

Trinity Broadcasting Network

Quarterly Report

January, February, March 2009

WWRS-TV 52/DT 43

Mayville, WI 53050

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.

Public Safety

Education/Schools

Civic Affairs

Health

Economy

Electoral Affairs

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

PUBLIC SAFETY

PR09-001R	30:00	15:00	L	PA/O	01/01/09	11:00 AM
					01/02/09	12:00 PM
					01/05/09	10:30 AM
					01/06/09	02:30 AM
					01/08/09	02:30 AM
					01/13/09	01:30 AM

Host Jackie Kahlhamer talks with Tim Anderson, Environmental Health Supervisor for the City of Watertown, which is a Designated Radon Information Center, about radon. Radon is a radioactive gas that can come into homes through cracks or holes in the basement. It is the second leading cause of lung cancer behind smoking. It is recommended that all homes be tested. There are no symptoms to exposure, nor are there any discernable characteristics of radon in a home. The only way to tell is by using a test kit, which are given out at local county health departments. Tim showed a test kit and talked about where and how to place a test kit in a home. He discussed what would be recommended if the test results came back showing a high level of radon in a home.

PR09-004	30:00	15:00	L	PA/O	02/05/09	02:30 AM
					02/05/09	11:00 AM
					02/06/09	12:00 PM
					02/07/09	02:30 AM
					02/09/09	10:30 AM
					02/12/09	02:30 AM

Amy Nehls, the Deputy Director of the Dodge County Emergency Management Office, and Host Jackie Kahlhamer talk about hazardous materials. Amy talked about EPCRS (Emergency Planning & Community Right to Know Act.) Businesses with large amounts of certain chemicals must file an annual report. Some must have an emergency plan. Local public safety agencies are given the plans, so they are aware of what exists on location, in the event of an emergency. Disasters can occur as the result of natural or manmade incidents. Amy talked about COAD (Community & Organizations Active in Disasters.) This is a way to get organizations already in place, to work together in the event of a disaster. Citizens should be prepared for an emergency with a home preparedness kit. If people are able to care for themselves in the event of an emergency, it puts less of a burden on the system.

PR09-007	30:00	15:00	L	PA/O	02/12/09	11:00 AM
					02/13/09	12:00 PM
					02/14/09	02:30 AM
					02/16/09	10:30 AM
					02/17/09	02:30 AM
					02/19/09	03:00 AM
02/24/09	01:30 AM					

Joe Meagher, Dodge County Office of Emergency Management Director, and Host Jackie Kahlhamer discuss disaster preparedness. Joe talked about what types of disasters can affect Dodge County- both natural and manmade. At times local emergency units will need added support from other municipalities. It is important for families to have a disaster plan since communications may be cut off. They need to have a pre-determined location of where to meet. Joe discussed what to have in a disaster kit. With the spring season coming, the possibility of flooding and tornados exists. Having a weather radio is a good idea since tornados can often strike at night.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR09-007	30:00	15:00	L	PA/O	02/12/09	11:00 AM
					02/13/09	12:00 PM
					02/14/09	02:30 AM
					02/16/09	10:30 AM
					02/17/09	02:30 AM
					02/19/09	03:00 AM
					02/24/08	01:30 AM

Host Jackie Kahlhamer talks with Mayville Fire Chief Roger Williams about fire safety. Chief Williams mentioned about the number of calls in the last year that dealt with carbon monoxide. Working smoke detectors save homes and lives. Every family should have a fire plan. It is important for them to get out of the house and meet at a pre-determined location. The fire plan should be practiced. Chimneys should be cleaned and checked. Chief Williams discussed what to do in the event of a fire.

PR09-005	30:00	15:00	L	PA/O	03/12/09	11:00 AM
					03/13/09	12:00 PM
					03/14/09	02:30 AM
					03/16/09	10:30 AM
					03/17/09	02:30 AM
					03/20/09	02:30 AM
					03/24/09	01:30 AM

Major Dan Lonsdorf, Director of the Wisconsin Dept. of Transportation Bureau of Transportation Safety, and Host Jackie Kahlhamer discuss reducing traffic fatalities. Maj. Lonsdorf believes that all traffic fatalities could have been prevented- they are due to driver mistake and error. Contributing factors to accidents include aggressive driving, speeding, drunk driving, inattention, and impairment such as sleepiness, talking on the cell phone, eating, etc. Causing a crash can lead to criminal charges. The state is starting a program called "Zero in Wisconsin", which is aimed at bringing down traffic fatalities to zero. They hope to reach citizens, asking them to drive safely and adjust their driving behaviors. Smarter choices with alcohol need to be made. Only 74% of citizens wear their seat belts. Wearing seat belts can make the difference between surviving an accident or having a fatality occur.

