

# Trinity Broadcasting Network

## *Quarterly Report*

January, February & March 2012

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.*

ECONOMY

EDUCATION/SCHOOLS

FAMILY

ELECTORAL AFFAIRS

CIVIC AFFAIRS

HEALTH

YOUTH (Extra Airing)

UNEMPLOYMENT (Extra Airing)

<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>
PR12-01	30:00	15:00	L	PA/O	01/13/12	12:00 PM
					01/14/12	02:30 AM
					01/16/12	10:30 AM
					01/17/12	02:00 AM
					01/19/12	02:30 AM
					01/26/12	03:00 AM
					02/02/12	03:30 AM

Host Desiree Hoard and David Riemer, Senior Fellow for Community Advocates Public Policy Institute talk about reducing poverty. Poverty does an enormous amount of harm. Milwaukee has a high poverty rate. Persons in poverty are at risk of losing their housing, not having enough food, lacking work, etc. Poverty is an urban and a rural issue. Concentrated poverty brings along extra problems. Communities can't sustain stores, churches lack funding, children don't get a good education. It then costs more to run the government. Housing prisoners is costly. The poor have more health problems. There are many causes of poverty. Seniors, the disabled, low income adults, the unemployed are some of those affected by poverty. The stress of poverty affects health and those affected cannot live at a basic level of decency. David talked about 4 concepts that are based on real evidence. If these policy changes were made, there could be deep cuts in the poverty levels. He discussed each concept and how they could bring improvements to many lives.

PR12-03	30:00	15:00	L	PA/O	01/27/12	12:00 PM
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					02/02/12	02:30 AM
					02/09/12	03:00 AM
					02/16/12	03:30 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 in 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.

<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>
PR12-03	30:00	15:00	L	PA/O	01/27/12	12:00 PM
					01/28/12	02:30 AM
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					02/02/12	02:30 AM
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Host Desiree Hoard and Christian Tscheschklok, 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.

PR12-05	30:00	15:00	L	PA/O	02/03/12	12:00 PM
					02/04/12	02:30 AM
					02/06/12	10:30 AM
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					02/09/12	02:30 AM
					02/16/12	03:00 AM
					02/23/12	03:30 AM

Host Jackie Kahlhamer talks with Trish Powers about helping those in need. Trish is the Administrative Assistant at Gateway Community Church. The church provides many outreaches to the community and has an OASIS Fund for struggling families. She is seeing some turnaround in the economy, but times are still difficult. People come in to the church looking for help to buy gas, pay utilities or rent. She believes about one-third of the people are unemployed and the other two-thirds are underemployed. When expenses continue to go up and income stays the same people lose hope and become discouraged and depressed. A free health clinic is located within the church. Trish see situations where people are on the verge of becoming homeless. She has a printout of the local groups who offer help and gives this list to people when they come in. There is a lot of assistance available, but you must know where to look. She encourages those having a hard time to reach out and talk to someone.

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PR12-09	30:00	15:00	L	PA/O	03/23/12	12:00 PM
					03/24/12	02:30 PM
					03/26/12	10:30 AM
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Patrice Hoeschele, CEO of the Hartford Area Development Corporation, and Host Jackie Kahlhamer discuss Hartford's economy. The local economy is doing very well. They weathered the economic downturn and have come back with a flourish. The business owners were very dedicated and proactive. The local labor force is one of the best. There is a lot of intercompany business, wherein they help to support each other. Challenges include connecting with education entities to make sure there will be a good up and coming labor force. All levels of skillsets are needed. Especially needed are those with middle level skills, which would be high school plus. Businesses are willing to train those with basic math skills. Also needed are the ability to reason and communicate, to be a teamworker and to show up for work. It is essential for local manufacturers to be able to compete globally. Business that had gone overseas has now come back and local companies are able to supply foreign businesses with product. Hartford was able to become part of the Foreign Trade Zone out of the Milwaukee harbor. This is very important and has to do with taxes and trade. It can be challenging for businesses to stay current with technology, but it is what is expected in today's business climate. The Dodge Industrial Park was able to get a large boost in higher bandwidth. Business owners are very savvy about utilizing new technologies. They do need continued support in areas such as technology, labor, financial and growth.

