

WWRS-TV 52 and WWRS-DT 43, MAYVILLE, WISCONSIN

LEADING COMMUNITY ISSUES

October, November, December 2006

**RESULTS OF ASCERTAINMENTS FROM CIVIC LEADERS AND FROM THE FOLLOWING WHENEVER POSSIBLE:
PRINTED MEDIA COMPRISING NEWSPAPERS, MAGAZINES AND PUBLICATIONS, TELEVISION AND RADIO**

ENVIRONMENT

EDUCATION

HEALTH

FAMILY

GOVERNMENT

NATIONAL MINORITY TV, INC.

WWRS-TV 52 AND WWRS-DT 43

QUARTERLY ISSUES/PROGRAM LIST

OCTOBER, NOVEMBER, DECEMBER 2006

**NATIONAL MINORITY TELEVISION, INC.
QUARTERLY ISSUES/PROGRAMS LIST**

There follows a listing of some of the significant issues responded to by Station WWRS TV-52, Mayville, WI, along with the most significant programming treatment of those issues for the period October-December, 2006. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

ENVIRONMENT

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-071	10/02/06 10/03/06	10:30 AM 02:30 AM	15:00	Host Jackie Kahlhamer discusses hydrogen fuel cells with Wayne Stroessner, the President of the Wisconsin Interfaith Climate and Energy Campaign. We definitely need to pursue alternative energy forms. These are much more environmentally friendly. There are no green house gases from alternative forms. More coal plants are being constructed in southeast Wisconsin. They release a tremendous amount of carbon dioxide. They also release other pollutants and mercury. Mercury is already a problem and we keep adding to it. Wayne believes hydrogen fuel cells would be an excellent source of energy. And it does not release any pollutants. He gave a demo of a fuel cell. It does not release carbon dioxide. Southeastern Wisconsin has ozone problems at times. This is bad for people with asthma and other respiratory problems.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-071	10/02/06 10/03/06	10:30 AM 02:30 AM	15:00	Haly Schultz discusses grazing with Host Jackie Kahlhamer. Haly is the Grazing Specialist at Town and Country Resource Conservation Development. She works with management intensive grazing, which has livestock getting their majority of daily forage needs from pastures. There are several environmental positives to this- decreased use of fossil fuels, less run-off into streams and sequestered carbon. Haly described her view of environmental sustainability. That being, whatever land practices are, whether in agriculture or industry, the soil, water and air resources are not degraded. Grazing is environmental sustainability. Farmers are becoming more environmentally conscious, for three reasons- some recognize the need, the public is demanding it and government regulations are starting to require it. She has seen environmental improvements as a result of grazing. There has been a big increase in bird population in the pastures. There is also more wildlife habitat and farmers are seeing less sediment run-off. Manure run-off is not a concern when grazing is the method used.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-072	10/06/06	12:00 PM	30:00	Host Jackie Kahlhamer discusses Lake Sinissippi with Greg Farnham, a Lake Sinissippi Improvement District Commissioner. Much of the activity surrounding the lake is agricultural. Sediment, fertilizer and chemicals run-off into waterways and eventually into the lake. Construction run-off can also be a concern. The lake has been affected at times by an overgrowth of algae. The Lake Commissioners are working with county officials to pass an ordinance that would prohibit phosphorus in lawn fertilizer. Greg discussed wetlands and sensitive habitat areas. The wetlands have eroded over the years. This is due to both natural effects and human activities. A loss of wildlife habitat has resulted. They are working with the DNR to restore some of this. Another concern is rough fish. They are restocking with more desirable game fish. This is a short-term project. Long-term goals are more challenging and difficult. People need to be constantly educated about the importance of water and how it affects us all. The Lake Commission works to have good working relationships with land owners, farmers and government entities.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-078	10/20/06	12:00 PM	15:00	Greg David, a Jefferson County Supervisor, talks about environmental sustainability with Host Jackie Kahlhamer. The goal of this is to meet the needs of this generation while allowing future generations to meet their needs. Greg believes we need to be more proactive about protecting our local environment. He related some of the environmental issues we face: global warming, mercury in fish, heavy metals in soil, chloroform carbons in the atmosphere, etc. The solution must be wholesome and economically sound, with a more holistic view. Jefferson County narrowly missed ozone non-attainment status two years ago. Had this happened, they would be under restrictive, onerous regulations. It is therefore very important that people be educated about keeping the ozone level down. Particulate matter from diesel vehicles and wood burning stoves is another concern, especially for people with asthma. Jefferson County is trying to adopt an Eco-Municipality Resolution, to commit themselves to education about sustainability. The city of Johnson Creek has adopted environmental standards for certain new buildings. It costs only a small percentage more to build this way. In some instances, a small initial investment can have large annual savings. Greg discussed some of the challenges to moving into sustainability, but has great hope that many of these things will come to pass.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-079	10/23/06 10/24/06	10:30 AM 03:00 AM	15:00	Host Jackie Kahlhamer talks with Wendy Woyczik, a Wildlife Biologist at the US Fish and Wildlife Service. Wendy believes the Horicon Marsh is slowly degrading. It is affected by sediment, phosphorus and nitrogen run-off. This run-off comes from the Rock River and upstream watersheds. Sources are sewerage plants, manufacturers, agriculture, construction and development. Sediment decreases the water level in the Marsh. This causes it to lose areas of deeper water depths. Cattails can take over the marsh. This decreases the wildlife diversity. There are over one dozen invasive species in the Marsh. These also can overtake it. Wendy recommends becoming educated about these and other Marsh issues. Officials must be vigilant able maintaining the health of the Horicon Marsh.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-088	12/01/06 12/05/06	12:00 PM 02:30 AM	15:00	Host Jackie Kahlhamer talks with Randy Stampfl, a DNR Forester. He works to promote sustainable forest management. An inventory of state forest land is now being done, as directed by the State Legislature. The biggest issue affecting forests is that of invasive exotic species- both plant and insects. Forest health is also affected by weather. The last 4 out of 5 years have been drought years and there was one year of flooding. Mature ash is declining rapidly due to drought. Exotic plant species displace native ones. The only way to effectively control them is with herbicides. Timber is being harvested from the forests to improve the overall health and for regeneration to occur. People who own forests need to work to maintain them. Active management is needed. In the last 100 years the ecosystem has changed dramatically. The removal of fire from the landscape has caused a lose of the oak forests which are in the state of degradation. They are converting to other species. Active management is very important to healthy forests.

