Trinity Broadcasting Network

Quarterly Report

July, August & September 2012

WWRS

Mayville, Wisconsin

Ascertainment List

Leading Community Issues

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

EDUCATION/SCHOOLS

ECONOMY

FAMILY

CIVIC AFFAIRS

HEALTH

PUBLIC SAFETY (Extra Airing)

	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
EDUCATION	SCHOOLS						
	PR12-22	30:00	15:00	L	PA/O	07/02/12	10:30 AM
						07/05/12	10:30 AM
						07/06/12	12:00 PM
						07/07/12	02:30 AM
						07/09/12	10:30 AM
						07/10/12	01:00 AM
						07/12/12	03:00 AM

Host Jackie Kahlhamer talks with Dr. Don Childs, Interim School District Administrator of the Waupun Area School District about technology changes. Currently 40% of the student body qualifies for free or reduced lunches. Because of the high poverty rate, the district qualified for a Quality Zone Academy Bond. This will help them to do some deferred maintenance projects and also to do a complete upgrade of their technology capabilities. Students are able to bring their own handheld electronic devices to be used on the school's wireless system. Dr. Childs talked about the benefits of technology in the classroom. Teachers are still the most critical element in a student's education. They need to go into depth and make the students think. The high school library is in the process of hopefully becoming a media center. Dr. Childs discussed the future of textbooks and printed media. He does believe printed media will be around for quite a while. Electronic textbooks are becoming more prevalent. They will ultimately be a cost saving measure. The district will have to buy devices for students whose families are unable to afford them. They will also have to supply internet (at the schools.) The high school library had offered extended hours for students and family members to use. Schools need to evolve into true learning centers and students need to be life-long learners.

PR12-25	30:00	15:00	L	PA/O	07/19/12	10:30 AM
					07/20/12	12:00 PM
					07/23/12	10:30 AM
					07/24/12	01:00 AM
					07/26/12	03:30 AM
					07/31/12	02:00 AM
					08/02/12	03:00 AM
					08/07/12	02:00 AM
					08/09/12	03:30 AM

Patrice Vossekuil, the Project Director for Dodge County Safe Schools Healthy Students talks with Host Jackie Kahlhamer about safe schools and healthy students. This program involves all of the county school districts and many other organizations. Student's abilities to function in school are affected by their mental health, substance abuse, feeling safe at school, etc. There is a correlation between these issues and academic success. School staff are made aware of how to recognize when a student is under stress and then to make referrals. Many activities have occurred to address these issues. Including the entire family in dealing with these issues is important. There are a lot of surveys taken during the year to help gauge the success of the program. A good reduction has been seen in smoking. Twenty percent of students are dealing with mental health issues. In order to belong, students need relationships with their peers and school staff.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
PR12-26	30:00	15:00	L	PA/O	08/16/12	03:00 AM
					08/16/12	10:30 AM
					08/17/12	12:00 PM
					08/18/12	02:30 AM
					08/20/12	10:30 AM
					08/21/12	01:00 AM
					08/23/12	02:30 AM
					08/28/12	02:00 AM
					08/30/12	03:00 AM
					09/04/12	02:00 AM
					09/06/12	03:00 AM
					09/13/12	03:30 AM

Both from Oconomowoc, Dr. Pat Neudecker- District Administrator and Joseph Moylan- High School Principal, discuss restructuring and changes with Host Desiree Hoard. The district has done some restructuring that has opened doors for them. Each teacher now teaches 4 periods of time. This saves dollars and time. Parts of schools must run like businesses. Seventy to eighty percent of school budgets are staffing costs. Some positions were eliminated. Those remaining were given extra classes, along with a salary increase. There still was a considerable savings after implementing this. The aim is for more personalized learning for students. Schools have been modeled on an agrarian society. Society has changed and it is now more customized to personal interests and likes. Teachers are given collaborative time to talk and discuss teaching differently than in the past.

PR12-26	30:00	15:00	L	PA/O	08/16/12	03:00 AM
					08/16/12	10:30 AM
					08/17/12	12:00 PM
					08/18/12	02:30 AM
					08/20/12	10:30 AM
					08/21/12	01:00 AM
					08/23/12	02:30 AM
					08/28/12	02:00 AM
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					09/06/12	03:00 AM
					09/13/12	03:30 AM

Host Desiree Hoard talks with Dr. Pat Neudecker- District Administrator and Joseph Moylan- High School Principal, both from Oconomowoc. The topic of discussion is: changes to how schools teach and students learnt. Students need to be able to be self-directed learners. This is due to technology and changes in society. Parents must emphasize that it is their child's duty to be responsible. A flipped classroom is where homework becomes the school day work. Base concepts are transferred to home learning after school. Information is one part of learning. Access that is 24/7 is giving students the ability to learn when they want. Teaching is changing. Rather than the teachers giving information, they are helping students how to apply what they have learned. Teaching is a hard profession. The staff is being helped to think differently and to streamline it. Then, when in the classroom, they can facilitate student's learning. Students are learning through many different avenues. There is a move towards tailoring to each one individually and identifying what they are best at. There are a variety of ways that schools are changing that were discussed.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
PR12-31	30:00	15:00	L	PA/O	09/06/12	10:30 AM
					09/07/12	12:00 PM
					09/08/12	02:30 AM
					09/10/12	10:30 AM
					09/13/12	02:30 AM
					09/20/12	03:00 AM
					09/25/12	02:00 AM
					09/27/12	03:30 AM