## EDUCATION/SCHOOLS

PR12-06	30:00	15:00	L	PA/O	02/10/12	12:00 PM
					02/11/12	02:30 AM
					02/13/12	10:30 AM
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Host Patti Hutton discusses the Dodgeland School District with Annette VanHook Thompson, the District Administrator. New technology is having a very significant and profound impact on transforming education. It is being integrated into classroom use. The extent of its integration comes down to available finances for it. Also, teachers must be comfortable with the use of technology. Every classroom has a smartboard. Not all students come from homes where technology is affordable. The district is sensitive to this and does not want to have a system of haves and have-nots. Annette talked about the different software and hardware products used in the district. The US Dept. of Education believes that in 5 years all textbooks will be electronic. The district has a website where parents can log on and see their child's progress in real time. The downside to this is that parent-teacher conference attendance is down. Also discussed was the Common Core State Standards and why they were implemented.

<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>
PR12-07	30:00	15:00	L	PA/O	02/17/12	12:00 PM
					02/18/12	02:30 AM
					02/20/12	10:30 AM
					02/21/12	02:00 AM
					02/23/12	02:30 AM
					03/01/12	03:00 AM

Dr. Glenn Schilling, Hartland-Lakeside School District Superintendent talks with Host Patti Hutton about teacher pay reforms. Pay increases used to be given based on experience and college credits. These have no direct correlation to performance. There is a need to get pay increases more in line with how the private sector gives them out. The proposed plan will have seven levels of teacher pay where they can move from novice to exemplary level. To move up, a number of criteria will have to be met. These will help build teacher collaboration and bring them together. It is not a competition and everyone can move forward. There will be formal and informal assessments and strong staff involvement. There is currently a design team of teachers looking at the different levels and what evidence will be accepted to move to the next level. Accountability will be based on evidence.

PR12-07	30:00	15:00	L	PA/O	02/17/12	12:00 PM
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					03/01/12	03:00 AM

Host Patti Hutton talks with Dave Risch, Principal of Hartland South & Hartland Community Learning Charter School, about the Charter School. The standard school model is not meeting the needs of all students. The school environment needs to be more reflective of the world in which students live. The 21<sup>st</sup> Century learning model is one where students can drive their own learning. There is a high level of rigor and state standards to be met. The shift now is to have students asking more questions, being more engaged and working in collaborative teams. The teacher still leads, but students have more input. The goal is that when students leave they know how to learn. More are taking ownership and enthusiasm to a higher level. Students have a higher level of respect for each other. Age groups are integrated, being more reflective of age groups in local communities. Students have different ways of learning, so customizing a fit helps the learning process. Students and teachers can work together to establish a learning goal and work progressively towards it. The model has been successful.

PR12-08	30:00	15:00	L	PA/O	03/02/12	12:00 PM
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Jeremy Biehl, Superintendent of the Hustisford School District and Host Jackie Kahlhamer discuss the Hustisford School District. Mr. Biehl gave a brief synopsis of the District's budget. It is basically in a good place. Due to state level changes, expenses were cut because they were given more latitude in employee benefits costs. While employees are contributing more to insurance and retirement costs, revenue is also down. The cut expenses don't make up for the decreased revenues. A new program called BYOD (Bring Your Own Device) allows high school students to bring in their own devices that can be connected to the internet to use in class. The District upgraded their wireless system. Teachers are encouraged to change to match the student's learning styles. BYOD is very new and will be evaluated as to how the students and teachers use it. Mr. Biehl talked about how the District works to meet the needs of all students at all ends of the spectrum, from at-risk to those who need advanced challenges. There are changing attitudes about how students learn. Not all learn the same way. The approach now is towards more personalized learning. The District has partnered with other schools in the county to form a Professional Development Consortium, to help teachers discuss best practices and ideas. Mr. Biehl believes there needs to be a better funding system for public education, so that when expenses go up, there will be no staff or program cuts.