EDUCATION/SCHOOLS

PR09-001R	30:00	15:00	L	PA/O	01/01/09	11:00 AM
					01/02/09	12:00 PM
					01/05/09	10:30 AM
					01/06/09	02:30 AM
					01/08/09	02:30 AM
					01/13/09	01:30 AM

Randy Refsland, Waupun Area School District Superintendent, and Host Jackie Kahlhamer discuss issues facing the district. The district currently has a budget deficit, as do many districts around the state. Mr. Refsland discussed several reasons why this is occurring. The school board has voted to go to a referendum that will pose 3 separate questions. If this does not pass, cuts will have to be made. The district has a strategic plan in place. He talked about the positives in the district and how they will continue to move forward and do what they must do.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR08-049	30:00	15:00	L	PA/O	01/08/09	11:00 AM
					01/09/09	12:00 PM
					01/10/09	02:30 AM
					01/12/09	10:30 AM
					01/13/09	02:30 AM
					01/15/09	02:30 AM
					01/20/09	01:30 AM

Host Jackie Kahlhamer and Horicon School District Superintendent Gary Berger discuss issues the district is facing. The district has been operating at a deficit for the last number of years. It is difficult to increase revenue, so decreasing expenses is the most likely way to address the deficit. The buildings and equipment in the district are older and repairs are needed. Mr. Berger talked about No Child Left Behind, the positives and negatives of it. Even with the challenges, there are a lot of positives occurring in the school district. Mr. Berger welcomes public input.

PR08-049	30:00	15:00	L	PA/O	01/08/09	11:00 AM
					01/09/09	12:00 PM
					01/10/09	02:30 AM
					01/12/09	10:30 AM
					01/13/09	02:30 AM
					01/15/09	01:30 AM
					01/20/09	02:30 AM

Dr. Don Childs, Beaver Dam Unified School District Superintendent, and Host Jackie Kahlhamer discuss issues of the district. Dr. Childs talked about state aid and how the state budget deficit will most likely affect school funding. The Beaver Dam Middle School earned the title of being a Wisconsin Promise School of Recognition. The district has a growing poverty rate- it is approaching 40%. There are programs in place to help students who deal with poverty. Dr. Childs believes challenges are opportunities. A comprehensive literacy framework has reduced the number of students going into special education. The high school went to a block schedule. Students have an advisor who is with them through their high school years, guiding them through important decisions. Every graduation senior will be required to have a portfolio.

PR09-002	30:00	15:00	L	PA/O	01/15/09	11:00 AM
					01/16/09	12:00 PM
					01/17/09	02:30 AM
					01/19/09	10:30 AM
					01/20/09	02:30 AM
					01/22/09	02:30 AM
					01/27/09	01:30 AM
					02/03/09	01:30 AM
03/12/09	01:00 AM					

Jennifer Schabel, Mayville High School English Teacher, and Host Jackie Kahlhamer talk about teaching communications. Slang is more prevalent amongst students. They are very reliant on their cell phones and the internet for communicating. This can make it more difficult for students to have face to face, one on one conversations with people. Jennifer works to have students transition to a more formal, proper usage of the English language in her classroom. When doing a composition, students must learn to input their own ideas, not just using cut and paste on the computer. Technology has affected the way students communicate. It is important for them to have good communication skills for the workplace.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR09-012	30:00	15:00	L	PA/O	03/26/09	02:30 AM
					03/26/09	11:00 AM
					03/27/09	12:00 PM
					03/28/09	02:30 AM

Host Jackie Kahlhamer talks with Tom Heffron, Education Director for the Wisconsin Technical College System, about students with disabilities. Equal access must be ensured for students with a documented disability. Students with disabilities may need extra help such as counseling, mentoring, help with note taking, equipment changes, etc. There are more students coming into the system that have disabilities- autism, mental health issues, brain injury, etc. Each person must be looked at individually as to how to best accommodate them. Many unemployed/dislocated workers are entering school after being on the same job for many years. Some of them have disabilities. It is important to find out what students are good at and how they best learn to best help them.

CIVIC AFFAIRS

PR09-002	30:00	15:00	L	PA/O	01/15/09	11:00 AM
					01/16/09	12:00 PM
					01/17/09	02:30 AM
					01/19/09	10:30 AM
					01/20/09	02:30 AM
					01/22/09	02:30 AM
					01/27/09	01:30 AM
					02/03/09	01:30 AM
					03/12/09	01:00 AM

Host Jackie Kahlhamer gives an introduction of the program. FCC Commissioner Michael J. Copps was in Milwaukee doing a town hall meeting on the DTV transition. Commissioner Copps talked about the end of analog TV and what that means for those watching free over the air TV. Congress has mandated that broadcasters go digital. It will mean better picture sound, and more programming. The analog spectrum will be used by public safety personnel. For those who will need a converter box, Commissioner Copps recommends to apply, buy and try. Apply for the coupons, buy the box(es) and hook them up. He urges to not wait, because on the morning of 02/18/09 your television will not work if you have not taken steps for the digital conversion.

