis because of an infection, and nearly a third will die from the blood illness. Those with decreased immune systems stand the greatest chance for getting sepsis, but even the healthy are at risk. Nearly three-fourths of Americans are also unaware. Sepsis is the body's negative reaction to an infection. Half of all cases stem from fairly regular infections, such as pneumonia or those in the urinary tract. The other half come from infections contracted in the hospital, like staph. The best defense against developing sepsis is to wash your hands often. Also, avoid people with infections and strengthen your immune system by getting lots of rest, eating fresh fruits and vegetables, and keeping stress down. When infections do occur and develop into sepsis, the treatment is immediate antibiotics and fluids. Every hour without antibiotics, the chance of a patient's survival drops 8 percent.

Doctor #277	to Doctor	28:30	28:30	REC	PA/O/E	10/05/2010	11:30 AM
						10/12/2010	

Dr. Bob DeMaria talked about headaches. They can be caused by tension, toxins, medications, elevated estrogen levels, stress and sugar. It's important to exercise, drink plenty of water, get enough vitamin B and get plenty of sleep. **Dr. Ace Anglin** talked about toning shoes. The midsole is round and creates rocking motion. It's not recommended for those with a gait instability, limp or arthritis. It can put people at a risk for slips and falls. Try a regular pair of walking shoes instead. **Dr. Gerard Guillory** talked about Vitamin D. Most people are deficient in Vitamin D and wouldn't know unless tested. It is linked to 16 types of cancer, high blood pressure, heart disease, diabetes and heart attacks. It is synthesized from cholesterol and can be taken as a supplement.

<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 #278	28:30	28:30	REC	PA/O/E	10/19/2010	11:30 AM
<p>Dr. Mike Ronsisvalle talked about being a real man. It's important that society has appropriate roles for men and that men understand them. It's more than having the right car, job and income. It's about leading and loving others. Dr. Christopher Chen talked about heart health. Avoid animal fat, soda, salt and white foods. It's important to eat fruits and vegetables with lots of deep color. Fish oil which contains Omega 3 which are beneficial to reduce the risk of heart disease. Dr. Shalanda Grey talked about Breast Cancer. It the most common form of cancer found in women. It's a result of abnormal cells in any part of the breast. Risk factors are being a women, age, genetics, race and family history. It's important to exercise, don't drink or use tobacco and regular screenings.</p>						
Doctor to Doctor #279	28:30	28:30	REC	PA/O/E	10/26/2010	11:30 AM
<p>Dr. Eric Braverman talked about aging. We go through different stage as our body ages. It's important to take care of our body and do preventative care. Dr. Kay Spears talked about quality supplements. No FDA regulations. Use cheap products to bind together and add additives like sugar, starch, dyes, glues and binders. It's important to check that they are GMP certified. Dr. Carl Schmidt talked about sleep deprivation. Pituitary Gland can cause us to stay awake. A lack of potassium, magnesium and B-vitamin can do the same. It's important to watch what we eat and get plenty of water during the day.</p>						
Doctor to Doctor #281	28:30	28:30	REC	PA/O/E	11/23/2010	11:30 AM
<p>Dr. Scott Vanlue talked about our genes. Our genetic makeup is impacted by outside factors and can influence the way they are expressed. It's important to have a healthy lifestyle, proper nutrition and be careful what we are exposed to in the environment. Dr. Dale Peterson talked about medical studies that conflict with each other. Most studies are conducted over months and it's hard to analyze. It takes decades for patterns to develop. It's important to look at the design and mechanism of the body and compare it to each study. Dr. Edward Lyne talked about healthy eating. It's important to preserve our health buy eating lots of fruits, vegetables, nuts and complex carbohydrates. Drink alkaline water 1-2 hours after you eat. Take supplements such as a multivitamin or mineral supplement.</p>						
Doctor to Doctor #282	28:30	28:30	REC	PA/O/E	11/30/2010	11:30 AM
<p>Dr. Bob DeMaria talked about optimal health. It's important to pay attention to your body and what's going into it. The Adrenal gland can cause fatigue and the liver acts as a filter. It's important to get vitamin A, D, E and K. Avoid too much sugar and transfats. Dr. Dino Prato talked about Adult Stem Cells. They turn into the area they are placed in the body. They can provide new growth for an area that has been damaged, which includes rejuvenating organs. Dr. Glen Steele talked about visual development. Focusing ability starts at around 3 months of age. Next is eye coordination, tracing, depth perception, color and object face recognition.</p>						
Doctor to Doctor #283	28:30	28:30	REC	PA/O/E	12/7/2010	11:30 AM
<p>Bettye Alston talked about eating healthy during the holidays. It's important to eat thermic vegetables such as green beans, squash and cabbage. It's important to eat foods not high on the glycemic index and limit salt. Dr. Craig Travis talked about holiday stress. Economic difficulties, death of a loved one, family and overeating can cause stress. It's important to come up with a plan, get plenty of rest, water and exercise. Dr. Martin Finkelstein talked about the dangers of holiday food. People need to eat sensible during the holidays. We need healthy carbohydrates such as fruits and vegetables, lean protein, lipids such as coconut and olive oil.</p>						

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