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PR12-05	30:00	15:00	L	PA/O	02/03/12	12:00 PM
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					02/07/12	02:00 AM
					02/09/12	02:30 AM
					02/16/12	03:00 AM
					02/23/12	03:30 AM

Mirta Cabrera, VP of Operations for thinkmarriage.org and Host Ivette Alvarado discuss marriage. Good marriages are ones that work toward a common goal. There is communication, development of skills to go through everyday situations and dealing with conflict. Spouses need to be individuals while being a couple. Being the best partner you can starts with self and change. It is good to bring forth positive behaviors. There are always opportunities to become stronger and to become a better person. Learning to listen and communicate are necessary. Spouses have different ways of communication and need to know how to react when a spouse speaks up. Mirta suggests finding one day per week to have quality time and to only focus on positive things. Marriage education before and after the wedding is very important for a healthy marriage.

PR12-06	30:00	15:00	L	PA/O	02/10/12	12:00 PM
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Annette VanHook Thompson, District Administrator of the Dodgeland School District, and Host Patti Hutton talk about engaging families. The home is the first teacher for children and the school supports this. A sustained strong link between families and schools needs to be supported. There are challenges when it does not exist. There also must be a guard against judging when families are not volunteering. There should be no barriers for students succeeding when they come from difficult circumstances. Annette talked about the different ways the district provides opportunities to interact with parents, grandparents and the entire community. Since home is where the first learning occurs, parents can do things like read to their children, make sure they have a good breakfast and have a time set aside for homework. The Safe Schools/Healthy Students program contains a parent education component. Parents can learn about things affecting their children such as depression and ADHD. There are programs on positive parenting. If parents cannot attend, they can watch the videos on the school website. Networking with other parents helps them to share ideas about what is working for them. Parents are finding the schools to be a resource place where they are working together without judgment. It is a good partnership and when adults work together, the child is the benefactor.

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PR12-08	30:00	15:00	L	PA/O	03/02/12	12:00 PM
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					03/22/12	03:00 AM

Host Patti Hutton talks with Dr. Glenn Schilling and Dave Risch about parental involvement. Dr. Schilling is the Superintendent of the Hartland-Lakeside School District and Mr. Risch is the Principal of Hartland South & Hartland Community Learning Charter School. The District looked seriously at how they communicate with parents, how it is received and how to involve parents in the classroom. Some parents are very busy and cannot be physically involved. Dads are encouraged to come in and be actively involved in the classroom during the day. Discussion was held about the Virtual Parents program for certain grades. Each student has an iPad in which teachers create a transparent window into the classroom. This helps parents to see how something is being taught. If a student is sick or out of town they can log into the school website. There is a constant effort to keep engaged with the parents. There is a website and Facebook page for parents only. The District does not want to lose personal contact with the parents. They are encouraged to come in to events where students are able to share their talents. This allows them to come in to see their children perform and opens possibilities for more personal interaction.

PR12-09	30:00	15:00	L	PA/O	03/23/12	12:00 PM
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Jack Hanks, a Dodge County Foster Family provider and Host Jackie Kahlhamer discuss foster families. Mr. Hanks and his wife have cared for numerous foster children and have adopted 3 children through foster care. When a child is brought into foster care, it is important for the foster family to provide safety, security, predictability, love and to meet their physical needs. Structure is needed, as most of these children have not had that. Mr. Hanks believes he needs to show the children what life is supposed to be like, with the hope that this will inspire them to be good citizens when they are adults. The children need to experience normal, everyday life. For the most part, the goal is family reunification with the birth family. Foster families need to interact with the birth families. Mr. Hanks talked about the adoption process. Being a foster family is an investment in children. There is process to becoming a foster parent. There are far more rewards than costs.