Gary Berger, District Administrator for the Horicon School District, and Host Jackie Kahlhamer discuss emergency management for school districts. Districts have had emergency plans but they continue to evolve. Events like Columbine & 9/11 impact what they do. Mr. Berger received training at the national center in Pennsylvania, along with others from Dodge County. Many local agencies partner together in regards to emergency management. Emergencies could be anything from minor to major, including accidents, going into lockdown mode, fire, tornado, intruders, etc. Countywide plans have common terminology but can be localized. This includes where students will go if evacuated. Parent reunification can become chaotic. The district will be working how to address that. Drills are more intense that they used to be. Keeping students safe in school is a high priority. Dodge County has done a lot more than other districts statewide in regards to emergency preparedness for schools.

	30:00	15:00	L	PA/O	09/27/12	02:30 AM
PR12-32					09/27/12	10:30 AM
					09/28/12	12:00 PM
					09/29/12	02:30 AM

Host Jackie Kahlhamer discusses education's future with Jim Rickabaugh, Executive Director of CESA #1. Jim gave a short history of the education system which started in the 1890's. The system was perfect for that time when students did not need to have a high level of skills. Trying to make that same system meet the needs of today's student is not working. The traditional setting does not work well to calibrate learning for all learners. Personalized learning has a rigorous set of skills and standards and customizes it to each individual learner. It wraps learning around the learner. Technology can help a great deal. More is known now about the brain and neuroscience and how to engage students. Personalized learning modules are being tested in small ways in different school districts and they are finding what works and what doesn't work. The early results have been very good. Students are engaged in goal setting. They are working to put together a scalable module of what works well.

ECONOMY

PR12-24	30:00	15:00	L	PA/O	07/12/12	02:30 AM
					07/12/12	10:30 AM
					07/13/12	12:00 PM
					07/14/12	02:30 AM
					07/16/12	10:30 AM
					07/24/12	02:00 AM
					07/26/12	03:00 AM
					08/02/12	03:30 AM

Host Patti Hutton talks with Dave Fantle the Wisconsin Dept. of Tourism Deputy Secretary. Tourism brings in 16 billion dollars annually for the state. There was an 8% increase in 2011 from the previous year. Tourism saves each household in the state \$565 in taxes. It is directly responsible for 200,000 jobs and many others indirectly. The industry provides jobs for teens who then can move up into a career. Tourism brings in 1.3 billion dollars in tax money. It can demonstrate an actual return on investment, which provides more tax money for local governments, schools, etc. People usually travel to have fun and the Midwest has growth opportunities. Keeping up with social media is important for tourism growth. Tapping into the international travel market will be beneficial for the state.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
PR12-25	30:00	15:00	L	PA/O	07/19/12	10:30 AM
					07/20/12	12:00 PM
					07/23/12	10:30 AM
					07/24/12	01:00 AM
					07/26/12	03:30 AM
					07/31/12	02:00 AM
					08/02/12	03:00 AM
					08/07/12	02:00 AM
					08/09/12	03:30 AM

David Laatsch, the Dodge County UWEX Interim Crops & Soils Agent and Host Jackie Kahlhamer discuss agriculture. Agriculture is responsible for 4 billion dollars worth of business in the county and is a leader in the overall economy. The current drought situation will not affect crop yields. Those with livestock will probably salvage their crops for forage. There will be a high demand for grain to be brought in from outside of the county and hay will have to be bought out of state. Increased commodity prices had increased the price of farm land, although the drought changes all that. The intensity for expansion has lightened up. Producers with crop insurance will not be as badly affected. Sales of land for development have flattened out. When commodity prices are up, farmers see that they can increase their yields and bottom line. Prices also increase on fertilizer, chemicals, seed and fuel. Hopefully this drought is temporary and not prolonged.

PR12-03R	30:00	15:00	L	PA/O	07/26/12	02:30 AM
					07/26/12	10:30 AM
					07/27/12	12:00 PM
					07/28/12	02:30 AM
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					07/31/12	01:00 AM
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					08/09/12	03:00 AM

Christian Tscheschlok, Executive Director of Economic Development Washington County talks with Host Desiree Hoard about Washington County's economy. There is a focus on growth and driver industries that will generate quality job opportunities. Christian discussed the three primary phases of the multi-year strategic growth plan. There has been a lot of success in getting new jobs and investments. To accomplish this in a down economy, the county had to find a niche and look at where growth is occurring. There is a high concentration of young growth companies is SE Wisconsin. While there are successes, there are also challenges. There needs to be a skilled workforce in place. It is a very competitive environment. There have been some growing pains, especially with skills mismatch. There is always a need for new resources and private investors so the work can continue.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
PR12-03R	30:00	15:00	L	PA/O	07/26/12	02:30 AM
					07/26/12	10:30 AM
					07/27/12	12:00 PM
					07/28/12	02:30 AM
					07/30/12	10:30 AM
					07/31/12	01:00 AM
					08/02/12	02:30 AM
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Host Desiree Hoard and Christian Tschescklok, Executive Director for Economic Development Washington County, discuss the need for skilled employees. This is less of a shortage of workers and more of a mismatch of skills. Students have been trained to go to college and get their master's degree. But there is a need for middle skilled workers with specific and flexible skills. Middle skilled workers need to work with machines, robots and be able to make decisions on the spot. Many of these jobs offer good salaries. Degrees needed are usually 2 years or less. Local school districts are starting to offer courses for graduates who will be middle skilled employees in the workforce. This will take time to incorporate these. Technical schools have a critical role in working with school districts and employers to bring together resources for middle skills employees. This is a generational shift and Wisconsin will be a leader in bringing this change. Expectations need to be changed. The biggest challenge is to attract employers from outside the state. It is difficult for companies to move forward at this time. Focus needs to be on adding value and being confident that ways will be found to bring jobs back home.

