

# Trinity Broadcasting Network

## *Quarterly Report*

July, August, September 2008

WWRS-TV Channel 52, WWRS-TV Channel 43

Mayville, Wisconsin

### Leading Community Issues

*Results of ascertainties from civic leaders, printed media comprising newspaper and magazine publications whenever possible.*

Economy

Education

Housing

Civic Affairs

Health

Seniors

*ECONOMY*

<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 Report PR08-024	30:00	15:00	L	PA/O	07/04/08	12:00 PM
					07/07/08	10:30 AM
					07/08/08	02:30 AM
					07/15/08	01:30 AM

Dodge County Sheriff Todd Nehls talks with Host Jackie Kahlhamer about how an economic downturn affects the Sheriff's Dept. In a slow economy, the population is stressed and there are less resources to support the household, which can lead to family troubles that cause law enforcement to become involved. There are also more thefts and burglaries. Sheriff Nehls reminds people to safeguard their valuables. Economic stress can also lead to more drinking and driving, which in turn can bring more economic stress. He talked about how his department works to save taxpayer money.

Public Report PR08-027	30:00	15:00	L	PA/O	07/18/08	12:00 PM
					07/21/08	10:30 AM
					07/22/08	02:30 AM
					07/29/08	01:30 AM
					08/05/08	01:30 AM

(On 07/18/08 audio lost due to Amber Alert from 12:24:30-12:26:14)

Host Jackie Kahlhamer talks with Frank Frassetto, the State USDA Rural Development Director about the Farm Bill. The bill is an important document that sets the direction for the next 5 years for rural economics. Mr. Frassetto discussed the importance of the Value Added and the energy programs. He talked about the connection between the Farm Bill, the economy and renewable energy. He expects renewable energy to become a huge part of local economies. Creativity, along with the needed financial help is bringing about ways for farmers to be profitable.

Public Report PR08-029	30:00	15:00	L	PA/O	08/01/08	12:00 PM
					08/04/08	10:30 AM
					08/05/08	02:30 AM
					08/12/08	01:30 AM
					08/19/08	03:00 AM

Phillip Fritsche, Executive Director of the Beaver Dam Chamber of Commerce, and Host Jackie Kahlhamer discuss Beaver Dam's economy. Beaver Dam is reflective of the national economy- in a slowdown. Some employment was lost and some was gained. Philip talked about the downtown and the effects of recent flooding. Some buildings are built over the river and the DNR wants them to come down. The city government must take the lead and develop a comprehensive, long-term plan for the downtown in order for it to be a vibrant part of Beaver Dam's economy.

Public Report PR08-029	30:00	15:00	L	PA/O	08/01/08	12:00 PM
					08/04/08	10:30 AM
					08/05/08	02:30 AM
					08/12/08	01:30 AM
					08/19/08	03:00 AM

Host Jackie Kahlhamer talks with Geri Feucht, Horicon Public Library Director, about the value of a public library to the local economy. A library can be good to a family's personal economy (their budget.) Those looking for a job or looking to enhance a current job can use library services. Libraries provide quality of life attributes to a community. People often look at the quality of a local library when considering a move to a community. Geri talked about a library book club where discussion revolves around buying locally as a means of being more "green", which is good for the local economy.

<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 Report PR08-028	30:00	15:00	L	PA/O	08/15/08	12:00 PM
					08/18/08	10:30 AM
					08/19/08	02:30 AM
					08/26/08	01:30 AM
					09/02/08	03:00 AM

Frank Frassetto, State USDA Rural Development Director, and Host Jackie Kahlhamer discuss new generation cooperatives. Mr. Frassetto discussed the cooperative business model and how it could be beneficial for rural businesses. It pools local resources and the money stays locally. Not all businesses will work as a cooperative. It can be a way for some small businesses to compete against large ones.