<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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## ELECTORAL AFFAIRS

PR12-04	30:00	15:00	L	PA/O	02/24/12	12:00 PM
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Host Jackie Kahlhamer talks with Dodge County Clerk Karen Gibson, about the spring election. Karen discussed in detail the new Voter ID law that will be in effect for the February primary. Dodge County will not have a primary. There are a number of acceptable forms of ID's. She also talked about what is not acceptable. There is no special Voter ID card. Rather, there are a number of acceptable cards that can be used. Voters will also have to sign a poll book. This is also new. Voters must be registered. They can register at the polls if they have something with their current address on it. The voting process will probably take longer, given the new requirements. Karen highly recommends registering ahead of time. Registration can be done ahead of time through your local clerk. The procedure for using an absentee ballot was explained. There has also been a change in that. Indefinitely confined voters are those who are confined and not served by special voting deputies. The rules for that were explained. Poll workers are being trained regarding the new changes. These are big changes for them. Karen discussed what a provisional ballot is. In the event someone arrives at the polls without the proper ID, they can get one of these ballots. This ballot does not get cast on the spot and the voter has until the Friday after the election to bring in their ID. Between that and absentee ballots arriving after election day, could mean that election results would possibly not be known for over a week after election day. The best place to get current information on acceptable Voter ID information is the Government Accountability Board website. Karen talked about what will be on the spring ballots. The date of the fall primary will be in August this year, another change.

## CIVIC AFFAIRS

PR12-02	30:00	15:00	L	PA/O	01/05/12	02:30 AM
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Rep. Joel Kleefisch of the 38<sup>th</sup> Assembly District talks with Host Patti Hutton about current legislative issues. He is also a member of the Joint Finance Committee. The top priority of the Governor and the Lt. Governor is to create jobs. Tax breaks and incentives are needed to get businesses to come here. Rep. Kleefisch talked about several bills. One would allow for a sales tax exemption for natural gas throughout the entire year. Another bill would protect businesses from lawsuits filed on the basis of discrimination for criminal records. Many employers are willing to give someone a second chance if they do not have to fear being sued for letting them go for a real issue later on. A combined approach is needed to help job creators create jobs. He mentioned some businesses are now willing to stay in the state because of the new attitude and climate in the State Capitol. This past year has been unlike any other in Madison. The Governor made the state accountable to the taxpayers and reduced collective bargaining by state employees. Tools were passed that allowed municipalities to fix their budgets. People had to make some concessions. The private sector is, so must the public sector. It will take time for emotions to heal.



<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>
PR12-02	30:00	15:00	L	PA/O	01/05/12	02:30 AM
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Host Patti Hutton talks with Rep. Joel Kleefisch of the 38<sup>th</sup> Assembly District about legislation and the environment. Almost everything somehow affects our natural resources. There are issues affecting building on wetlands and this must be balanced with business expansion. A proposed bill would make it easier for bow hunters. Current laws are a patchwork and this would be uniform across the state. The new law would allow them to hunt anywhere where they, provided they are 100 yards away from an occupied dwelling. Archery is extremely safe. This would also have safety benefits by reducing the number of deer/vehicle accidents. Another bill would allow for game hunting preserve expansion. This would give the preserves the right to expand and to create jobs. The DNR has been known for its overregulation. It is a new day and era. Overly burdensome regulations have affected businesses. There is a need to protect species while having a climate that allows businesses to grow. Wisconsin has been a leader in environmental conservation. Rep. Kleefisch believes we need to back away from the state stewardship program due to hard times. There have been tumultuous times between environmental preservation and business creation advancement.