EDUCATION

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Education	PR 06-074	10/09/06 10/10/06	10:30 AM 03:00 AM	30:00	Bob Neumann, the President of the Beaver Dam Unified School District Board talks with Host Jackie Kahlhamer about the school district. Bob discussed the challenges of keeping the budget afloat. The way the state funds schools, enrollment, and the QEO (Qualified Economic Offer) all affect the budget. Costs continue to rise. The district's enrollment is steady to declining. The state finances districts based on student enrollment. School finances are paid by property taxes. Districts must offer teachers a minimum of a 3.8% raise yearly. Salary and benefits make up that amount. Health insurance continues to skyrocket. The Administration and Exempt Employees changed their plan to another carrier, but the teachers stayed with WEA Trust. This is very good insurance, but it is very expensive. Any savings realized from the teachers health care plans would have to go into their salaries because of the QEO. The school budget starts with a deficit every year. Some changes were made to adjust the budget. At this point, the board may have to make some unpopular decisions. A Budget Study Committee has been formed. They are to look for and receive ideas for the budget and then submit them to the board. Open enrollment was discussed and how that affects school districts. The BDUSD is working hard to keep up with current technology and give their students a quality education. Bob hopes the Legislature will work together to work out a way to pay for education that will keep the taxpayers happy and give the students the education they deserve.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Education	PR 06-077	10/13/06	12:00 PM	15:00	Host Jackie Kahlhamer talks with Diane Jepson, a Skills Coach with the Central Wisconsin Community Action Council, about helping people advance their education. Some people may drop out of high school, or lack opportunities to advance their education. Many of the students she works with are considered non-traditional students (adults). People's lives change when they move on to secondary education. It makes them feel that they can accomplish something. Diane insists there is a way to return to school if you want to. You can go on to school and be an example to your family. There are challenges to returning to school as an adult. Students should always speak to their school's career counselor, as there are very helpful. Education is never wasted and adults will find they know so much from all their life experiences.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Education	PR 06-075	10/16/06 10/17/06	10:30 AM 02:30 AM	15:00	Host Jackie Kahlhamer discusses alternative high school with Andrea Utrie, a teacher at Waupun Alternative High School. An alternative school offers courses in ways that students do their learning. Certain criteria are used to determine if a student will do better in an alternative school setting. Students may be dealing with teenage pregnancy, chronic illness, family crises or other issues. Andrea discussed the different types of learning methods used: Multiple Intelligence, Differentiated Learning and Project-based Learning. She explained how these help students who may not do well with pencil & paper tests and who learn better using other methods. Most of the students in the Alternative High School go on to graduate. Some even return to the regular high school to finish their education.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Education	PR 06-075	10/16/06 10/17/06	10:30 AM 02:30 AM	15:00	Jenny Beauprey, the Mountain Top Christian Academy Preschool Teacher discusses reading and phonics with Host Jackie Kahlhamer. Jenny discussed how preschool lays an educational foundation for its students. A curriculum was chosen that focuses on phonics which helps them learn to read more easily. Learning phonics helps to improve language skills. Smaller schools allow teachers to work one-on-one with their students. Preschool helps children prepare for Kindergarten by teaching them social skills, the alphabet, colors, etc. There is a marked change in the students by the end of the school year. Parental involvement is very important to the success of the students. A teacher can tell the difference in students between those whose parents are involved and those whose aren't.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Education	PR 06-079	10/23/06 10/24/06	10:30 AM 03:00 AM	15:00	Patty Warfield, the Moraine Park Technical College Careers Instructor (Beaver Dam) discusses career counseling for students with Host Jackie Kahlhamer. Career counseling can help a student develop a strong, but flexible life plan. A career assessment is a good tool to help students know what they are good at. Patty discussed when and why students should take random classes. Some classes such as computer, reading and math enrichment courses are meant to be taken randomly. But without a commitment to a particular program, students will not be able to get financial aid. They may also find some programs have changed their classes and what they have taken will not qualify. A strong career plan is paramount to success. If a student is struggling they need to speak to a counselor. The majority of students have other life responsibilities. If things come up that cause them to miss school, they should not give up. Again, talking to a counselor can help them move forward in their educational endeavor. Career counseling helps student retention rates.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Education	PR 06-081	10/30/06 10/31/06	10:30 AM 02:30 AM	15:00	Deb Parman, the Director of Pupil Services at Beaver Dam Unified School District discusses reading with Host Jackie Kahlhamer. If a student is struggling with reading, it affects all academic areas and also their self-worth and self-confidence. The school will work to find out what is the cause of the student's struggle. It may be caused by any number of factors-visual, hearing, stress, etc. They will try to find the underlying issue, but sometimes they may not be able to. The ultimate goal is to get the student to improve. Deb discussed the different reading programs the school district uses and how each one is designed to help students. No Child Left Behind was discussed. They can use those test results as an assessment tool. When a child's reading improves, so does their self-esteem, self-worth and confidence. They begin to excel in other aspects of curriculum. Parental involvement is critical. Parents need to read to their children, even as they get older.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Education	PR 06-081	10/30/06 10/31/06	10:30 AM 02:30 AM	15:00	Joseph Reed, the Superintendent of the Dodgeland School District discusses the challenges and strengths of the district with Host Jackie Kahlhamer. School security was discussed. The Dodgeland school building is 5 years old and was built with added security measures. What really needs to be worked on is relationships. This includes staff, students and the community. Mr. Reed discussed "No Child Left Behind". He believes there are some problems with this law. It focuses on reading and math. Funding for other programs has been eaten up because of NCLB. The district had an increase of 15 students this year. This is good for them in regards to state reimbursement. Their tax rate is dropping. Since the building is 5 years old, there are no upcoming major expenditures. Health increase costs increased 15% this year. This has a drastic effect on the budget. The school is looking at ways to change funding formulas. It is very difficult to get every one behind this and to see change. The strengths of the district are its staff and building. Dodgeland School District won a federal grant for new phy ed equipment. They will also build a walking track. These will be available to the whole community. This is part building relationships. Mr. Reed believes it is important for students to have a well rounded education.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Education	PR 06-083	11/17/06	12:00 PM	30:00	Host Jackie Kahlhamer talks about the Waupun School District with Superintendent John Zegers. Being new to the community, Mr. Zegers has felt it a priority for him to meet people and get a feel of the issues of the community. He wants people to give honest viewpoints about the school district. Mr. Zegers believes building relationships is a huge part of his job. (A referendum failed last spring). The community needs to move forward. Open enrollment has hurt the district. Students have not left because of educational inferiority, but because of closer proximity to other schools. There will be a student-parent advisory committee put into place to help develop a strategic plan. Concerns and issues will be identified to be addressed, from a position of being proactive. He does not want to see any of the schools closed. There are some issues of old rifts that need to be put into the past. Moving forward is needed to get where they want to be. It is critically important to communicate and collaborate. The population of children in the district is declining, which may cause some classes to be cut and teacher lay-offs. It is always important that the students be the least affected and quality education is maintained. The way schools are funded needs to be looked at. Mr. Zegers described his vision for the district. .