700 Club CBN NewsWatch #091608	1:00:00	9:00	REC	PA/O/E	09/16/2008	2:00 PM
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Erick Stakelbeck, CBN News Reporter WASHINGTON - World markets plunged again today after the worst day on Wall Street since the 9/11 terrorist attacks. Investors are worried who will be the next victim of the credit crisis and they're wondering just how long it will last. As Wall Street goes, so goes the world's markets. With several of America's financial giants either gone or teetering on the brink, stock markets from Asia to Europe are feeling the strain. Markets took a dive Tuesday in Hong Kong, Japan and Britain -- while countries like Australia and India flooded money markets with cash. All want to avoid the troubles that have stunned Wall Street. The demise of Lehman Brothers and buyout of Merrill Lynch sent shockwaves among investors Monday. News that leading companies like AIG and Washington Mutual were also struggling added to the sense of uncertainty -- with investors even fleeing stable companies like Goldman Sachs and Morgan Stanley. The chaos caused the Dow to plunge 504 points -- the sixth worst point drop ever. The world's largest insurance company -- AIG -- may be next on the chopping block. But don't look for the federal government to bail the company out. After stepping in on behalf of Bear Stearns Freddie Mac and Fannie Mae, the government made it clear it wouldn't save Lehman Brothers or Merrill - and it's now leaving Wall Street to clean up its own mess. Pat Robertson, CBN Host, talks with Dennis Gartman, financial expert and author of The Gartman Letter about the market plunge and the seriousness of the problem. No one wants to lend money to anyone else. AIG's loans were irresponsibly made and if corrected 18 months ago it would be easier today. The "netting affect" is the problem. The ability to borrow money will be more difficult. The economic slow down is a bit more unmanageable.

## *EDUCATION*

Public Report PR08-024	30:00	15:00	L	PA/O	07/04/08	12:00 PM
					07/07/08	10:30 AM
					07/08/08	02:30 AM
					07/15/08	01:30 AM

Host Jackie Kahlhamer talks with 6<sup>th</sup> District Congressman Tom Petri about No Child Left Behind and other educational issues. Congressman Petri is on the Education Committee. NCLB was well-meaning, but set unrealistic goals of every child being able to meet minimum standards. He hopes to see its focus change, with every child being individually assessed. He talked about adaptive testing and how it could be used to do that. Congressman Petri also talked about Troops to Teachers and how that helps retiring military personnel transition to a career in teaching.



<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 Report PR08-026	30:00	15:00	L	PA/O	07/11/08	12:00 PM
					07/14/08	10:30 AM
					07/15/08	02:30 AM

Cathy Loomans and Host Jackie Kahlhamer discuss Waupun School Board decisions. Cathy is the President of the organization. A failed referendum has caused the board to make serious cuts. They worked to impact the least number of students. Cathy discussed different ways they are working to cut expenses. She believes the future is good for the district. There is a great strategic plan in place. It is important for lines of communication to be open between the community and the school.

Public Report PR08-025	30:00	15:00	L	PA/O	07/25/08	12:00 PM
					07/28/08	10:30 AM
					07/29/08	02:30 AM
					08/05/08	03:00 AM
					08/12/08	03:00 AM

Host Jackie Kahlhamer talks with Mark Buteyn, Administrator of Central Wisconsin Christian School, about equipping students for success. It is important to be preparing students for the next level. There is an increasing need to focus on math and the sciences. Co-curricular activities such as the arts and athletics provide opportunities for developing team building skills. Students need to be prepared and equipped for life- not just college. Parents are key to success, as education begins at home.

PR08-030	30:00	15:00	L	PA/O	08/29/08	12:00 PM
					09/01/08	10:30 AM
					09/02/08	02:30 AM
					09/09/08	01:30 AM
					09/16/08	03:00 AM

Kristen Finnell, Dean of Health Sciences at Moraine Park Technical College, and Host Jackie Kahlhamer discuss health care careers. It is important for a school to know what the community needs are. Some health care careers are changing due to technology. Not all health careers require an extended time of being in school. Many have career advancement opportunities.

Public Report PR08-025	30:00	15:00	L	PA/O	07/25/08	12:00 PM
					07/28/08	10:30 AM
					07/29/08	02:30 AM
					08/05/08	03:00 AM
					08/12/08	03:00 AM

Dick Fink, a Mayville Board of Education Member, and Host Jackie Kahlhamer discuss issues of the board. Mr. Fink talked about ways the school board is cutting expenses. There may be future consideration to partner with other school districts to share costs. Special needs education is a big concern. The paperwork for state mandates is atrocious. The budget was discussed.