PR12-01	30:00	15:00	L	PA/O	01/13/12	12:00 PM
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Host Patti Hutton and Congressman Tom Petri of the 6<sup>th</sup> Congressional District talk over how to best address unemployment. Congressman Petri gave an overview of how the economic downturn has attributed to unemployment. Wisconsin has a diversified economy and is the #1 manufacturer in the country. Many of the manufacturers have learned to become globally competitive and are starting to take back jobs from China. Many are looking for workers who have certain skillsets. There is a need to make training opportunities available. There is too much red tape. Regulations and a framework are needed, but if they are not done thoughtfully, can cause unnecessary challenges for businesses. There are a lot of controversies in the energy areas but opportunities keep growing. There are opportunities to work with Canada which would create jobs and provide energy security. Congressman Petri is Chair of the Aviation Committee. New job creation exists in that field.

## 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>
PR12-11	30:00	15:00	L	PA/O	03/16/12	12:00 PM
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					03/29/12	03:30 AM

Host Desiree Hoard talks with Bernice Towns about terminal illness and end of life issues. Bernice is the Chaplain at VMP Village at Manor Park at the Trinity Campus. Our society is very youth orientated and uncomfortable with death and aging and having conversations about it. For their own spiritual and emotional well-being, those with a terminal illness need to make their medical wishes known to their family. There will be an end date so it is important for family members to know what they want. It helps to avoid conflicts about their care. Their wishes should be made know both legally and verbally. There should also be conversations with the medical care provider about the Power of Attorney for Healthcare document. Parameters can be set about the level of healthcare the patient wishes to receive. When there is order, there is generally less stress for all involved.

PR12-11	30:00	15:00	L	PA/O	03/16/12	12:00 PM
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Allison Schley, President & Family Educator for Communication Connections, Inc. and Host Desiree Hoard discuss connections for the deaf & hard of hearing. For those who are deaf and hard of hearing, early intervention is key to success. Some of the challenges they face are language and connecting. Academics are affected. Deafness and hard of hearing can be from birth or contracted after from illnesses such as spinal meningitis. A large percentage of babies are now tested at birth. Resources are vital to helping children who have hearing loss. Not all read lips. It is helpful to talk slower, not louder, to speak clearly and maybe say the same thing in a different way and add visuals when communicating with someone who has a hearing loss.

PR12-10	30:00	15:00	L	PA/O	03/29/12	03:00 AM
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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.

PR12-10	30:00	15:00	L	PA/O	03/29/12	03:00 AM
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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.

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## HEALTH/MENTAL HEALTH

Doctor #325	to	Doctor	28:30	28:30	REC	PA/O/E	01/03/2012	11:30 AM
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**Dr. Ace Anglin** talked about feet. Some of the problems with our feet are due to a lack of understanding about them. They are often neglected, but are a valuable part to the body. Each one contains 26 bones, 29 joints, 42 muscles and 107 ligaments. Foot pain can be acute or chronic. Properly fitted shoes are important to protect the feet. **Dr. Gary Domanick** talked about spinal function and health. An out of alignment bone or disk on nerves can cause problems. Corrective care gets to the root cause and eliminates the problem. Adjustments to the spine, corrective exercises and therapy can help the body get back to optimal function. **Dr. Shalaunda Gray** talked about preventing chronic illness. It was discovered that there are seven lifestyle practices that help to increase longevity. It's important to get an adequate amount of sleep, eat breakfast daily, limit unhealthy snacking, avoid alcohol and tobacco, maintain a healthy weight and exercise 20-30 minutes a day, 3-4 times a week.