HEALTH

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-077	10/13/06	12:00 PM	15:00	Host Jackie Kahlhamer discusses My Pyramid with Becky Gutzman. Becky is the Dodge County UW Extension Nutrition Educator. The pyramid was put out by the USDA. It was updated and focuses on eating fewer calories and more exercise. Becky discussed the different food groups on the pyramid- grains, fruits, milk, meat & beans, oils and discretionary calories. The required daily amounts were discussed. Becky talked about trans fats and how these should be avoided.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-082	10/27/06	12:00 PM	15:00	Host Jackie Kahlhamer discusses occupational therapy with Ann Krueger, OT, CHT. Children may need OT when they are developmentally delayed. Elderly people may need it to help them be more independent. Stroke patients need OT to help with their upper extremities, visual skills or learning to drive again. Ann discussed work related injuries. These can either be traumatic or cumulative. Prevention education is very important. A stroke patient will need to do home exercises. This is a big part of their therapy. If they don't follow through, it limits their progress. People often become depressed after an injury. There is often a psychiatric element to an injury. It can be hard to adjust. Children may need OT after an injury. OT is often needed after an injury to help recovery, and to help the patient know what they can do, and what to avoid.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-082	10/27/06	12:00 PM	15:00	Host Jackie Kahlhamer talks about vision care with Dr. Cassandra Hetzer of the Mayville Vision Center. Dr. Hetzer discussed the need for eye exams, and who needs an annual one. She also talked about the following and their impact on vision: diabetes, cataracts, high blood pressure, stroke, macular degeneration and glaucoma. All of these can have serious effects on vision. Dr. Hetzer discussed signals that would indicate an immediate trip to the doctor: sudden increased blurriness, foreign object in the eye, increased flashes of light and floaters, etc.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-080	11/03/06	12:00 PM	15:00	Host Jackie Kahlhamer talks with Joy Balz, the Workplace Education Coordinator for the Alzheimer's Association Southeastern Wisconsin Chapter. Joy discussed what the disease is and how affects the person who has it. Joy discussed key risk factor for getting Alzheimer's. She talked about what we can do to lesson our risk- nutrition, exercise, dealing with stress and keeping our brains active. She talked about each of these and how their impact on brain health. She maintains that's what is good for the heart, is good for the brain. Certain vitamins may be helpful for preventing it. Lifelong learning and social interaction are important for brain health.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-087	11/20/06 11/21/06	10:30 AM 02:30 AM	30:00	Host Jackie Kahlhamer talks with Dr. Jen Espenscheid about wellness. Dr. Jen is a Chiropractor. She talks about taking care of ourselves during the holidays. Make sure priorities come first. If you have to put something else aside, do so. It's all about love vs. stress. Love counteracts the effects of stress. Choosing to think well affects your whole body. It is important to plan and be prepared. This can be done by making lists of what you want to do. Everything we do either causes the body to heal or to breakdown. Proper posture is very important for wellness. Dr. Jen discusses proper posture when sitting. She recommends sitting for no more than 20 minutes at a time. She talked about exercises she recommends after getting up (jumping jacks, marching in place). Good self esteem equals healthy posture. She also gave recommendations for the proper way to wrap presents and taking a turkey out of the oven.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-086	11/27/06 11/28/06	10:30 AM 02:30 AM	15:00	Jody Langefeldt, the Dodge County Public Health Officer talks with Host Jackie Kahlhamer about public health issues. Public Health has taken on a very broad definition- anything from illnesses to falls and accidents. Winter seems to be the season where influenza and pneumonia are seen more. Holidays bring more people in close contact with each other. Jody stresses that if you are not feeling good- stay home to avoid spreading it around. It is important to rest and eat properly. Even when eating food on the go- make good choices. Frequent hand washing is important. Jody discussed what types of illnesses may cause someone to have to be isolated or even quarantined. She discussed how they would handle a mass quarantine event. The Public Health Office is developing a relationship with 1 st Responders and EMTs. The PHO is doing surveillance to watch for the types of influenza that may hit the area. It is important for them to be proactive.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-088	12/01/06 12/05/06	12:00 PM 02:30 AM	15:00	Amie Goldman, the CEO of the Wisconsin Health Insurance Risk Sharing Plan (HIRSP) talks with Host Jackie Kahlhamer about the plan. State Legislators created HIRSP for those who are medically uninsurable. Amie discussed how the plan is funded- by premiums, insurers and providers. She also discussed the qualifications one must meet to get a HIRSP policy. How pre-existing conditions are treated was discussed. They are working on a strategic plan. That plan may address the issue of chronic conditions and lifestyle wellness concerns. Amie believes every citizen should have access to health care insurance.