**HOUSING**

<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 Report PR08-027	30:00	15:00	L	PA/O	07/18/08	12:00 PM
					07/21/08	10:30 AM
					07/22/08	02:30 AM
					07/29/08	01:30 AM
					08/05/08	01:30 AM

Host Jackie Kahlhamer talks with Frank Frassetto, State USDA Rural Development Director, about affordable housing in rural areas. The definition of affordable housing in rural areas is affected by a number of factors. In Dodge County, a \$170,000 home may be considered affordable. Those with low and very low income may find they qualify for a home loan. The USDA can guarantee loans for local lenders and has direct loans. They have had a 43% increase in loans since last year, due to a number of factors. Limited staffing affects their ability to promote these lower interest loans.

Public Report PR08-032	30:00	15:00	L	PA/O	08/08/08	12:00 PM
					08/11/08	10:30 AM
					08/12/08	02:30 AM
					08/19/08	01:30 AM
					08/26/08	03:00 AM

Robin Lulich, Director of the Hartford Community Development Authority, and Host Jackie Kahlhamer talk about affordable housing. Hartford has taken a proactive approach and requires new developments to have a percentage of housing in a lower price range. It is very difficult for those with lower income to afford proper housing without some type of assistance. There is help available for those who qualify. Robin has never seen the need for affordable housing decrease, but has seen funding decrease. Plans to increase housing affordability include making them more energy efficient and maintenance free.

Public Report PR08-030	30:00	15:00	L	PA/O	08/29/08	12:00 PM
					09/01/08	10:30 AM
					09/02/08	02:30 AM
					09/09/08	01:30 AM
					09/16/08	03:00 AM

Host Jackie Kahlhamer talks with Barbara Hagedorn, Executive Director of Dodge County Housing Authority about low-income affordable housing. Those with low-income are feeling a direct impact by the rising costs of housing. The county has a substantial waiting list for those wanting rental vouchers. There is a 3-4 year wait. Even senior and disabled housing has a waiting list. That was not always so. The need for affordable housing is increasing and the funding is getting tighter.

Public Report PR08-033	30:00	15:00	L	PA/O	09/05/08	12:00 PM
					09/08/08	10:30 AM
					09/09/08	02:30 AM
					09/16/08	01:30 AM
					09/23/08	03:00 AM

Host Jackie Kahlhamer talks with Jeff Kitchen, Wisconsin Homeowners Alliance Board Member about issues affecting homeowners. Jeff talked about an ordinance in Dane County that rescinded a grandfather clause, making many lots non-conforming. This detrimentally affects home values. This could set precedence in other counties. Other concerns discussed were pier rules, shoreland zoning and the amount of impermeable area. Some of these regulations are very onerous and affects what homeowners can do on their property. Many homeowners are unaware of such regulations until they try to sell or purchase a piece of property/home.

*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>
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*CIVIC AFFAIRS*

Public Report PR08-024	30:00	3:21	L	PA/O	07/04/08	12:00 PM
					07/07/08	10:30 AM
					07/08/05	02:30 AM
					07/15/08	01:30 AM

Host Jackie Kahlhamer introduces Tom Petri, 6<sup>th</sup> District Congressman ,who talks about the Farm Bill which was recently passed. Commodity prices are at a record high. The Farm Bill could have been modernized to promote more land conservation practices. Less than 10% of farmers receive more than 70-80% of the bill's subsidies. There is excessive support given between crop insurance and commodity subsidies.

Public Report PR08-026	30:00	15:00	L	PA/O	07/11/08	12:00 PM
					07/14/08	10:30 AM
					07/15/08	02:30 AM

Host Jackie Kahlhamer talks with Mayville Mayor Tracy Heron about the City of Mayville. Mayor Heron discussed his introduction of a capital borrowing form and capital purchases the city is considering. He wants to implement sustainable change in the way the council operates. Goals to work towards as opposed to reacting to things are part of what he wants changed. He stated citizen input is critical and spoke of his vision for Mayville for the next 5 years.

Public Report PR08-026	30:00	1:30	L	PA/O	07/11/08	12:00 PM
					07/14/08	10:30 AM
					07/15/08	02:30 AM

Host Jackie Kahlhamer introduces Tom Petri, 6<sup>th</sup> District Congressman, who talked about the future of Hwy 41, which may become an interstate freeway. The cost could be up to one billion dollars and could be done over 20 years. An interstate would be advantageous for the area.