Doctor #329	to	Doctor	28:30	28:30	REC	PA/O/E	01/10/2012	11:30 AM
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**Dr. Rita Hancock** talked about weight control after the holidays. It's hard during this time because of all the food around. People will often mess up and continue to over eat. It's important to have a flexible approach all year long, set realistic goals, eat slow and attentively, eat half portions, check emotions before eating and cut down on favorite foods. **Dr. Mark Sheehan** talked about heart attacks. Coronary Heart Disease is the number one killer of both men and women. Angina Pectoris is tightness or pressure of the chest. Cardiac Arrest is when one of the arteries is totally blocked and blood flow is stopped. A stent can be placed in the artery to open it up along with medications. **Dr. Chip Null** talked about a pinched nerve. It's when a nerve coming off the spinal column gets pinched by a misalignment of the spine. It can cause swelling and pain. Chiropractic adjustments remove the misalignment and the pain goes away. Stretching can also help the muscles after an adjustment.

Doctor #330	to	Doctor	28:30	28:30	REC	PA/O/E	01/17/2012	11:30 AM
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**Dr. Valerie Saxion** talked about Dimethylglycine (DMG). It assists the immune system and can increase it by 400 to 1000%. It helps to fight invaders such as viruses and bacteria. It improves blood circulation, helps with hypertension, and removes toxic minerals from the body. A healthy person can take 125 milligrams a day. **Dr. Ross Dorsett** talked about migraine headaches. It is a vascular headache caused by blood vessels dilating resulting in throbbing and pounding pain. It is accompanied by serve sensitivity to light, sound, smell and touch. It can be triggered by foods, beverages, odors, stress, weather, lack of sleep and not eating. It's important to avoid triggers. Medications or natural remedies can be taken to prevent them from occurring. **Dr. Hal Urschel** talked about alcohol and drug addictions. It is a chronic medical disease of the brain. The Cortex Limbic system gets injured and the damage remains. It's important to treat with a comprehensive plan. A higher success rate is achieved when anti-addiction medication, AA, psychiatric treatment, family therapy, wellness and nutrition are used.

Doctor #331	to	Doctor	28:30	28:30	REC	PA/O/E	01/24/2012	11:30 AM
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**Dr. Isabel Lopez** talked about fat free vs. sugar free. Fat has a lot of flavor. When it is removed, it is often replaced with more sugar or sodium. It can increase the amount of carbohydrates. Carbohydrates are linked to elevated cholesterol levels. When sugar is removed, a sugar substitute is added and it reduces the amount of carbohydrates. **Dr. Charles Simmons** talked about early childhood development. It's important to provide a nurturing and soothing environment. The baby needs to be stimulated by interacting with people and different objects. Safety is extremely important, particularly when the baby becomes mobile. **Dale Peterson** talked about acne. It's when dead skin cells mix with oil and forms a plug called a comedo. It blocks the gland that produces the oil and it can't escape. It's important to avoid refined sugar and flour. Supplements like Vitamin A and B2 can be taken to help. It's also important to wash the face, avoid harsh soaps and exfoliate.