PR09-003	30:00	15:00	L	PA/O	01/22/09	11:00 AM
					01/23/09	12:00 PM
					01/24/09	02:30 AM
					01/26/09	10:30 AM
					01/27/09	02:30 AM
					02/10/09	01:30 AM

Tom Kennedy, Mayor of Beaver Dam, and Host Jackie Kahlhamer discuss City of Beaver Dam issues. Mayor Kennedy talked about the 2009 City Budget and how they saw a drop in taxes, minor, but a drop. This occurred even with increased health insurance premiums, wages and the addition of a Paramedic Unit. The city developed a stormwater utility, in response to a federal clean water requirement. Every property owner, including tax exempt properties will be assessed charges. Mayor Kennedy talked about the downtown flooding in June. There are a number of buildings that extend over the river and the DNR wants these taken down. The city has agreed to purchase and raze buildings. He talked about his first 6-8 months in office and gave an overview of goals he had, most of which have been completed. The city will maintain course, with cooperation and teamwork.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR09-006	30:00	15:00	L	PA/O	01/29/09	02:30 AM
					01/29/09	11:00 AM
					01/30/09	12:00 PM
					01/31/09	02:30 AM
					02/02/09	10:30 AM
					02/03/09	02:30 AM

Senator Glenn, Grothman of the 20th Senate District talks to Host Jackie Kahlhamer about the upcoming vote by the UW Hospital Board to perform 2nd trimester abortions. A number of Legislators have complained about this to the Board, who must vote, before any legislation could move forward on the issue. Senator Grothmann believes that the UW Hospital should be about advances in medicine. Neo-natal units are keeping babies this age alive. Many countries and hospitals will not perform 2nd trimester abortions. Senator Grothman also talked about the Freedom of Choice Act and how that would parental consent for minors seeking an abortion.

PR09-008	30:00	15:00	L	PA/O	02/19/09	02:30 AM
					02/19/09	11:00 AM
					02/20/09	12:00 PM
					02/21/09	02:30 AM
					02/23/09	10:30 AM
					02/24/09	02:30 AM
					02/26/09	02:30 AM
03/03/09	01:30 AM					

Host Jackie Kahlhamer talks with Horicon Mayor James Grigg about City of Horicon issues. The Highway 33 project is scheduled to start in March. This has been on and off for a number of years. It will be a lengthy project, but will be good for the city when completed. The downtown is in need of an upgrade and a facelift. The city will work to keep access open, although there will be some problems for businesses. Sewer and water pipes have not been upgraded since the 1940's. Horicon will most likely lose out on the spring tourism that should come about with the opening of the Horicon Marsh International Education Center. But they expect to be ready in the fall for that tourism season. The city is in need of a grocery store. The present economic downturn presents a challenge to getting one.

PR09-011	30:00	15:00	L	PA/O	03/19/09	11:00 AM
					03/20/09	12:00 PM
					03/21/09	02:30 AM
					03/23/09	10:30 AM
					03/24/09	02:30 AM
03/26/09	03:00 AM					

Bill Ehlenbeck, the Dodge County Land Resources & Parks Department Parks Manager, and Host Jackie Kahlhamer discuss Dodge County parks. County parks provide many opportunities for fitness, relaxation and socialization, plus others. The county budget is tight and the department has to compete with law enforcement, road building and other county services. Surveys show that 85% of residents use the county parks. More use is expected due to challenging economic times and the expectation that people will be vacationing close to home. The parks department gets 1% of the county budget and cuts are expected. The parks are a quality of life issue. They do whatever they can to use volunteer or free labor and get grants, donations, etc.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR09-006	30:00	3:31	L	PA/O	01/29/09	02:30 AM
CIVIC SPOT					01/29/09	11:00 AM
					01/30/09	12:00 PM
					01/31/09	02:30 AM
					02/02/09	10:30 AM
					02/03/09	02:30 AM
					02/19/09	03:00 AM
					02/24/09	01:30 AM

Host Jackie Kahlhamer introduces Tom Kennedy, the Mayor of Beaver Dam, who talks about the Safety P.I.N. program. The city often receives calls from people about all kinds of issues. The majority of these tend to be police-type issues. These can be issues such as traffic, dogs in the park, etc. The city wants to make sure the issues will be addressed so they started the Safety P.I.N. (Policing in Neighborhood) program. A certain issue will be given special attention at a specific time. Mayor Kennedy hopes this will be successful in fighting crime and solving issues.