PR12-27	30:00	15:00	L	PA/O	08/23/12	03:00 AM
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					08/24/12	12:00 PM
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					08/27/12	10:30 AM
					08/28/12	01:00 AM

Host Desiree Hoard talks with Mary Jo Baas about women- an economic force. Mary Jo is the Wisconsin Women's Council Chairwoman. There is a need to identify barriers that keep women from fully participating in life. Some of those barriers include a lack of a college education, lacking the knowledge of how to market a business, financing for a home, living in an abusive situation, etc. Women own 29% of businesses in the state. The number is growing, but not that fast. Their importance in the business world is huge. Their businesses tend to be smaller and there is a need to define what is holding back the growth. Women face the challenge of balance, between home, family, workforce, education and financing for their current lifestyle. The Council is focusing on financial literacy. A financial plan can help women deal with almost every situation. They must know their goals and have a plan to get there. Putting away even a little every month, managing the family budget, wise investing and financial education are important. Someone doesn't have to be wealthy to know how to manage money. It is good to teach children about finances.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
PR12-24	30:00	15:00	ř	PA/O	07/12/12	02:30 AM
PR12-24	30.00	15.00	L	PA/O	07/12/12	10:30 AM
					07/13/12	12:00 PM
					07/14/12	02:30 AM
					07/16/12	10:30 AM
					07/24/12	02:00 AM
					07/26/12	03:00 AM
					08/02/12	03:30 AM

FAMILY

Terri Respalje, Director of the Waupun Food Pantry talks with Host Desiree Hoard about helping families in need. The need for services is increasing. A lot of people are going on food stamps and are affected by the high cost of other items. Unemployment has been up & down and many people have to find work outside of the city. Families are affected and parents find they are unable to buy things for their children. Tempers and moods are different. People need to have friends, support & encouragement. Resources are available for families in need. Families are able to come through hard times. It is important to keep family members informed and keep communicating. Fun and laughter are important also. There are many free activities they can be involved in. Community churches are working together to help families in need.

PR12-28	30:00	15:00	L	PA/O	08/09/12	10:30 AM
					08/10/12	12:00 PM
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					08/14/12	01:00 AM
					08/16/12	02:30 AM
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					08/23/12	03:30 AM
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					09/06/12	03:30 AM
					09/18/12	02:00 AM

Judge Ken Peters, Beaver Dam Municipal Court Judge, and Host Jackie Kahlhamer discuss the importance of family. Juveniles make up 25% of his cases. A parent/legal guardian is required to attend. The issue of parents not coming to court is a concern. Mostly it is the mother who does come. There are a lot of youth from broken homes and single parent families. Some parents will bring along younger siblings to help prevent them from following the same path. Sometimes parents don't know what to do or where to go in this type of situation. Judge Peters often sees youth in court who do not respect the law and their parents. He believes if a youth has respect, responsibility and religion they won't be in his court. There are parents who want to be their child's friend rather than the parent. There are more children controlling the household and there is a need to get back to the parents deciding what is right for the child. Parents need to be held accountable for their responsibilities. Youth are usually given community service to do. If they fail to, then a fine is due and the parents must pay. Some parents do get charged for not fulfilling their parenting responsibilities. Parents have the right and the authority to search their child's bedroom and to know who their friends are. Children need to know that their parents will check out these things. Judge Peters has seen lives turned around. But sometimes there are youth who are repeat offenders, even up to being seen is his court 20 times.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
PR12-27	30:00	15:00	L	PA/O	08/23/12	03:00 AM
					08/23/12	10:30 AM
					08/24/12	12:00 PM
					08/25/12	02:30 AM
					08/27/12	10:30 AM
					08/28/12	01:00 AM

Host Desiree Hoard talks with Mary Jo Baas, Wisconsin Women's Council Chairwoman, about family commitment. The #1 concern is for families to have a solid foundational and moral guidance basis. This allows for dreams and goals to happen. It teaches how to act in society. Without this, society breaks down. If women are in the workforce they try to operate in 2 spheres. There is a need to reflect on goals and prioritize. Bringing children into decision making processes helped their family to take on a citywide challenge to reduce their waste stream. Spending time together, such as eating meals together, allows parents and children to reconnect. Learning each other's strengths and what drives them is important. There is a need for constant support and guidance from the parents to the children. Siblings can offer each other checks and balances. Parents and children have obligations to help others. It is good for children to see parents giving of themselves and how it is beneficial to help others.