FAMILY

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Family	PR 06-080	11/03/06	12:00 PM	15:00	Jennifer Sterling, the Regional Services Coordinator for the Alzheimer's Association Southeastern Wisconsin Chapter and Host Jackie Kahlhamer discuss the impact of Alzheimer's Disease on families. A huge impact is made on families when a member is diagnosed with Alzheimer's. The family should discuss what responsibilities they will take on as the disease progresses. Some families may not have the resources to provide 24/7 care. The spouse usually becomes the primary caregiver. This changes the relationship from one with shared responsibilities to one spouse being the caregiver and the other being the care-receiver. The parent-child relationship sees a role reversal. It is important for caregivers to take care of themselves. Attending a support group is very helpful. The disease can be financially draining on the family. Keeping a scrapbook or remembrances can help the patient recall family times. Putting a loved one in a nursing facility can be a difficult decision for the family. It is important to seek help and talk to others.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Family	PR 06-084	11/24/06	12:00 PM	15:00	Kathy Hetzel, the Family Living Educator for the Dodge County UW Extension Office talks with Host Jackie Kahlhamer about family connections with daycare providers. It is important for families to develop a relationship with their children's daycare providers. Both the parents and the daycare providers need to be working towards getting the child ready for school. It is essential for every child to have other adults in their lives besides their parents. This helps the child to know they are cared for and allows them to be more successful. When parents are dropping off their child at daycare, they need to inform the provider of things that could affect the child's needs for the day. This can avoid a lot of misunderstandings. It is good for a parent to have the attitude that considers the provider a member of their family who is caring for their child. They should feel free to discuss issues and get to know the provider personally. When parents get home from work, they should involve the children in household activities- food prep, folding laundry, etc. Children feel good being involved in daily tasks. Both parents should be actively involved. Single parents may need to ask a family member for help. If families lack necessary resources it can affect their ability to focus on family time.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Family	PR 06-086	11/27/06 11/28/06	10:30 AM 02:30 AM	15:00	Host Jackie Kahlhamer talks with Susan Ross, the Superintendent of the John Burke Correctional Center about the effects on families when a mother/wife is incarcerated. While in prison, many of the women have time to refocus and look at what put them into that position of being incarcerated. The inmates who have children have many other things to deal with- their children in school, grades, social workers and family court. Their children may have to go into foster care or with family members. Maintaining mother-child bonds are strongly encouraged by prison authorities. Extended visitation allows the children to spend a day with their mothers. There are a lot of grandparents raising their grandchildren. Women who have family support will be much more successful upon release. It can be difficult for them to re-establish parental authority after release. It can also be hard for the family members who were caring for the children while mom was in prison. The prison offers parenting groups for inmates. Learning parenting skills is critical. They learn to develop better coping skills. Unfortunately they can not put these skills into practice right away, as they are still in prison.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Family	PR 06-070	12/08/06	12:00 PM	15:00	Host Jackie Kahlhamer talks with John Pearce about families dealing with depression and anxiety. John is a Psychotherapist at Christos Ministries. The stresses of society and family degeneration are affecting some families to the point of depression and anxiety. The entire family structure is affected when a member is experiencing these. Family members may often blame themselves. Guilt and shame are two huge factors. Family members may need to receive therapy as part of the treatment plan. A caregiver may experience compassion fatigue when caring for a loved one with depression or anxiety. Major life changes can bring these on. People should seek professional help sooner rather than later. John discussed how the family is affected when the mother, father or children are dealing with depression or anxiety. John stresses there is hope for those dealing with depression or anxiety.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Family	PR 06-070	12/08/06	12:00 PM	15:00	Host Jackie Kahlhamer talks with JoAnn Husslein about family health. JoAnn is the Clinical Director of Christos Ministries. JoAnn believes both technology and hurriedness are factors affecting families. There is little time to attend to each other. She described functional family life as everyone being allowed to be who they are and to be valued. Parents need to address their own issues in order for the family to be functional. Parents need to establish order and maintain authority. JoAnn discusses kids out of control and what they really want is for their parents to take authority. Communication is a major factor for family health. Kids need to know they are valued. She discussed ways to communicate and the importance of spending time together.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Family	PR 06-091	12/11/06 12/12/06	10:30 AM 02:30 AM	15:00	Rachel Haggarty, the Director of Social Services at Cedar Community discusses the effects on families as parents age with Host Jackie Kahlhamer. Families are affected when a parent enters a nursing facility- it is usually not a planned thing, but something that must be done. Role reversal can occur, as an elderly parent may no longer be able to manage their affairs. It can be hard for the adult children to take on these roles. It is important for families to try to work through any past grievances or hurts. Holidays can be difficult for families. As parents age, memories and traditions are highly cherished. The parents may have been the tradition keepers and are no longer able to do these things. Love of family keeps families committed through good and trying times. End of life decisions can be challenging for the family. It is important to discuss these prior to the time they are needed.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Family	PR 06-091	12/11/06 12/12/06	10:30 AM 02:30 AM	15:00	Host Jackie Kahlhamer talks with Tad Greene, a Psychologist with the Beaver Dam Unified School District about family relationships. Tad states that it may take a village to raise a child, but the buck stops with the family. The high divorce rate and other factors are putting more pressure on families. About 30% of kids experience the divorce of their parents. Other serious family issues (illness, finances, etc.) affect kids and they must work through it. School attendance usually drops after a major life event. The family and the school need to communicate. Tad talks about the importance of communication within the family. Dinnertime and bedtime are good times for communication. Having a daily household flow is good. Communication is very important to strengthen family relationships.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Family	PR 06-092	12/18/06	10:30 AM	30:00	Host Jackie Kahlhamer discusses foster care families with Jack Hanks, Mayor of Beaver Dam and a licensed Dodge County Foster Care provider. Mayor Hanks and his wife eventually adopted their first two foster children. Foster children come from difficult situations. It is important for them to have a place to feel secure and to be nurtured. They may arrive after being neglected, and have not learned to trust adults. Mayor Hanks discussed how having foster, and then adoptive children changed their household. It is important to have consistency in the household to give these children security. Current law is designed to reunify the children with their birth parents. Mayor Hanks has had very good experiences with Dodge County Foster Care and the help they provide. He and his wife speak with prospective foster families. The question is always asked as to how you can give these children back. It can be difficult to do that. But it is important that these children have a place where they can be placed that will be safe and to let them know they are important.