Public Report PR08-025	30:00	2:48	L	PA/O	07/25/08	12:00 PM
					07/28/08	10:30 AM
					07/29/08	02:30 AM
					08/05/08	03:00 AM
					08/12/08	03:00 AM

Host Jackie Kahlhamer introduces Laura Stremick Thompson, a DNR Fisheries Biologist, who talks about Viral Hemorrhagic Septicemia (VHS) and rules enacted to prevent the spread of it. These involve restrictions on minnow purchases, cleaning boars and draining lake water.

Public Report PR08-029	30:00	1:36	L	PA/O	08/01/08	12:00 PM
					08/04/08	10:30 AM
					08/05/08	02:30 AM
					08/12/08	01:30 AM
					08/19/08	03:00 AM

Host Jackie Kahlhamer introduces Russell Kottke, the Dodge County Administrative Coordinator, who talks about county roads. The roads suffered through most of the winter and it cost a lot of money for snowplowing. Now road upgrades must be prioritized. He talked about road projects that are proceeding.

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<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 Report PR08-032	30:00	2:59	L	PA/O	08/08/08	12:00 PM
					08/11/08	10:30 AM
					08/12/08	02:30 AM
					08/19/08	01:30 AM
					08/26/08	03:00 AM

Kathryn Ryan, Division Manager of Community Support for Dodge County Human Services and Health Dept. is introduced by Host Jackie Kahlhamer. Ms. Ryan talked about long term care redesign. The county will use the Family Care model. The change should be transparent for existing clients. Clients are being contacted by DCHSHD. Those on a waiting list will be given the opportunity to apply for Family Care. An Aging & Disability Resource Center has been set up to provide information and assistance.

Public Report PR08-028	30:00	15:00	L	PA/O	08/15/08	12:00 PM
					08/18/08	10:30 AM
					08/19/08	02:30 AM
					08/26/08	01:30 AM
					09/02/08	03:00 AM

Host Jackie Kahlhamer talks with Frank Frassetto, the State USDA Rural Development Director about community facilities. There is a need to provide facilities that provide services (such as senior centers, daycares, town halls, etc.) to rural areas. Combing different funding sources can help municipalities pay for project for up to a period of 20 years. It may be more cost effective to borrow and build, rather than wait for years to build, as the cost of construction is increasing.

Public Report PR08-031	30:00	1:51	L	PA/O/E	08/22/08	12:00 PM
					08/25/08	10:30 AM
					08/26/08	02:30 AM
					09/02/08	01:30 AM

Host Jackie Kahlhamer introduces Dodge County Sheriff Todd Nehls, who talks about crimes against the elderly. Sheriff Nehls sees two trends occurring. The first is scams through the mail and phone. He warned what not to fall victim to. The second trend is prescription drug diversion. Grandparent's drugs are being stolen by family and neighbors for illegal use. Seniors should be diligent to keep track of their prescription medicine.

Public Report PR08-035	30:00	2:02	L	PA/O	09/19/08	12:00 PM
					09/22/08	10:30 AM
					09/23/08	02:30 AM
					09/30/08	01:30 AM

Host Jackie Kahlhamer introduces Bob Buhr, City of Juneau Community Development Authority Director. Bob talked about the fact that Juneau has several new businesses, along with business expansion. There are still lots available for continued growth. Juneau is seeing some definite positive things happening.

<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 Report PR08-036	30:00	15:00	L	PA/O/E	09/26/08	12:00 PM
					09/29/08	10:30 AM
					09/30/08	02:30 AM
<p>Host Jackie Kahlhamer talks with Susan Blachowiak, the Director of the local Farm Service Agency about the Farm Bill. This bill affects a wide variety of issues- land, domestic food, rural energy, water &amp; waste facilities, etc. There are a number of government agencies that are funded by it. Susan discussed some of the new aspects of this bill. Local producers are going to have to make very important decisions as there will be changes in payments made to them. The Farm Bill affects all Americans.</p>						

Public Report PR08-036	30:00	2:45	L	PA/O/E	09/26/08	12:00 PM
					09/29/08	10:30 AM
					09/30/08	02:30 AM
<p>Host Jackie Kahlhamer introduces Bob Buhr, City of Juneau Community Development Authority Director, who talks about development in the city. Bob talked about what the city would like to see in terms of future growth- growth in the industrial park, a pharmacy, a dentist and another restaurant. Two newer subdivisions offer room for housing growth.</p>						