PR12-29	30:00	15:00	L	PA/O	08/30/12	02:30 AM
					08/30/12	10:30 AM
					08/31/12	12:00 PM
					09/01/12	02:30 AM
					09/03/12	10:30 AM
					09/04/12	01:00 AM
					09/06/12	02:30 AM
					09/13/12	03:00 AM

Erica Bobrofsky, Founder of New Heart Family and Host Desiree Hoard talk about helping homeless families in transition. Homelessness can be devastating to a family. They are hurting and looking for help. Children are scared and there is a tendency to hide it from friends. Parents also hide it from others because they are ashamed. A home is being opened for women and women with children. Women may find themselves homeless due to a loss of income, domestic violence or being released from incarceration with no place to go. Some women may need up to 2 years to get back on their feet and they will be able to stay for that long. It is important for some of them to be taught life skills, such as going over the job interview process, and parenting and financial skills. Interested person can drop off food, gently used clothing and household supplies. Restoration and hope can be renewed in lives that have been broken.

PR12-30	30:00	15:00	L	PA/O	09/13/12	10:30 AM
					09/14/12	12:00 PM
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Host Desiree Hoard talks with Judith Singer, Founder of Being There-Reaching Out, about helping family members of fallen military to heal. Judith discussed the difficulties families face when they have lost someone as the result of war. There is initially a lot of community support but after months they are alone. Often their loved one died thousands of miles from home. Due to the nature of the injuries, caskets are most likely closed. Some may be buried in different states and they can't even visit the grave site. Family will often use the money from the death benefit to build a memorial or provide scholarships. Sometimes the families are left to find out for themselves the autopsy results and other matters to search out. Sometimes people avoid family members because they don't know what to say. Families love to talk about their fallen hero. Visiting them and sharing memories about their hero and letting them talk is helpful. When the healing process happens, a weight is lifted off. It is important for families to not be alone.

Program Title Program Topic Duration Segment Type Airdate Time Source

FAMILY/YOUTH

700 Club CBN 1:00:00 5:00 REC PA/O/E 07/18/2012 2:00 PM

NewsWatch

#071812

Lori Johnson, CBN News Reporter, says on these hot days, the temperature inside your car can climb above 120 degrees in as little as 30 minutes. That's why you should never leave children or pets in the car, not even for a moment. A child's body temperature rises three to five times more quickly than an adult's. Still, deadly accidents happen each year. Parents forget their child is in the car with them. It often happens to responsible parents who have a momentary lapse in memory, which psychologists say is possible if the child can't be seen or heard, and if the parent is distracted, tired, or stressed-out. Nearly 300 children die of heat stroke, also called hyperthermia, after being forgotten in a hot car. Many people think those who forget their children in a car are bad parents. But experts say that's not true. Many of the children forgotten in cars are neither heard nor seen. Most of them have fallen asleep and are situated behind the driver in rear-facing car seats. Despite being at risk for being forgotten, placing a baby in a rear-facing car seat in the back seat is actually the safest place for them. When the government began requiring air bags in the front of all vehicles, hundreds of infants died when the air bags were deployed, even if what caused their deployment was a simple fender-bender. Safety experts realized the force of a deployed air bag could be deadly when it struck a tiny body. Even the U.S. Department of Transportation launched a campaign to educate people on ways to avoid this tragedy. Here are a few tips: Make a habit of just simply looking in your child's car seat every time you exit your vehicle, regardless of whether your child is in it at the time. Put your purse, your briefcase, your computer, anything you are sure to take with you as you exit the car, in the back seat near the car seat. Keep one of your child's toys, such as a stuffed animal, in the car seat at all times. However, when your child is in the car seat, put the toy up front with you to remind you that your child is in his or her car seat. An estimated 20 percent of all children who perish in hot cars were on their way to daycare. However, so far this year, that number is 50 percent. Most daycares do not make any inquiries when a child does not show up in the morning. They simply assume the child is sick or out of town. In other words, there is usually no accountability for child absences in the daycare community. Establish a pact whereby the daycare knows whether the child is supposed to be there or not, and to act quickly if the child isn't there when they are supposed to be there. Car seat alarms are also a viable option. NASA got into the act when engineer Chris Edwards invented a car seat alarm. The alarms consist of a car seat sensor that is placed in the car seat and is activated by the weight of your baby in the seat. Another sensor with an alarm goes on your key chain. If you walk away from the car with your baby still in the car seat, the alarm goes off. Parents need to realize there are a number of safety nets they can put into place to lessen the chance of forgetting their child is in the car. Congress recently passed legislation aimed at preventing parents from leaving kids behind in cars. One portion of the bill mandates seat belt alarms in the back seat of vehicles, and the other portion is to study technology such as car seat alarms to determine whether car seat or auto manufacturers require them.