PR09-007	30:00	3:31	L	PA/O	02/12/09	11:00 AM
CIVIC SPOT					02/13/09	12:00 PM
					02/14/09	02:30 AM
					02/16/09	10:30 AM
					02/17/09	02:30 AM

Host Jackie Kahlhamer introduces Tom Kennedy, the Mayor of Beaver Dam, who talks about the Safety P.I.N. program. The city often receives calls from people about all kinds of issues. The majority of these tend to be police-type issues. These can be issues such as traffic, dogs in the park, etc. The city wants to make sure the issues will be addressed so they started the Safety P.I.N. (Policing in Neighborhood) program. A certain issue will be given special attention at a specific time. Mayor Kennedy hopes this will be successful in fighting crime and solving issues.

HEALTH

PR09-003	30:00	15:00	L	PA/O	01/22/09	11:00 AM
					01/23/09	12:00 PM
					01/24/09	02:30 AM
					01/26/09	10:30 AM
					01/27/09	02:30 AM
					02/10/09	01:30 AM

Host Jackie Kahlhamer talks with Jody Langfeldt, Dodge County Public Health Officer, about Dodge County's health. The Wisconsin Institute for Population Health released their latest findings. Dodge County's health is situated in the lower middle (out of all 72 counties.) Jody described some of the criteria used to determine health outcomes, including health insurance, access to dental care, drinking, motor vehicle accidents, etc. It covers a broader definition of health, other than just being disease free. Wealthier counties tend to be healthier. Heart disease is the number cause of death in the county, followed by several types of cancers. County residents need to work on the obesity issue. Food choices and exercise are most important. The percentage of smokers in the county is 22-23%. Eighteen percent of pregnant women smoke. The county has a program to work with women who want to decrease or stop smoking, as it can have negative consequences on the baby.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR009-008	30:00	15:00	L	PA/O	02/19/09	02:30 AM
					02/19/09	11:00 AM
					02/20/09	12:00 PM
					02/21/09	02:30 AM
					02/23/09	10:30 AM
					02/24/09	02:30 AM
					02/26/09	02:30 AM
					03/03/09	01:30 AM

Jennifer Sterling, Regional Services Coordinator of the Alzheimer's Association Southeast Wisconsin Chapter, and Host Jackie Kahlhamer discuss Alzheimer's Disease. The greatest risk factor for the disease is age. So as the population ages, the disease increases. Jennifer discussed risk factors and how we should maintain our brain. Anything that is good for the heart is good for the brain. Family members are affected when a member has the disease. Becoming involved in a support group is very beneficial. Jennifer talked about symptoms of the disease. She recommends going to a diagnostic clinic where they are better equipped to make a correct diagnosis and recommend resources available.

PRT09-009	30:00	15:00	L	PA/O	02/26/09	11:00 AM
					02/27/09	12:00 PM
					02/28/09	02:30 AM
					03/02/09	10:30 AM
					03/03/09	02:30 AM
					03/05/09	02:30 AM

Host Jackie Kahlhamer talks with Sarah Mireski, a local Pharmacist about medicine safety. Sarah talked about what you should know about a medication before leaving the pharmacy- name of medication, purpose, warnings, proper storage, etc. Medicine is not safe to take after its expiration date. When in the hospital, or going to see a doctor, a list of medications and herbals should be taken along. Patients should ask questions about the medicines they are given. Dentists need to know medications and herbals taken because anesthesia can interact with some of them. Sarah discussed special needs of the elderly, women and children when taking medication.

PR09-011	30:00	15:00	L	PA/O	3/19/09	11:00 AM
					3/20/09	12:00 PM
					03/21/09	02:30 AM
					3/23/09	10:30 AM
					03/24/09	02:30 AM
					03/26/09	02:30 AM

Host Jackie Kahlhamer talks with Cathy Oines, Beaver Dam Community Hospital Breast Health Coordinator, about women and cancer. The most prevalent forms of cancer women are diagnosed with include breast, ovarian, cervical, etc. A cancer diagnosis is often very shocking for a woman. They are concerned about their family and who will care for them. There can be a lot of emotional distress. It is important for a woman to be very honest with her family about the side effects of treatment. Joining a support group can be beneficial. Not only will a woman be able to discuss with others who are dealing with the same thing, she can also talk with cancer survivors. Prevention goes a long way. Getting yearly exams is important. Dodge County is in the top 10 of state counties with the highest rate of breast cancer. There is help available for those unable to pay for programs.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR09-012	30:00	15:00	L	PA/O	03/26/09	02:30 AM
					03/26/09	11:00 AM
					03/27/09	12:00 PM
					03/28/09	02;30 AM