<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 #332	28:30	28:30	REC	PA/O/E	01/31/2012	11:30 AM
<p><b>Jessica Setnick</b> talked about supplements. It is recommended that adults take a multivitamin. Pay attention to what you eat. You should be getting a variety of nutrients from the food you eat. Shop the outer aisles of the grocery store for less processed food. When it comes to fruits and vegetables, eat the colors of the rainbow. <b>Dr. Elizabeth Matthews</b> talked about childhood asthma. It is a chronic inflammatory disease affecting the lungs. It can be triggered by smoke, allergies, pollen, pets, colds/respiratory infections, exercise and dust. Symptoms can be coughing, sneezing and tightening of the chest. It's important to control the triggers, take medications to reduce the inflammation, have an asthma action plan and follow up with doctors. <b>Dr. Louella Pritchette</b> talked about Sickle Cell Disease. It is a genetic disease that affects people of African-American and Mediterranean descent. The red blood cell forms an abnormal crescent shape and slows down the blood flow. This can cause a painful episode called a crisis. Blood transfusions, pain medications and ongoing treatments can help.</p>						
Doctor to Doctor #333	28:30	28:30	REC	PA/O/E	02/07/2012	11:30 AM
<p><b>Dr. Bob DeMaria</b> talked about healthy eating. It's important to start the day with a vegetable protein. Celery is a great source of minerals and is good for the bones. Radishes promote digestive health. Carrots have fluoride. Cucumbers have potassium and electrolytes. Red, yellow and orange bell peppers have vitamin C. <b>Dr. Wayne Gordon</b> talked about stroke. It is the leading cause of death in the United States behind heart disease and cancer. Symptoms can be dropping of the face, difficulty raising the arms, slurred speech, headache, confusion and dizziness. Stroke can occur suddenly and 911 should be called immediately. <b>Dr. Randy Burden</b> talked about salt. It is used to balance fluids in the body. Excessive amounts can lead to high blood pressure, heart disease, stroke, heart enlargement and heart attack. The recommended amount of salt per day is 2,300 milligrams. Limit using table salt because processed foods already contain it. Use herbs or potassium chloride as salt substitutes.</p>						
Doctor to Doctor #334	28:30	28:30	REC	PA/O/E	02/14/2012	11:30 AM
<p><b>Dr. Scott Hannen</b> talked about oppression. It is being weighed down with the cares of life. The symptoms can look similar to depression such as anxiety, morbid thinking and being down. It builds up over time and takes the body's energy away. It's important to forgive, release and heal. <b>Dr. Mason Savage</b> talked about tooth replacement. It used to be dentures were the only solution. Prosthesis can come in and out. Fixed bridge uses two teeth to bridge the gap between teeth. Now there are titanium screw implants that go into the jaw bone and are permanent. <b>Dr. Mark Unterman</b> talked about congestive heart failure. It is the buildup of fluid in the lungs or around the heart because the heart is not pumping hard enough. There is systolic which is the weakening of the heart muscle. Diastolic is the stiffening of the heart muscle. Diuretics, Beta Blockers, ACE-Inhibitors, diet low in salt and exercise can all help the condition.</p>						
Doctor to Doctor #335	28:30	28:30	REC	PA/O/E	02/21/2012	11:30 AM
<p><b>Dr. Jill Westkaemper</b> talked about diabetes prevention. Risk factors include family history, having gestational diabetes during pregnancy, having high cholesterol or hypertension and certain ethnicities. Weight loss, proper nutrition, medications and exercise can help prevent diabetes. <b>Dr. George Rhoades</b> talked about traumatic events for children. It's important to nurture and help promote healing for the child. Some steps are to model appropriate behavior, validate a child's feelings, maintain routines and answer age appropriate questions. <b>Dr. Phillip Hardy</b> talked about arthritis. It is an inflammation of a joint. The inflammation makes the tissues sticky and can cause stiffness. Osteoarthritis is wear and tear due to age and injury. Post traumatic arthritis is arthritis following an injury. Rheumatoid arthritis is an autoimmune disease where there is an attack on the tissues. Losing weight, low impact activities and avoiding injury can help limit arthritis.</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>
Doctor #336 to Doctor	28:30	28:30	REC	PA/O/E	02/28/2012	11:30 AM
<p><b>Dr. Wayne Gordon</b> talked about stroke. 80% of strokes can be prevented. Risk factors include hypertension, diabetes, obesity, high cholesterol, lack of exercise and heart conditions. Regular medical checkups are encouraged. If a stroke does occur, seek emergency medical help. <b>Dr. Michael McCabe</b> talked medication safety. Children can have accidental drug ingestion due to pills and medications around the house. It's important to take an inventory of the medications and quantity. All medications should be properly stored and locked away. If medication is taken, know the poison control number and local emergency room. <b>Dr. Nelida Durritrache</b> talked about toenail fungus. It causes yellow, ugly toenails and can be spread from person to person. Medications can be taken orally or painted onto the nail. Laser treatments can also be used to kill the fungus. Preventative measures should be taken to prevent the fungus from coming back.</p>						
Doctor #337 to Doctor	28:30	28:30	REC	PA/O/E	03/13/2012	11:30 AM
<p><b>Dr. Mark Brown</b> talked about easy ways to get fit. It's important that body gets a good night's sleep. Eat the right types of protein, carbohydrates and healthy fats. Have an exercise program that includes cardiovascular and weight training. Eliminate bad things such as smoking and drinking. <b>Dr. Brian Nimphius</b> talked stress management. Stress can affect the overall health of the body because it was not designed to handle chronic stress. It can lead to high heart rate, increase blood pressure, chronic fatigue and heart disease. It's important to relax and be content in all situations. <b>Dr. Barbara Madden</b> talked about audiology. 1 in 10 people suffer from hearing loss. It is the third most common medical problem. Signs of hearing loss can be difficulty hearing people talk or high pitch sounds. 90 to 95% of people can be fitted for a hearing aid and notice an improvement.</p>						
Doctor #338 to Doctor	28:30	28:30	REC	PA/O/E	03/20/2012	11:30 AM
<p><b>Dr. Bronlynn Eberhardt</b> talked about acid erosion. The enamel can be softened or weakened when an acidic environment is created by drinking soda or flavored waters. This can cause cavities, sensitivity to temperature changes and broken or cracked teeth. It's important to cut down on acidic drinks and don't sip on them all day. <b>Kay Spears</b> talked family nutrition. Young children are heading down a path of obesity and other health related problems. It's important to plan meals, make a grocery shopping list and get the kids involved with helping in food preparation. <b>Dr. Steven Mangas</b> talked about allergies. Anaphylaxis type of reactions can't be controlled. These would be reactions to bee stings or peanuts. Acquired allergies or sensitivities can be controlled. It's important to assist the Adrenal gland by limiting refined carbohydrates and sugars, exercise and reduce stress.</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>
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**YOUTH**