	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
CIVIC AFFAI	RS						
	PR12-28	30:00	15:00	L	PA/O	08/09/12	10:30 AM
						08/10/12	12:00 PM
						08/11/12	02:30 AM
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						08/14/12	01:00 AM
						08/16/12	02:30 AM
						08/21/12	02:00 AM
						08/23/12	03:30 AM
						08/30/12	03:30 AM
						09/06/12	03:30 AM
						09/18/12	02:00 AM

Host Desiree Hoard talks with Erik Pritzl, Dodge County Human Services & Health Department Director, regarding the department. The department's purpose is to take care of the most vulnerable in society. The need for these services has definitely increased over the last years. Of that increase, BadgerCare, Food Share & mental health services are among those where the need is growing. The budget for the department is 19 million dollars, coming from tax revenues and other sources. The budget has been decreased over time. Mr. Pritzl discussed W-2 and its goal to get people employed. There are certain criteria to be the program. Dodge County is part of the consortium with Dane and Sauk Counties for W-2. It is affected by state level changes. DCHS&HD must make choices on which services to provide due to state budget cuts. If the current trend continues, the need for mental health and economic support services will increase. They are looking at a regional, seven-county wraparound program for children. Working together can be an efficient way to provide services.

PR12-29	30:00	15:00	L	PA/O	08/30/12	02:30 AM
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					09/03/12	10:30 AM
					09/04/12	01:00 AM
					09/06/12	02:30 AM
					09/13/12	03:00 AM

Jim Mielke, Dodge County Administrator talks with Host Desiree Hoard about Dodge County. The Clearview facility is finished and came in under budget. Clearview North is being renovated for county purposes. This will allow the Health & Human Services Department to be in one building. There will be three uses for the building. The upcoming 2013 budget was discussed. It is a challenge to maintain all the programs while operating under a tax levy cap. Baseline wages are being kept the same, but there are increased expenses with health insurance and retirement benefits. A decrease in state funding is expected. While there are fewer dollars available, the demand for services is higher. There is usually an outcry if any services are reduced. Sales tax collections have been fairly strong. Property tax collections are remaining strong but there is a slight uptick in the number of those not paying. There is pressure to keep taxes low while maintaining services. Infrastructure and public safety will be the most significant issues the county will have to address in the near future. The public are encouraged to attend county meetings and make their voices known.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
PR12-31	30:00	15:00	L	PA/O	09/06/12	10:30 AM
					09/07/12	12:00 PM
					09/08/12	02:30 AM
					09/10/12	10:30 AM
					09/13/12	02:30 AM
					09/20/12	03:00 AM
					09/25/12	02:00 AM
					09/27/12	03:30 AM

Host Jackie Kahlhamer discusses the need for a new water supply with Dan Duchniak, the Waukesha Water Utility General Manager. Dan explained why the city's water supply is at a critical point. The biggest issue they are facing is radium in the water. They are under court order to come into compliance with the radium count by June 2018. A lot of alternatives have been looked at. The most reasonable option would be to use Lake Michigan water. They would plan to return all the water used back to the Lake. Waukesha could get lake water in compliance with the Great Lakes Compact because they are in a straddling community of the water basin. There must be unanimous agreement from all the Great Lakes Governors. Applications have been made to numerous government entities. They are in the process of developing an environmental impact statement and hope to have an answer by mid 2013. The time frame for the infrastructure to be done is 5 years, so they a solution is needed. They believe they are making a strong case and meeting goals.

PR12-30	30:00	15:00	L	PA/O	07/05/12	12:00 PM
					09/13/12	10:30 AM
					09/14/12	12:00 PM
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					09/17/12	10:30 AM
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Dodge County Sheriff Todd Nehls and Host Desiree Hoard talk about the Records Management System. There are currently 21 different law enforcement agencies in the county and they cannot share data because of the software. Having a RMS would save detectives time and travel. Sometimes information (i.e. about a burglary) may be taken by a local agency that works part time. That information may not be available to other agencies for several days. County wide software is being looked at. The main focus now is the cost of it. Sheriff Nehls believes the benefits far outweigh the cost. The county jail has a very large federal contract to hold U.S. Marshall inmates. The surplus from the contract has been given back to the county board. He is hoping to get some of that back for the RMS. It will be easy to budget and will save a lot of manpower. Use of it could revolutionize law enforcement. The long term gains would be significant.

PR12-32	30:00	15:00	L	PA/O	09/27/12	02:30 AM
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					09/28/12	12:00 PM
					09/29/12	02:30 AM

Host Jackie Kahlhamer talks with Iron Ridge Village Board President Brian Esselman about the effects of legislation requiring a sewer system upgrade. New legislation has adopted EPA ammonium phosphate levels. Brian believes these levels are quite stringent. Iron Ridge upgraded their sewer plant in 2000 they are still paying off that loan. The cost to comply will be 5-7 million dollars. This is affecting all municipalities across the state. Sewer rates for Iron Ridge would double. He has been in contact with many state agencies. The village is not polluting. Their current sewer system performs well, but now the rules are changing. This could be very hard on businesses and could affect future growth. Brian believes common sense levels should prevail. The village spent \$30,000 on a study. The cost of the upgrade would come to \$6000 per person and would cost \$250,000 just to finance it.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
PR12-22	30:00	15:00	L	PA/O	07/02/12	10:30 AM
					07/05/12	10:30 AM
					07/06/12	12:00 PM
					07/07/12	02:30 AM
					07/09/12	10:30 AM
					07/10/12	01:00 AM
					07/12/12	03:00 AM

HEALTH

Dr. Matt Frahm of Pinnacle Chiropractic, and Host Desiree Hoard talk about exercise. Dr. Frahm believes exercise can help to eliminate a large number of diseases. It is vital for delivering oxygen to cells. Exercise can help people stay healthy and functional in their 70's and beyond. Dr. Frahm often hears from people that they don't have time to exercise. It only takes 12-15 minutes per day to effectively do it. The type he recommends is a high intensity/low duration workout. It is a format of 20 seconds on/20 seconds off. Dr. Frahm talked about the immediate and long-term effects of the workout. It is extremely important to teach children early in life about exercise and good health.