Jean Hill RN, from the Beaver Dam Community Hospital Marketing and Wellness Department, and Host Jackie Kahlhamer discuss second-hand smoke. Second-hand smoke is the 3rd leading cause of preventable death in the United States. It contains a large number of toxic and cancer causing chemicals. Jean talked about a number of illnesses caused or affected by the smoke- cancer, heart disease, SIDS, asthma, etc. Children are most at-risk of being adversely affected by the smoke. Smoking sections in public places do not provide protection from the second-hand smoke. There is no safe level of smoke exposure. Jean believes a statewide smoking ban in public places is the fairest way to go. Employees and citizens need to be protected from second-hand smoke.

700 Club CBN NewsWatch #021809	1:00:00	5:00	REC	PA/O/E	2/18/2009	2:00 PM
-----------------------------------	---------	------	-----	--------	-----------	---------

Lorie Johnson, CBN News Medical reporter , found that Sleep Apnea is a condition whereby you stop breathing in your sleep. Approximately 80 percent of the patients at the Norfolk Sleep Disorders Clinic are treated for sleep apnea. While snoring is when your airway is narrowed, Sleep Apnea is when your airway closes completely. This is serious, because when your airway closes completely, the oxygen supply to your body is cut off. When that happens, your body jolts out of deep sleep, so you start breathing again. This happens repeatedly all night long. The end result is that the person with Sleep Apnea doesn't experience enough of the deep, stage 4 sleep that restores your body, or the dreaming sleep, otherwise known as REM sleep. People with Sleep Apnea wake feeling as though they haven't slept a wink. And the next day, they perform as though they haven't slept at all. Sleep Apnea can be attributed to accidents at work or in the car as well as a host of other behavioral problems. In addition to behavioral problems, Sleep Apnea can be attributed to a number of medical problems. Dr. Vorona says if you feel you might have Sleep Apnea, talk to your doctor. Your physician may recommend a sleep study. Other treatments include the use of a CPAP device. A CPAP device is a mask that is worn at night, over the nose, or over both the nose and mouth, that pumps enough air to keep the airway open. Another treatment is a dental appliance that is also worn at night. It is designed to prevent the lower jaw from slipping backward while you sleep, and therefore keeps the airway open.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club CBN NewsWatch #031809	1:00:00	5:00	REC	PA/O/E	3/18/2009	2:00 PM

Gailon Totheroh, CBN News Medical reporter , found that the eye can be used as a window to the body. "It's the only place in the body where we can actually see living tissue without having to dissect the tissue away to see how the blood flows in the blood vessels," Dr. Kenneth Lebow, an optometrist, explained. Lebow says obtain an excellent view of the posterior pole of the eye, the retina, is critical. Lebow gets that view from Optomap, a new technology that captures detailed images of the back of the eye. Many patients are choosing the scan to go beyond routine exams. Optomap and similar technologies help medical detectives find clues about damage to the body ranging from diabetes to glaucoma to high blood pressure. They can even spy out some brain tumors as well as and cancers right in the retina. Retinal images also help evaluate another common problem called macular degeneration. This condition increases as we age and eventually causes patients to lose the very center of eyesight. High blood pressure, or hypertension, can be a silent killer that threatens the eyes and even life itself. As diagnosis improves, eye doctors are starting to recommend lifestyle changes. Those changes for the good can be monitored in retinal scans. Thus the outcome of those eye pictures can show improvement -- an advantage in people of any age.

Doctor to Doctor #193	28:30	28:30	REC	PA/O/E	01/06/2009	11:30 AM
--------------------------	-------	-------	-----	--------	------------	----------

Dr. Scott Farhart talks about bulimia being an excessive eating cycle of bingeing followed by purging. Some consequences are dehydration, hypoglycemia, potassium loss and esophagus or stomach tears. Healthcare professionals such a dentist or doctor may notice changes over time. **Dr. Robert Gear** talks about Scoliosis meaning the "side bending of the spine". There are various levels of it depending on what region of the spinal cord is being affected. Treatment can greatly improve the curving of the spine. **Dr. David ERB** talks about how to cure asthma. It's important to decrease medication, inflammation, intensity of workout and to make sure your back/neck are adjusted. It's important to find a doctor that specialized in Asthma.

Doctor to Doctor #195	28:30	28:30	REC	PA/O/E	01/13/2009	11:30 AM
--------------------------	-------	-------	-----	--------	------------	----------

Dr. Pat Riley talks about how our bodies need vitamins for every task. It's important to eat a well balanced diet filled with colorful veggies and fruits. It may be also necessary to take a multivitamin. **Dr. Hale Akamine** talks about ways to be happy. It's important to have good friends, optimism, appreciation and purpose. **Dr. Robert Gear** talks about understanding tissue circulation. Nerves travel to all the areas of our body and how blood is able to flow throughout the whole body. When the spinal cord twists, it can hinder the circulation in the body.