PR11-49	30:00	15:00	L	PA/O	01/19/12	03:30 AM
					01/20/12	12:00 PM
					01/21/12	02:30 AM
					01/23/12	10:30 AM
					01/24/12	02:00 AM
					01/26/12	02:30 AM
					02/02/12	03:00 AM
					02/09/12	03:30 AM

Dianna Forrester, Tobacco Control Specialist for the Tobacco Free Community Partnership for Dodge, Jefferson & Waukesha Counties talks with Host Deisree Hoard about reducing tobacco use among youth. Youth tobacco use is a huge public safety issue. Dianna states that the tobacco industry has new strategies to get youth addicted. Some of the tobacco products look very similar to candy and mints. New tobacco products are completely dissolvable. They can be put under the arm or even between the toes to dissolve. It is illegal to sell tobacco products to youth. FACT is a peer to peer group where they are taught about tobacco strategies. Another program does compliance checks with retailers. There are rewards for clerks who don't sell to youth. If a clerk does sell, they will have to pay a fine. There needs to be continued education about the effects of tobacco and the life-long health issues caused by it.

**UNEMPLOYMENT**

PR11-49	30:00	15:00	L	PA/O	01/19/12	03:30 AM
					01/20/12	12:00 PM
					01/21/12	02:30 AM
					01/23/12	10:30 AM
					01/24/12	02:00 AM
					01/26/12	02:30 AM
					02/02/12	03:00 AM
					02/09/12	03:30 AM

Mr. Chris Litzau, Executive Director of the Milwaukee Community Service Corps, talks about decreasing youth unemployment with Host Desiree Hoard. Unemployment among young adults is very high. Being eliminated from entry-level jobs affects dreams and hopes. There is a need to open the door to a brighter future. This is done by first offering an array of possibilities through training. There are barriers to getting a job that can be overcome. Youth can get training and certified for different jobs. These include hazardous waste operations, solar installation, commercial driver's license, etc. Chris has seen remarkable changes in youth who have become successful in occupations and entrepreneurship.