PR12-10	30:00	15:00	L	PA/O	08/02/12	10:30 AM
					08/03/12	12:00 PM
					08/04/12	02:30 AM
					08/06/12	10:30 AM
					08/07/12	01:00 AM
					08/09/12	02:30 AM
					08/14/12	02:00 AM
					08/16/12	03:30 AM

Host Patti Hutton discusses health care for the medically underserved with Heidi Weiss, the Church Health Services Mayville Clinic Coordinator. The medically underserved are those without any health insurance and have low income. It is important to take care of the whole person, which includes the physical, emotional and spiritual. Those without insurance often wait too long to be seen. By the time they receive help it may no longer be possible to cure the disease, just slow down the process. Preventive care is very important. The health issues that are most prevalently seen and treated are diabetes, high blood pressure & cholesterol & depression. Obesity is a concern. Patients need to take responsibility for their health by setting goals and address the issues in their lives. There is a need for more medical providers who are willing to volunteer their time for the medically underserved.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
PR12-10	30:00	15:00	L	PA/O	08/02/12	10:30 AM
					08/03/12	12:00 PM
					08/04/12	02:30 AM
					08/06/12	10:30 AM
					08/07/12	01:00 AM
					08/09/12	02:30 AM
					08/14/12	02:00 AM
					08/16/12	03:30 AM

Dr. Danny Yaish, Ear, Nose, Throat & Plastic Surgery Specialist discusses sleep apnea with Host Desiree Hoard. The prevalence of sleep apnea is increasing. Symptoms include snoring & stopping breathing and daytime sleepiness. Dr. Yaish had a visual chart that he used. Narrowing of the upper airway and REM sleep affect sleep apnea. Daytime sleepiness can be the cause of motor vehicle crashes. Sleep apnea also affects cognitive skills, short-term memory and other physical problems. As oxygen levels drop, there is an increase in adrenal levels which increase the heart rate, blood pressure and sugars. This can lead to heart attacks, strokes and other health problems. Dr. Yaish discussed treatments. Diagnosis is made through a sleep study. If sleep apnea is diagnosed, the next step will be determining treatment. Many people, after having begun treatment, look and feel different.

PR12-33	30:00	15:00	L	PA/O	09/20/12	03:30 AM
					09/20/12	10:30 AM
					09/21/12	12:00 PM
					09/22/12	02:30 PM
					09/24/12	10:30 PM
					09/25/12	01:00 AM
					09/27/12	03:00 AM

Host Patti Hutton discusses Meningitis with Bob Werner, Co-Founder of the Becky Werner Meningitis Foundation. Bob recounted the story of his daughter Becky's passing from meningitis. They thought she had the flu. Meningitis took her life very quickly. Meningitis affects the fluid on the brain and spine. It mimics the flu. There are some symptoms such as an aversion to light and a fast moving rash that could indicate meningitis. Bob believes that the meningitis vaccination is a very important protection against it. Meningitis often occurs when youth share drinks such as athletes sharing water bottles. Sharing food and other items is not recommended. The vaccination is not on the shot schedule, but Bob would like to see it on there. He shares the story about his daughter with the hopes that others can be spared what his family went through.

Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
PR12-33	30:00	15:00	L	PA/O	09/20/12	03:30 AM
					09/20/12	10:30 AM
					09/21/12	12:00 PM
					09/22/12	02:30 PM
					09/24/12	10:30 PM
					09/25/12	01:00 AM
					09/27/12	03:00 AM

Nancy Maleck, the Beaver Dam Chapter President for Special Touch Ministry talks about helping those with special needs with Host Jackie Kahlhamer. Parents with special needs children often feel isolated and want their children to be accepted. The people who are served through Special Touch include those with moderate to severe disabilities. They may need special adaptive equipment. Being active and involved is good for both their mental and physical health. A community outreach is being put on again that helps people understand what those with disabilities must deal with. It can take getting out of someone's comfort zone to become a friend to and spend time with someone who has a disability. A goal is for people to become aware and to reach out. There has been an improvement in acceptance of those with disabilities. When someone is in a wheelchair it is important to not speak down to them. Being in one or being blind does not also mean the person is hard of hearing. It is helpful to expose children at an early age to those with special needs. It helps them to be more accepting of others who are different.