Doctor to Doctor #196	28:30	28:30	REC	PA/O/E	01/20/2009	11:30 AM
--------------------------	-------	-------	-----	--------	------------	----------

Dr. Jace Wolfe talks about hearing loss. It may be caused by genetics, exposure to high levels of noise or exposure to gunfire. A couple of ways to prevent it are staying away from loud noise and wearing hearing protection. **Dr. Leon Mellman and Dr. Zev Mellman** talk about chiropractic wellness. It's important to measure the nervous system to get a starting point on your health. It's important to eat right, exercise and get adjusted on a regular basis. **Dr. Thomas DiStefano** talks about hip problems. It can be inflamed or irritated or become a bursitis. There are usually ways to treat it without surgery. It's important to get a physical exam and x-rays to see what the problem is.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor #197 to Doctor	28:30	28:30	REC	PA/O/E	01/27/2009	11:30 AM
<p>Dr. Eileen Silvia talks about cleansing, balancing and oxygenating the body. It's important that our colon and liver are being cleansed regularly. We can do this by drinking plenty of water, exercising, limiting stress, eating lots of fiber and getting lots of rest. Dr. Malcolm Hill talks about making healthier food choices. Healthier foods are found on the outer aisle of the grocery store. It's important to eat fruits, vegetables, nuts and whole grains. It is also important to drink plenty of water. Dr. Chip Abbadessa talks about the spine and nervous system. The spinal cord connects the brain to the rest of the body. The spin can lose its normal alignment and have subluxation. This can cause problems by getting in the way of the messages being sent to the brain. It's important to maintain proper posture and to get spin adjustments when necessary.</p>						
Doctor #198 to Doctor	28:30	28:30	REC	PA/O/E	02/03/2009	11:30 AM
<p>Dr. Dale Peterson talks about first aid. In dealing with a secondary prevention, it is important to respond quickly and affectionately to the crisis. Some common ones are burns, sprains/strains, bruises, cuts/scrapes and nosebleeds. Immediate attention can help in the recovery time. Dr. Gene James talks about stress and your health. It is important to have an awareness of the factors that cause stress and then to maintain balance. It's important to have a positive perception about things in life. It's also important to find ways to relax or exercise. Dr. Kent Bartell talks about detoxification. The three areas that toxins are release through are the urinary tract, skin and colon. It's important to eat healthy foods and drink plenty of water.</p>						
Doctor #199 to Doctor	28:30	28:30	REC	PA/O/E	02/10/2009	11:30 AM
<p>Dr. Bettye Alston talks about being careful of what we put into our bodies. Our diet should be limited in white foods such as sugar, salt and flour. Instead our food should be colorful and fresh. Dr. Chauncey Crandall talk about heart disease. It is when one of the blood vessels of the heart becomes diseased. Arteries to the heart start to get plugged up with fat and cholesterol. It's important to lose weight, exercise and eat right. Dr. Shellie Faris talks about colon cancer. Polyps that are found in the colon must be removed or they can lead to cancer. It is the third most common cancer and the second leading cancer killer in the United States. It is important to be screened at age 50.</p>						
Doctor #200 to Doctor	28:30	28:30	REC	PA/O/E	02/17/2009	11:30 AM
<p>Dr. Dale Peterson talks about the common cold and how over 500 million colds occur each year in the United States. Some recommended steps to help prevent it are drink plenty of water, get enough rest, avoid alcohol, regular hand washing and eat plenty of fruits and vegetables. Dr. Aaron Wall talks about key ways to losing weight since the United States has an obesity issue. The key is to look at the times you are eating. Morning should be high in carbohydrates such as oats and fruits. Lunch and dinner should be high in protein such as chicken, beef and fish while carbohydrates are limited. Dr. Shellie Faris talks about how people 50 years of age should be screened for colon cancer. Colonoscopy, fecal occult blood test and double contrast harium enema are ways to test for it. Risks for a colonoscopy include bleeding, non-visualized lesions, incomplete examination or holes being created. It is recommended to be tested 5 to 10 years after the first initial test.</p>						
Doctor #201 to Doctor	28:30	28:30	REC	PA/O/E	02/24/2009	11:30 AM
<p>Dr. Scott Farhart talks about menopause. It is when a woman runs out of eggs and there is a decline in estrogen. Symptoms can be irritability, hot flashes, loss of sleep, and difficulty with intimacy. Estrogen replacement is an option, but needs to monitored regularly by a physician. Dr. Robert Gear talks about arthritis which is a inflammation of the joints. Long term inflammation causes the bones to grow out and make spurs. It also causes the discs to degenerate and push out against the spin. A person should see a doctor that looks at all the tissues. Dr. Ace Anglin talks about how poor circulation or Peripheral Artermial disease can affect the arteries of the legs and feet. It can cause cold feet or extremities, absence of hair and dystrophic nails. It's important to give an adequate medical history to your doctor and eat a diet low in cholesterol and high in fiber.</p>						