GOVERNMENT

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Government	PR 06-085	11/13/06	10:30 AM	15:00	Host Jackie Kahlhamer talks about the Horicon Police Dept. with Chief Joseph Adamson. Chief Adamson has only been in the position a relatively short time, and he is new to Horicon. He is still in the process of investing himself into the police dept. and the community of Horicon. He wants to see resources used efficiently. Budgets are a hot topic. For every increase, there is a drain on the pocketbook. Every decrease may or may not translate into savings. Shared revenue cuts by the state affect local departments. While preparing his budget, he had to look at wants and needs. Wants were cut. Needs had to be prioritized. Some of those had to be cut. He It is very important for citizen input, not just to the police dept. but all departments. He discussed some drug abuse the city is dealing with. The police department needs to be vigilant regarding this. There is a good relationship between the Horicon Police Dept. and the community. Some discussion about the upcoming reconstruction of Hwy 33 was talked about. This will go right through their downtown area.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Government	PR 06-085	11/13/06	10:30 AM	15:00	Brian Field, the Dodge County Highway Commissioner talks with Host Jackie Kahlhamer about the department. Public safety is the number one concern of the dept. Brian discussed the proposed budget for the dept. Cuts had to be made to it. The biggest one was a road resurfacing project. They are always looking to find ways to keep costs down. The county highway dept. has good resources and equipment, but it is aging. There are plans for some major purchases. They do some work for other counties. This brings in additional revenue. Winter weather can possibly consume 25% of the total budget. Long-range planning is key to running the dept. efficiently. Citizens should report damaged signs and vision concerns. Brian requests that citizens minimize travel during snow events and that they slow down.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Government	PR 06-084	11/24/06	12:00 PM	15:00	Host Jackie Kahlhamer talks with Richard Niehauser, the Director of Public Works for the Village of Iron Ridge. Richard discussed various aspects of the Public Works Dept.- wastewater plant, municipal water system, streets, parks and municipal buildings. Things are in pretty good order in the village. There are 2 residential developments occurring. Richard wants the PWD to develop into a turn-key operation. DPW needs to run efficiently. Taxpayers want efficiency. He needed to take inventory of the department to determine what should stay and what should be cut. It is important to look for new revenue streams. He does not anticipate any more cuts. Village growth brings in more revenue but more services are needed. They need to continue to streamline operations.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Government	PR 06-089	12/04/06	10:30 AM	30:00	Host Jackie Kahlhamer talks with Gary Rogers about Waupun government issues. Gary is the City Administrator. The city budget was easier than last year's. The Legislature had previously enacted a revenue freeze. This can be good and bad. Gary feels it takes away local control. Health care costs are not rising as fast as in previous budgets. Projected energy costs are down. He discussed Harris Mill Park and how a brownfield was turned into a wonderful asset for the city. Parks, recreation and green areas contribute to the quality of life for a city. The quality is very important, but expensive to maintain. This is always a challenge with tight budgets. Gary discussed new residential developments and how they add quality of life assets to the developments. Waupun has a lot of tax exempt parcels. This greatly affects their tax base. Non-residential growth- commercial and manufacturing is needed. These add much to the tax base. He discussed the importance of the downtown area and why a deteriorating downtown building was demolished. Downtown improvement is a high priority. The downtown area tells if a community is moving forward or backwards.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Government	PR 06-093	12/15/06	12:00 PM	15:00	Host Jackie Kahlhamer talks with Jack Hanks, the Mayor of Beaver Dam regarding issues of that city. Mayor Hanks discussed the recently passed 2007 budget. It is getting tougher to make budgets work since the State Legislature put levy limits into place. The city's budget leaves 3 positions unfulfilled. Health insurance rates went up 20%. Some departments have statutory protections which leaves the city unable to make cuts. Mayor Hanks does see the Legislature moving towards addressing the levy limits issues any time soon. The city had to make choices as to what to cut. He believes a city should not operate differently than a household budget does. He would like to see it operate on sound business principles, although this is not always possible in government.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Government	PR 06-093	12/15/06	12:00 PM	15:00	John Below, Law Enforcement Officer for the U.S. Fish & Wildlife Region 3 discusses law enforcement on the Horicon Marsh with Host Jackie Kahlhamer. John makes sure he is highly visibly in order to protect both nature and people. Some of the areas he deals with are speed limit, hunting, fishing, drinking, trespassing and littering laws. He has full enforcement authority within the Horicon Marsh. Outside the Marsh he can enforce federal laws. Breaking laws in the Marsh can be very detrimental to the wildlife there. John discusses ways people can acquaint themselves with Marsh laws.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Government	PR 06-094	12/29/06	12:00 PM	15:00	Host Jackie Kahlhamer discusses issues of the Dodge County Human Services and Health Department with its Director, Mr. David Titus. Mr. Titus discussed the 2007 budget. Twenty-five percent of the entire county budget goes to the HSHD. Most services left are state mandates. Optional services had to be trimmed. Transportation services were trimmed and he does not believe any other departments will be able to pick up funding for it. Budgets are tight all around. Mr. Titus discussed the Long Term Care Initiative and how this the most significant change in the state's care for adults. In the past, money was funded towards institutionalizing someone who could not care for themselves. Now the funding will be geared towards keeping the people in their homes. It is a Managed Care focus. He discussed the challenge to get this process moving. Counties will work together regionally and must submit proposals by July. Baby boomers are aging and there is going to be an impending fiscal crunch on the state system. Funding for youth programs was also cut. Cuts were made across the board so that no one department will take the brunt of it.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Government	PR 06-094	12/29/06	12:00 PM	15:00	<p>Stephen Nenonen, the Racine City Administrator, and Host Jackie Kahlhamer discuss the Wisconsin State Constitution. The state constitution is one of the oldest in the country that has not been rewritten. It has been amended 130+ times in small snippets. It is based on financial principles which determine wealth based on how many livestock you own. This determines how people are taxed today. Stephen believes the constitution should be a living document that reflects the current needs of today's society. He looks at how local governments are affected- how they are financed and how services are provided. The current constitution impedes the abilities of local governments consolidating services, and thereby saving money. He feels the constitution is now viewed as concrete tablets, but it should be viewed as a living document. He discussed the two ways the constitution could be changed- either by referendum or by convention.</p>