HEALTH/MENTAL HEALTH

700	Club	CBN	1:00:00	5:00	REC	PA/O/E	09/05/2012	2:00 PM
NewsV	Vatch							
#0905	12							

Lori Johnson, CBN News Reporter, says studies show sitting more than six hours a day puts you on a potentially deadly track, even if you exercise! That's pretty bad when you consider Americans sit about nine hours a day on average. When we sit, especially for long periods of time, our bodies tend to shut down, which can lead to an early death. For starters, obese people sit on average two-and-a-half hours more every day than thinner people. Sitting for long periods of time could actually make bottoms bigger because sitting down puts a large amount of force on the body tissues that make fat cells. It causes them to produce up to 50 percent more. But that's just the tip of the iceberg. Add to that increased blood pressure and more, including emotional problems. The Walkstation allows users to stroll at a very slow pace all day for optimum health. In fact, the Walkstation doesn't even go any faster than two miles per hour. Corporations nationwide have been clamoring to jump on the Walkstation bandwagon. But at about \$3,500 each, although they are considered the gold standard of treadmill desks, not everyone can afford one. Although a treadmill desk is the preferred method of beating the "sitting all day blues," it's not always practical. The next best thing is a standing desk. It's also cheaper than a treadmill desk. If you can't walk or stand at your desk, don't worry. There are still lots of things you can do to minimize the health hazards of a desk job. For example, offset the effects of sitting by taking the stairs at your work place, instead of the elevator. Another idea to break up the long hours sitting is to set an alarm as a reminder to take a lap or two around your work area. Instead of emailing a co-worker, walk over to them. Choose the printer that's far from your desk, and park far away from your building. Also, walk at lunchtime. A good way to measure how you're doing is to wear a pedometer, which keeps track of how many steps you're taking. A good goal is 10,000 a day. The office isn't the only danger zone. When you get home, avoid being a couch potato. Studies show each hour sitting in front of the television means an 11 percent higher death risk. So the bottom line is there are lots of ways to get off your bottom! That way you can keep your desk job and your good health.

Airdate

7/10/2012

Time

11:30 AM

1708.0	Duration	Source	

Topic Duration

28:30

Program

28:30

fruits and vegetables because they contain a lot of enzymes and nutrients.

Program Title

Doctor

#263

to

Doctor

HEALTH

Segment Type

RFC

PA/O/E

Dr. Caroline Leaf talked about dreams. We always dream when we are sleeping. Glial Cells sort out and organize our thinking for the next day. It can bubble over into consciousness which then causes dreams. **Dr. Eric Braverman** talked about heart disease. It is known as a silent killer. Some warning signs are raised blood pressure, high cholesterol, big belly and family history. Eating right, losing weight and sleep will help heart disease. **Dr. Stefan Flink** talked about nutrition. People should be getting the nutrients they need from the food they eat. Calcium can be found in dark greens and vegetables rather than milk. It's important to increase raw

Doctor to Doctor 28:30 REC PA/O/E 07/17/2012 11:30 AM #264

Dr. Bob DeMaria talked about detoxification. We are exposed to toxins every moment of the day in the air, water and food. The liver acts as a filter to help eliminate the toxins in the body. It's important to avoid sodas, sugar and canned food. It's important to eat pears, plums and apples. **Dr. Ace Anglin** talked about high arches known also as Cavus foot. It can cause a person to jolt when walking, rigidity, stress fractures and calluses or corns. It's important to wear proper shoe, insole and shock absorbing material. **Dr. Valerie Solomon** talked about health maintenance. It's important to get physical exams which include blood work and emotional evaluation. It's important in preventive health to also eat right and exercise.

Doctor to Doctor 28:30 28:30 REC PA/O/E 07/24/2012 11:30 AM #265

Dr. Dino Prato talked about diabetes. A person dies every 10 seconds from this disease. There is type 1 and Type 2. It's important to monitor glucose levels, to not stop taking medications, eat more fruits/vegetables, good quality protein and less refined foods. **Dr. Rick Barrett** talked about spine health. The brain sends signals down the spinal cord and throughout the body. If it is out of alignment, it can cause nerve impingement syndrome and pain. Decompression therapy and other treatments are available to help. **Dr. Hale Akamine** talked about how to be happy. It is possible to be positive during difficult challenges. It's important to have good friends, optimism, appreciation and purpose that is not self centered.

Doctor to Doctor 28:30 28:30 REC PA/O/E 07/31/2012 11:30 AM #266

Dr. Gerard Guillory talked about probiotics. It is a beneficial bacteria in the intestinal tract that helps to digest food appropriately. A lack of good bacteria can cause irritable bowel syndrome, inflammatory bowel syndrome and Chron's disease. It's important to take a good probiotic supplement. **Dr. Thomas DiStefano** talked about injectable treatments. Rooster Comb that is injected into knees to stimulate cells that helps to promote fluid in the knees. Platelet Rich Plasma is injected into the injured area. It's a person's own blood that has had the platelets separated out from the blood. **Dr. Jeffery Crowhurst** talked about heel pain. It is an inflammation of the tendon from the plantar aspect or the bottom of the foot. High arches, flat foot, walking and exercise can cause it. It's important for it to be examined and to look at the patient's history.

Program Title		Program Duration	Topic Duration	Segment Source	Туре	Airdate	Time		
Doctor #267	to	Doctor	28:30	28:30	REC	PA/O/E	8/7/2012	11:30 AM	

Dr. Christopher Chen talked about your mood and how it impacts the heart. Depression increases your risk for a heart attack by 50-70%. Signs of depression are reduced interests, lack of sleep, low energy, agitated and irritable. Exercise, sunlight, laughter and music are all ways to help improve your mood. **Jessica Setnick** talked weight gain during pregnancy. A healthy weight gain is between 15-25 pounds. It's important to focus on having a balance diet and getting plenty of the nutrients the baby will need. **Dr. David Hawkins** talked about emotional abuse. A person can be sweet, caring and gentle one minute then angry, mean and controlling the next. It's often called the Dr. Jekyll and Mr. Hide. It's important to acknowledge that it's happening, talk to someone, stop enabling and take action.