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #202	28:30	28:30	REC	PA/O/E	03/03/2009	11:30 AM
<p>Dr. Aaron Wall talks about burst training. It is doing exercise at 90-100% of max performance for 30-60 seconds. This helps to burn up sugar and then continues to burn fat for up to 36 hours. It doesn't take long and burns fat longer. Dr. Carl Schmidt talks about brain health. It's important that the brain receives complex carbohydrates, essential fatty acids, protein and vitamin B. It is also important that there is proper digestion and assimilation of nutrients, rest and exercise. Dr. Eileen Raynor talks about the throat, larynx and vocal cords. Using the voice too much or in a harsh manner may cause the voice to be raspy. Other problems that may occur for this particular area are nodules, acid reflex disease, lesions and cancer. If the problem is consistent, you should have it checked out by a doctor.</p>						
Doctor to Doctor #203	28:30	28:30	REC	PA/O/E	03/10/2009	11:30 AM
<p>Dr. Scott Farhart talks about hot flashes that are associated with menopause. It is caused by the skin temperature rising 4-7 degrees and the cooling back down. It can happen both during the day and night. Sleep medications may be helpful in falling back to sleep after a hot flash. Dr. Hale Akamine talks about fear and anxiety. It is an anticipated perception that something negative will happen. Due to high stress or emotions, we may think a situation is worse than it is. It is important to get calm emotionally and refocus thoughts. Exercise and talking may be helpful in dealing with it. Dr. Stefan Flink talk about spinal health. The spine can interfere with the nerves and that can affect how other organs in the body function. This can then cause other problems in our body's system. It's important to have your spinal column checked on a regular basis.</p>						
Doctor to Doctor #204	28:30	28:30	REC	PA/O/E	03/17/2009	11:30 AM
<p>Dr. Dale Peterson talks about strokes or also known as a cerebral vascular accident. It is due to a brain vessel being damage or having an accident. There is Ischemic stroke where the blood supply is cut off. There is also a Hemorrhagic Stroke where a weak spot causes bleeding in the brain. It is important to seek medical attention if signs of a stroke are present. Dr. Margaret Nagib talk about eating disorders. Anorexia involves the person refusing to maintain an appropriate body weight. Bulimia involves a cycle of bingeing and purging. Binge eating disorder involves compulsive eating and the person feeling a lack of self control. Treatment needs to involve a team of specialist to help with the different areas it affects. Dr. Kent Bartell talks about food. It is important to avoid processed or canned foods because they can contain toxins that are harmful to the body. It is important to eat fresh fruits and vegetables. Drink lots of water and get plenty of rest each night.</p>						
Doctor to Doctor #205	28:30	28:30	REC	PA/O/E	03/24/2009	11:30 AM
<p>Dr. Melissa Walker talks about Prostate Cancer. Cancerous cells found in the prostate gland can be either fast or slow growing. You can be at risk if you are male, have a family history of it, 50 years or older and have a high fat diet. There is a digital rectum exam and Prostate Specific Antigen that can test for it. Dr. Samuel Dagogo-Jack talks about doctor's human understanding. It's important that a doctor have technical skills, scientific knowledge and human understanding. Patients often want to be diagnosed, enlighten, prognosis, treatment and hope. Dr. Jace Wolfe talks about hearing loss. It is the most common disability for children at birth. Lack of speech and language from 0-4 can cause irreversible consequences to the areas of the brain that process speech and language. It's important that infants are screened.</p>						

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

ECONOMY

PR09-006	30:00	15:00	L	PA/O	01/29/09	02:30 AM
					01/29/09	11:00 AM
					01/30/09	12:00 PM
					01/31/09	02:30 AM
					02/02/09	10:30 AM
					02/03/09	02:30 AM

Host Jackie Kahlhamer talks with Senator Glenn Grothman about the current state of the economy. Senator Grothman represents the 20th Senate District. The economy is one of the major challenges at this time. Senator Grothman believes excessive government interference has caused what we are facing. There have been massive increases in government spending, and we had to borrow much from foreign countries. Senator Grothman talked about the international economy and how the United States has much stricter labor and environmental laws that affect businesses. Taxes are also a problem. There is a lot of burden put on small business owners. Southeastern Wisconsin and the entire state are not doing as badly as other areas. The state education system needs to come in line as to what types of degrees would be helpful to state manufacturers. Good, cheap energy keeps the economy strong. The Senator believes the state needs to develop more nuclear power. There is a moratorium on nuclear power expansion at this time.