Trinity Broadcasting Network

Network Backup Issues

October, November, December 2006

Central Time

Leading Community Issues

Government

Family

Education

Environment

Health

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

Government

<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 #100906	1:00:00	9:00	REC	PA/O/E	10/09/06	2:00 PM

CBN News correspondent Melissa Charbonneau reports - As attorney general, John Ashcroft was the fourth most powerful person in the nation. Ashcroft served four years at the President's pleasure, overseeing the Department of Justice during a critical juncture of America's history. Since stepping down as the nation's top lawyer, John Ashcroft has faded from the public spotlight. Ashcroft faced criticism on a range of issues during his tenure-from his aggressive surveillance of terror suspects to the detention of Muslims after Sept. 11 to the impact of his Christian beliefs on his job and daily staff devotions at the Department of Justice. But when the 79th Attorney General tendered his letter of resignation in November 2004, John Ashcroft assured the President "the security and safety of Americans from crime and terror had been achieved." Pat Robertson interviews Ashcroft about post-9-11 and his book *Never Again* and the president's directives and the Patriot Act.

700 Club CBN NewsWatch #103006	1:00:00	8:00	REC	PA/O/E	10/30/06	2:00 PM
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David Brody CBN News from Capitol Hill reports on the senate race between Missouri Senate Democratic candidate Claire McCaskill and incumbent Republican Jim Talent. Whoever wins the turnout battle, wins Missouri. Democrats need six seats to take back the Senate. Right now, Democrats are considered the leaders in four Senate states: Pennsylvania, Rhode Island, Ohio, and Montana. They need two more seats and three states are on the line: Virginia, Tennessee - and here Missouri. To win, Talent must come to places like rural small town Sparta, Missouri. Speaking of talent, the Republican senator knows he needs to motivate this largely conservative base to get to the polls. With an unpopular war and a President who's approval numbers aren't high, some voters could just stay home. Another key values issue is embryonic stem cell research. In November, Missouri voters will decide a complicated ballot measure that talent is against because it would allow for killing human embryos. McCaskill is for it saying it represents the best hope for curing certain diseases. Talent plays up all these social differences to make his case to voters that McCaskill is wrong for Missouri. McCaskill is getting fed up. Some voters have made up their mind. One couple voted for Talent in the past. They won't now.

700 Club CBN NewsWatch #110106	1:00:00	5:00	REC	PA/O/E	11/01/06	2:00 PM
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Melissa Charbonneau of CBN News talks with President Bush. The President says it would mean disaster for America to pull out of Iraq before victory is achieved. President Bush said "Because I understand the stakes of leaving. And, one reason I do is because I listen to the enemy. Osama bin Laden, Mr. Zawahiri, his number two man, have all made it clear: If they can inflict enough pain on America, we would withdraw from the world. And if we withdraw from the world, they would be able to develop a safe haven in places like Iraq. And from, with a safe haven, they'd be able to plot and plan another attack. They intend to topple moderate governments; they intend to use oil for blackmail." President Bush talks about taxes - "...We have done a very good job of curtailing what's called discretionary spending -- except for two counts. One, when it comes to protecting the homeland. And two, making sure our military has what it takes to win this war. I'm going to support this military.. I'm not going to cut back on what it takes for them to do the job. We're going to cut the deficit. I said we're going to cut the deficit by 2009, but we're going to do it a couple of years in advance because we've been wise about spending money on the one hand. And we've cut taxes which has caused the economy to grow, which yielded more tax revenue on the other hand.

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Government

<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	1:00:00	7:00	REC	PA/O/E	11/01/06	2:00 PM
#110106						

David Brody CBN News - Tammy Duckworth lost both limbs when her Army combat helicopter was hit by enemy fire. Duckworth's been personally recruited by Rahm Emanuel who heads up the Democratic effort to take back the House. He thinks her compelling story and her stands on issues can win out in Illinois's sixth district. Republicans outnumber Democrats 46-26 in the district. That's good news for Duckworth's challenger, Republican Peter Roskam. He's banking on his conservative pro-family values matching those of voters in the district. So what used to be mostly upper middle class white is now more diverse. There's now triple the number of Hispanics, double the number of African-Americans. Roskam even has campaign signs in Korean. It has translated into more independent voters here. Twenty-eight percent are Independent, a voting block Duckworth needs to win. But it is the war that has taken center stage here. Media from all over the world, including Japan have come here to cover the race. Poll after poll shows the Iraq war as the number one issue here. And Duckworth is tapping into that anger. Pat Robertson and David Brody talk about the race. Roskam's history and what Duckworth efforts need to be; and the minority voters influence. They talk about the potential or expected 'massive voter' turnout.

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	11/02/06	2:00 PM
#110206						

Melissa Charbonneau CBN News - A big Democrat win in this November's elections could jumpstart a contentious debate in Congress that has raged since the late 1980s. It's a debate that could let government decide what you can watch and hear on radio and TV. Whether it's Rush Limbaugh on the right or Al Franken on the left, Americans are accustomed to differing viewpoints on the public airwaves. But how that's achieved could radically change if Democrats re-take Congress and can bring back the Fairness Doctrine to broadcasting. Adam Thierer of the conservative Progress and Freedom Foundation said, "The problem with the Fairness Doctrine is that the government is the one dictating what is "fair." And the problem with that is, it ends up becoming a very bureaucratic process to regulate speech and speech output, according to who's in power." The 1949 policy by the Federal Communications Commission once required licensed radio and television stations to give equal time to opposing political views. It's a matter of fairness say supporters like Bill Press, liberal commentator and host of the "Bill Press Radio Show." Today, advocates for the Fairness Doctrine are calling for a comeback to balance a media they say is dominated by an "overwhelmingly right-wing view." Conservatives say they have just a sliver of the market, that its liberal views that fill up major newspapers, news networks, public radio and TV.