Doctor	to	Doctor	28:30	28:30	REC	PA/O/E	8/14/2012	11:30 AM
# 268								

Dr. Eric Braverman talked rest and remember. There are four components to memory. They are verbal, visual, immediate and working memory. Lack of sleep will result in memory decline. Low doses of inositol or melatonin will help you to sleep as well as exercise and tryptophan. **Dr. Bill Williams** talked about cosmetic dentistry. A bad smile can result in a lack of confidence and opportunities. Choosing the right smile depends on the person and the structure of the person's face, gums and teeth. A smile analysis, which consists of a 21 point exam, will help determine the best smile. **Dr. Sheryl Strom** talked about our immune system. It is a defense system that helps us against infection. It's important to keep our immune system healthy by eating the right food and getting the nutrients our bodies need.

	to	Doctor	28:30	28:30	REC	PA/O/E	8/21/2012	11:30 AM
4200								

Dr. Donna Novak talked about backpack injury prevention. Children are carrying eleven tons of weight in their backpack each year resulting in pinched nerves, back and shoulder pain. Straps should be 2 inches wide, light when empty, lumbar support and should be worn on both shoulders. **Dr. Lisa Akbari** talked about styling aids that can cause hair loss. Avoid nylon bristle brushes, combs with broken teeth, rubber bands and hot rollers. Make sure all curling or flat irons have a smooth surfaces and temperature control. Kay Spears talked about weight management. High body fat and low muscle mass can lead to many chronic health conditions. It's important to eat 4 to 6 small meals a day that include protein, carbohydrates and healthy fats. Avoid dieting and make sure to include exercise.

Doctor	to	Doctor	28:30	28:30	REC	PA/O/E	8/28/2012	11:30 AM
#270								

Dr. Bob DeMaria talked about food as medicine. It's important to eat cruciferous vegetables such as broccoli, cabbage and cauliflower. They contain DIM which helps the liver filter estrogen out of the body. Avoid recycle plastic #7 and sugars. **Dr. Teresa Carlson** talked about systemic diseases that affect the eyes. Diabetes can cause problems with the blood vessels inside the back of the eye. Retinal Detachment is also another problem that can cause blindness. Autoimmune diseases can cause inflammatory cells which can affect the tissue in the eye. Yearly eye exams are important to maintain eye health. **Dr. Carl Schmidt** talked about sports drinks. They are often harmful to the body because they contain high fructose corn syrup, are highly acidic and can leech minerals such as calcium from the body. It is best to just drink water.

Doctor	to	Doctor	28:30	28:30	REC	PA/O/E	9/04/2012	11:30AM
#272								

Jessica Setnick talked about quilt after eating. It's important to look at food as more/less nutritious rather than it making a person good or bad. It's important to change your eating to match your lifestyle. Look at regret rather than quilt and do something different the next time. **Dr. Deepak Mehrotra** talked about vaccines. They are weakened virus or bacteria that help the body produce antibodies. DTP, Polio, HIB, Hepatitis B & A, Rotavirus vaccine, Pneumococcus and MMR are some of the important vaccines. **Dr. Ace Anglin** talked about foot fractures, which are often very painful. They are often a result of trauma, poorly lit or dark areas or repetitive activities. It is often diagnosed through an x-ray, MRI or CAT scan. The foot is often immobilized to allow it to heal.

Program Title		Program Duration	Topic Duration	Segment Source	Type	Airdate	Time	
Doctor #273	to	Doctor	28:30	28:30	REC	PA/O/E	09/18/2012	11:30AM

Dr. Don Colbert talked about Insomnia. There are primary and secondary insomnia. It can cause heart disease. Type 2 diabetes, obesity and increase infections. It's important to have habits that promote sleep like regular bed time, block out light and make your bed a haven of rest. **Dr. Susan Cole** talked about Bio-Identical Hormones. Women often experience menopause symptoms such as hot flashes, night sweats, difficulty sleeping, irritability and moodiness. Synthetic hormone replacement therapy can help reduce the symptoms by replacing necessary hormones in the body. **Dr. Karen Bierman** talked about job loss. It can bring an array of emotions such as happiness, relief, shock, denial, depression, panic and hope. A person can begin to feel sick, not sleep well, drug abuse and isolation. Professional may be sought to help work through the stages of grief.

PUBLIC SAFETY

PR12-13 30:00 15:00 L PA/O 07/05/12 12:00 PM

Host Desiree Hoard talks with Dodge County Sheriff Todd Nehls about summer roadway safety. Warm weather brings out motorcycles. Other vehicle drivers need to realize this and adjust their driving. People drive faster in the summer. Failure to yield to cyclists is a problem. There is a need to share the road. There are some cyclists who do take advantage of the road. It can be difficult for drivers when bicyclists are not easily seen. Riders should wear reflective clothing and use a helmet. Walker and joggers should try to stay as far onto the side of the road as possible. The biggest causes of crashes are failure to yield and inattentive driving. Driving under the influence of drugs and alcohol is also serious. Drivers need to be cautious when seeing children at play.