PR09-004	30:00	15:00	L	PA/O	02/05/09	02:30 AM
					02/05/09	11:00 AM
					02/06/09	12:00 PM
					02/07/09	02:30 AM
					02/09/09	10:30 AM
					02/10/09	02:30 AM
					02/12/09	02:30 AM

Host Jackie Kahlhamer talks with Terri Respalje, the Director of the Waupun Food Pantry, about a down economy and the increased usage of the food pantry. Terri is seeing an increased need for the pantry, with more middle class people needing help. In October of 2008, when the gas prices were at their highest, the number of people served doubled. It has been hard for some people to catch up after this, or after being off a week for illness. There have been a lot of layoffs and company downsizing. More people are on heating assistance and food stamps. People seem to be less afraid of asking for help. There is also a big demand for used clothing. Donations to the pantry are up, which is good. Terri would like to see communities become self-sufficient and be able to help others out when in need. After visiting the pantry, many people have their hope restored, which is everything to them.

PR09-009	30:00	15:00	L	PA/O	02/26/09	11:00 AM
					02/27/09	12:00 PM
					02/28/09	01:00 AM
					03/02/09	10:30 AM
					03/03/09	02:30 AM
					03/05/09	02:30 AM

Sarah Mireski, President of the Mayville Chamber of Commerce, and Host Jackie Kahlhamer discuss Mayville's economy. Mayville has a diverse economy which helps provide a larger tax base. Current business owners are affected by rising costs, a tighter credit market and competition from value retailers. Tighter budgets usually mean cuts in advertising. Slow times give business owners opportunities to work on improving their business plans and make changes. Sarah would like to see businesses market themselves to tourism. An increase in tourists is expected when the Horicon Marsh International Education Center opens.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR09-010	30:00	15:00	L	PA/O	03/05/09	11:00 AM
					03/06/09	12:00 PM
					03/07/09	02:30 AM
					03/09/09	10:30 AM
					03/10/09	02:30 AM
					03/12/09	02:30 AM
					03/17/09	01:30 AM

David Mancl, Director of the Office of Financial Literacy, and Host Jackie Kahlhamer discuss financial literacy. Financial literacy is needed because the financial system has evolved and changed so rapidly over the last several decades. We are experiencing low savings rates and high bankruptcies. We need to look at our priorities and see where we can cut back on expenses. When you know where your money is going, that is when you are in control of it. Expenses should be written down and forecasted a month in advance. It is important for youth, especially high school seniors, to be prepared to join the financial system upon graduation. They are not prepared and there is catching up to do, in regards to teaching them. Schools have gotten involved in doing this.

PR09-010	30:00	15:00	L	PA/O	03/05/09	11:00 AM
					03/06/09	12:00 PM
					03/07/09	02:30 AM
					03/09/09	10:30 AM
					03/10/09	02:30 AM
					03/12/09	02:30 AM
					03/17/09	01:30 AM

Host Jackie Kahlhamer talks with Lorrie Keating Heinemann, Cabinet Secretary of the Department of Financial Institutions, about Grow Wisconsin. With a 931 million dollar cut in the state budget, there needs to be further incentives for investment in Wisconsin. There must be high paying jobs available for graduating students. There must be access to capitol to grow businesses. Small businesses need loans. The state is looking to tap into the billions that will be available to advance the country's economy. It will be important for the state to invest in transportation for the vitality of the tourism industry. Wisconsin has been impacted by the downturn in the national economy. Eighty percent of new jobs created are done so by small businesses. It is a good strategy for the state to encourage entrepreneurs.

ELECTORAL AFFAIRS

PR09-005	30:00	15:00	L	PA/O	03/12/09	11:00 AM
					03/13/09	12:00 PM
					03/14/09	02:30 AM
					03/16/09	10:30 AM
					03/17/09	02:30 AM
					03/19/09	02:30 AM
					03/24/09	01:30 AM

Host Jackie Kahlhamer talks with Karen Gibson, the Dodge County Clerk, about the local election process. Local spring elections will be held in April. Citizens must be registered to vote. Karen explained how this can be done, if not registered. Absentee ballots are available and there is a process to follow to vote this way. Karen discussed how polling place information can be obtained. Local elections generally have a low voter turnout, which concerns Karen. Rulings local officials pass will impact your life. The responsibility to vote should be taken seriously.

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