Family

700 Club CBN NewsWatch	1:00:00	6:00	REC	PA/O/E	12/07/06	2:00 PM
#120706						

Lee Webb CBN News reports - The pastor of a Texas church has found himself in the middle of a legal battle that could affect the way pastors and churches across the country shepherd their flocks. Not long after Crossland opened its doors and began receiving members, Pastor Westbrook discovered that one of the first members was seeking an unbiblical divorce from her husband and pursuing an inappropriate relationship with another man. Westbrook tried, but failed to persuade her to end that relationship and return to her husband. So Westbrook and his fellow elders sent a letter to members of the church informing them of Peggy Penley's actions, encouraging them to pray for her, and stating their desire to have her restored and back in fellowship. Westbrook says they sent the letter in accordance with the model for church discipline. Penley divorced her husband and married the other man. She also hired Darrell Keith, one of Texas' most high-profile trial lawyers and filed suit against Westbrook. The case is now in the hands of the Texas Supreme Court. Keith argued that because Westbrook is not just a pastor, but a marriage counselor licensed by the state, he was not allowed to divulge information about his client. It could be several months before the Texas Supreme Court renders a decision on the case.

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Family

700 Club #121106	1:00:00	5:00	REC	PA/O/E	12/11/06	2:00 PM
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Charlene Israel of CBN News reports - It's a sign of the times in our busy, crowded world. "I've experienced loneliness single, and I think that even people who are married do," said Roberta, a Washington, D.C. resident. Thoughts of loneliness usually bring to mind little old ladies who live alone, but it affects people from all walks of life -- from the workaholic husband to the self-confident college student. A recent study found that the average American has only two close friends in whom he or she can confide on important matters. And the number of people who say they have no such confidants soared from 10 percent in 1985 to nearly 25 percent in 2004. The study suggests a host of possible causes, including people spending more time at work and commuting further distances, leaving less time for socializing. And with the growth of two-career and single-parent families, people have lost connection with neighbors and have little time or energy for groups or volunteerism. On the other hand, in communities that have tight social networks, there are benefits like lower crime rates, better working schools, and a better economy.

700 Club #121106	1:00:00	8:00	REC	PA/O/E	12/11/06	2:00 PM
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Terry talks with Steve Doocy, Co-anchor, *Fox & Friends*, Fox News Channel about his book on having a happy marriage. The biggest thing that keeps people from having a happy marriage is they don't talk enough to each other; also there needs to be a sense of humor. On money challenges Steve talks about his early marriage years and how he helped his wife shop. Different advice will come from the wife and the husband on a matter. Steve says always buy small sizes when buying presents for the wife. Steve and his wife joined an on-line dating service 20 years after they were married to show how much they loved each other and the printout of the perfect mate did not list either name on their list. Steve said he knows his wife was the perfect wife for him.

Education

Doctor to Doctor #101	28:30	10:00	REC	PA/O/E	10/31/06	11:30 AM
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Dr. John Taylor talks about winning the homework war and educational success. He gives four 'tip-offs' that something is wrong at school – despondent, exhausted, angry and denial. He gives 'links' in homework chain – realize homework is being given, understand the assignment, record homework assignment correctly, know how to do the problem, bring home proper tools (materials) begin homework assignments quickly and complete the homework. He gives six steps to help the child complete their homework and he also gives five steps in the homework chain (set the completed homework in a visible place so the student will take it with him). He gives helpful recommendations for notebooks and assignment books.

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<i>Environment</i> 700 Club CBN NewsWatch #120406	1:00:00	5:00	REC	PA/O/E	12/04/06	2:00 PM

Mark Martin CBN News reports on an ambitious project in the works to power the world. The Massachusetts Institute of Technology in Massachusetts has launched the "MIT Energy Initiative." Professor John Heywood, MIT Automotive Lab Director, explained, "The lithium ion technology can store more energy for a given size and weight and deliver high power." This research project is an example of the many at MIT that fall under the institute-wide MIT Energy Initiative. Scientists and engineers are looking into ways to transform the global energy system away from fossil fuels to alternatives. Professor Ernest Moniz, MIT Energy Initiative Director, said, "It changes the focus from a dependence on, let's say oil, which is not optimally distributed across the world, to technology, which is, of course, an American strength." Researchers want to develop new technologies that supply clean, affordable energy and reduce energy demand. Producing less pollution is what another of their machines does. It's called the Plasmatron Reformer. It removes nitrogen oxides from emissions, which are the main components of smog.

Health/Mental Health

Doctor to Doctor #97	28:30	28:30	REC	PA/O/E	10/03/06	11:30 AM
Doctor to Doctor #98	28:30	28:30	REC	PA/O/E	10/10/06	11:30 AM

Dr Chip Abbadessa, Chiropractor talks about the spinal cord not having the ability to heal itself. When we are formed in the womb, the spinal cord and brain are first formed. If the spine is misaligned it will degenerate, discs between vertebrae will be affected and eventually wear down in an effort to stabilize. Dr. Rebecca Wright talks about the immune system being made up of cells. Cells a nutrient rich diet. She says toxic metals and sugar, too much of wrong fats turn off the Immune System and recommends Vitamins and minerals, Omega 3 Fats. Dr. Scott Farhart talks about maintaining good health. Women need a year exam to check PAP for Cervical Cancer, breast exams, pelvic exams, blood pressure, colon cancer screening.