## *SENIORS*

Public Report PR08-032	30:00	15:00	L	PA/O	08/08/08	12:00 PM
					08/11/08	10:30 AM
					08/12/08	02:30 AM
					08/19/08	01:30 AM
					08/26/08	03:00 AM
<p>Host Jackie Kahlhamer talks with Diane Becker, Chairperson of the Dementia Concerns Coalition of Dodge County, about dementia. The elderly are the age group most affected by dementia. There is a large need for support for them and their caregivers. Dementia patients respond well when given items (dolls, photos, etc.) of times gone by. Their memory is often sparked, calming them down and it cuts down on behaviors exhibited. Physical activity moves more oxygen to the brain. Baby Boomers will greatly increase the number of those with dementia.</p>						

Public Report 08-031	30:00	15:00	L	PA/O	08/22/08	12:00 PM
					08/25/08	10:30 AM
					08/26/08	02:30 AM
					09/02/08	01:30 AM
<p>Host Jackie Kahlhamer talks with Evonne Koeppen, Beaver Senior Center Director about meeting senior's needs. Meeting at a senior center provides huge social benefits. People tend to age more quickly if they stop interacting. It is important for seniors to stimulate their brains. Specific physical exercise can help arthritis and balance. Aging is something that bothers our society. Staying active is the best advocate for aging.</p>						

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<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 Report PR08-035	30:00	15:00	L	PA/O	09/19/08	12:00 PM
					09/22/08	10:30 AM
					09/23/08	02:30 AM
					09/30/08	01:30 AM

Judie Berthelsen R.N., Waukesha County Aging & Disability Resource Center Specialist, and Host Jackie Kahlhamer discuss hoarding, a type of Obsessive Compulsive Disorder. It is the excessive collecting of items of little or no value, or animals. It has found to be a serious problem in the senior population. There are varied reasons why people hoard. Hoarding can cause problems for caregivers and emergency personnel. Sometimes legal intervention may be necessary. Judie discussed things that can be done help someone with hoarding problems.

Public Report PR08-035	30:00	15:00	L	PA/O	09/19/08	12:00 PM
					09/22/08	10:30 AM
					09/23/08	02:30 AM
					09/30/08	01:30 AM

Host Jackie Kahlhamer talks with Jenny Rath, Master Social Worker and Waukesha County Aging & Disability Resource Center Specialist, about caregiving. This includes a very broad range of care given- from mowing a lawn to intensive daily care. An aging population will require more caregivers. Sometimes seniors can find themselves as being the caregiver. Caregivers should avail themselves to using respite services. These services are beneficial to both the caregiver and to the senior receiving care.

## *HEALTH/MENTAL HEALTH*

Public Report PR08-031	30:00	15:00	L	PA/O	08/22/08	12:00 PM
					08/25/08	10:30 AM
					08/26/08	02:30 AM
					09/02/08	01:30 AM

Junerose Beale, Beaver Dam Community Hospital Medical Social Worker, and Host Jackie Kahlhamer talk about how attitude affects our health. Anger and stress have negative effects on our health. We can learn to control our responses. Do we act or react? Holding grudges is very counterproductive. Discipline to overcome negativity takes time. Junerose works in hospice and talked about the importance of families reconciling.

Public Report PR08-033	30:00	15:00	REC	PA/O/E	09/05/08	12:00 PM
					09/08/08	10:30 AM
					09/09/08	02:30 AM
					09/16/08	01:30 AM
					09/23/08	03:00 AM

Shari Winter, Assistant Director of the Washington County Health Department and Host Jackie Kahlhamer discuss healthy people. She is part of the Healthy People Project of Washington County. Obesity had been defined as a major health problem and there needs to be solutions to reduce it. Some of these solutions include: bringing the farmer's market to the workplace (thereby increasing fruit and vegetable intake), encouraging physical activity and the decreased use of sugar sweetened beverages and screen time (computers) and increasing breastfeeding.

<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 Report PR08-034	30:00	15:00	L	PA/O/E	09/12/08	12:00 PM
					09/15/08	10:30 AM
					09/16/08	02:30 AM
					09/23/08	01:30 AM
					09/30/08	03:00 AM

Host Jackie Kahlhamer talks with Dr. Michael Augustson, the Executive Director of Church Health Services, about the fact that individuals can improve their health. Wellness is a personal responsibility. Lifestyle changes can be difficult but small changes can build success. Dr. Augustson talked about building strong bones, obesity and diabetes. CHS's philosophy is that we are also responsible for the health of our neighbors. We need to have a community-minded focus. All illness is not related to personal choices. Some are genetic. But the risk of those can be minimized by good choices.