Dr. David Wood talks about prostate health. Frequency of urination, slow onset of urination, increased effort of urination, frequent urination at night is symptoms. Men should get a Digital Rectal Exam and recommends eating more fiber, veggies, and fruits and reduce stress. Dr. Cherie Calbom talks about Thyroid problems. Symptoms of Thyroid problem is low body temperature, hair loss, stinging in eyes, white spots on nails; and recommends eating garlic, Iodine rich foods, coconut oil, Cod Liver oil and exercise. Dr. Valerie Saxion talks about the Gall Stones. Some symptoms are severe pain in lower abdomen or even in lower breast. Avoid sugar, friend foods, dairy rich food, and commercial oils. Recommends Omega 3 Fats, enzymes, B-Complex, steam distilled water.

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Health/Mental Health

Doctor to Doctor #99	28:30	28:30	REC	PA/O/E	10/17/06	11:30 AM
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Dr. David Erb talks about cancer prevention. Limit exposure to chemicals – bleaches, cleaners; stop smoking, develop a healthy spine and nervous system. Limit over the counter and prescription drugs. Eat more natural food with less processing and exercise. Dean Mausolf talks about physical activity -household chores, playing with children, walking at the mall; flexibility -stretching; strength exercise - weight lifting and Cardiovascular exercise getting the heart rate going. Find ways to get exercise into your day. Dr. Scott Hannen talks about Arthritis. Anti-inflammatory drugs could damage the heart or kidney. Get a spinal exam and realignment. Leaky Gut Syndrome leaks fluids to the joints and become inflamed. Get a multi-pro-biotic. Remove port from the diet increase water consumption.

Doctor to Doctor #100	28:30	28:30	REC	PA/O/E	10/24/06	11:30 AM
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Dr. Randall Sapp talks about eye health. Vision at 6-8 years of age is what you will have for the rest of your life. Amblyopia is “lazy eye”; Cataract is an obstruction of the lenses of the eye. Glaucoma is usually described as high pressure in the eye. It is important to have your child’s eyes examined early in life. Dr. Sam Buchanan talks about breast cancer as one of the most common diseases in women. All women at age 40 should have a mammogram. Early detection is very important. Dr. Charles Adams talks about obesity. He explains health risks related to being overweight. Obesity comes through moment-to-moment eating, eating according to emotions, eating processed/sugary foods, eating while doing other things and eating alone.

Doctor to Doctor #101	28:30	18:30	REC	PA/O/E	10/31/06	11:30 AM
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Dr. James Powell talks about stress – primary forms of stress are physical (back pain, arthritis, sitting or moving in the same position, nutritional (food allergies, low blood sugar, chemicals and emotional (very common try to work on relationships or other problems. Guilt causes stress and says you need to forgive. Notice what you are doing and don’t do it again, be careful with fast food and pre-made foods – take a multi-vitamin. Dr. Tonya Lyons Anderson talks about gum disease – some symptoms are bad breath, teeth loosening, bleeding when brushing, spaces developing. She explains root plaining; can’t cure gum disease but you can keep it from progressing and gives some ways to help prevent future problems.

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Health/Mental Health

Doctor #102	to Doctor	28:30	28:30	REC	PA/O/E	11/14/06	11:30 AM
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Dr. Scott Hannen talks about Auto-immune disorders (the body attacking itself). Something in the system stimulating nervous system too much so many extra anti-bodies attack the good cells. Recommends removal of toxins from body exposed to heavy metals. Get an IGG food anti-body test. Dr. Sam Buchanan talks about breast cancer treatment. Three common ways to rebuild the breast: use prosthetic material, a litisimus flap or a tran flap. After these treatments patients almost always return to normal activity. Dr. Corey Rizzo talks about back pain. Four out of five people suffer from back pain in U.S. Factors that lead to back pain: improper lifting, lack of exercise, extra weight, posture, footwear. Take IB Profin for pain relief, bed rest one day and get moving; get regular back check-ups.

Doctor #103	to Doctor	28:30	18:30	REC	PA/O/E	11/28/06	11:30 AM
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Dr. Chimene Fikkert talks about the common cold; an average child will have about one cold per month. Cold symptoms are cough, congestion, runny nose, fever. Wash you hands often, have kids sneeze into sleeve not hands and call doctor if it progresses. Dr. Terry Shintani talks about controlling diabetes/blood sugar. Diet affects your energy level and diabetics should work with a doctor to change their diet. He puts people on a diet of whole plant-based foods.

Doctor #104	to Doctor	28:30	28:30	REC	PA/O/E	12/05/06	11:30 AM
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Dr. Valerie Saxion talks about hormones and constipation. She says when you have constipation problem the liver has to work twice as hard. Hormones are metabolized in the liver. Get a colon cleans (herbal diet to cleanse the colon). Put good fats in your body (Primrose oil and Vitamin E). Keep serotonin levels up and weight down. Dr. David Erb talks about how to raise a health child. He says diary increases chances of Asthma, Allergies, etc. You can get calcium from green leafy vegetables; cut down on carbohydrates it decreases blood sugar and immune system. Increase vegetable intake. Dr. Dale Peterson talks about Homocysteine – an amino acid (a protein building block). Homocysteine levels are a direct connection to how well your body can repair itself. High levels are associated with congestive heart failure. Eat more vegetables and fruits.

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Health/Mental Health

Doctor #105	to Doctor	28:30	28:30	REC	PA/O/E	12/12/06 12/26/06	11:30 AM 11:30 AM
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Dr. Andrew Mincy talks about deadly emotions – our thoughts produce results in our life; it affects the immune system for up to 6 hours when we get angry, frustrated, and nervous. Make the right choices, speak the right words, and think the right thoughts. Stop harboring unforgiveness – it makes you unhealthy. Dr. Greg Jantz talks about depression – the WHO predict that depression will be the #1 disease by 2020. Symptoms are hard to get out of bed in the morning, lack of passion and luster for life, misusing food. Dr. Cherie Calbom talks about Adrenal Gland health. Stress affects the adrenal glands. Some symptoms are inability to fall asleep, waking up during the night, can't go back to sleep, fatigue, depression, fuzzy thinking. She recommends good fats, virgin coconut oil, vegetables, animal protein, eight glasses of purified water, limit coffee intake, cut out sweets.

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