Public Report PR08-034	30:00	15:00	L	PA/O/E	09/12/08	12:00 PM
					09/15/08	10:30 AM
					09/16/08	02:30 AM
					09/23/08	01:30 AM
					09/30/08	03:00 AM

Pastor Mark Swanson, President of National Alliance on Mental Illness Dodge (NAMI Dodge), and Host Jackie Kahlhamer discuss mental health. Mental health services are strained in a rural county, especially for those without insurance. There is the myth that taking a pill will always help those with mental illnesses. Some people never find the right medication. Mental illness is often a family struggle, watching their loved one deteriorate. Advocacy and a support network are needed for both the family and the consumer. It is very helpful to find others dealing with the same thing and realizing that they making it through is possible.

Public Report PR08-036	30:00	15:00	L	PA/O/E	09/26/08	12:00 PM
					09/29/08	10:30 AM
					09/30/08	02:30 AM

Kimberly Udliis, Advanced Practice Nurse Prescriber at Agnesian Healthcare and Host Jackie Kahlhamer discuss heart care. Kimberly takes a preventative and holistic approach to heart care. There are many factors that can affect the heart, including age, gender, high cholesterol and blood pressure, diabetes, etc. Smoking and secondhand smoke are major problems. Most heart patients will need lifestyle changes. Kimberly likes to have them start with small changes, which can work up to big results.

Doctor #170	to Doctor	28:30	28:30	REC	PA/O/E	07/01/2008	11:30 AM
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**Dr. Brian Nimphius** a chiropractor talks about how the brain has to be in complete control for our organs and cells to function properly. We need fresh fruits, vegetables, plenty of water and exercise to do so. **Dr. Tonya Lyons Anderson** discusses root canals and periodontal disease. Periodontal disease is plaque on teeth wear the gum and bone meet. **Dr. Gary White** molding devices to correct vision as you sleep it reshapes the cornea. He talks about who are good candidates for the procedure.



<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Health/Mental Health*

Doctor #171	to Doctor	28:30	28:30	REC	PA/O/E	07/08/2008 11:30 AM
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**Dr. Dean Mausolf** talks about portions of food we're eating. You can eat healthy but eat too much and not lose weight. **Dr. Sally Ann Pantin** discusses osteoporosis and how it is more common in women. Women need estrogen. After 35 we start withdrawing calcium from bones. **Dr. Aaron Wall** discusses increasing your energy and how it is important to eat 4-5 small meals thru out the day. Plenty of oxygen, deep breathing and sleep is also essential.

Doctor #172	to Doctor	28:30	28:30	REC	PA/O/E	07/15/2008 11:30 AM
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**Dr. Jeff Turner** Physical Therapist and Spine Specialist talks about the surgical spine. Tension stems from the surgical spine (base of the neck). Exercise helps those with mechanical spine disorder. **Dr. Bettye Alston** speaks on discovering the fountain of youth. There are seven points to understand how we can get life back and enjoy it like we should. **Dr. Carl Schmidt** talks about acid reflux, indigestion and GERD. Symptoms are burning, heartburn and irritability in the upper stomach and G.I. tract. He explains reasons you get conditions and natural approaches and side effects from common medications.

Doctor #173	to Doctor	28:30	28:30	REC	PA/O/E	07/22/2008 11:30 AM
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**Dr. Joe Christiano** discusses colon health and parasites and how parasites are transferred thru shaking hands, pets and food. Suggests a colon cleanse to rid the colon of parasites. **Dr. Karen Bierman** talks about learning disabilities and memory strategies. She discusses how learning techniques can improve your memory. Some strategies for improving memory include concentration, organization of information and how you use your body and brain and allow for recall time. **Dr. David Erb** talks about beating fatigue. Fatigue is a sign that the body is not functioning like it should. He discusses how to recharge yourself and beat depression. Eat foods to recharge you, such as fruits, vegetables, nuts and start getting oxygen in your brain with exercise.

Doctor #174	to Doctor	28:30	28:30	REC	PA/O/E	07/29/2008 11:30 AM
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**Dr. Scott Farhart** talks about labor and how to prepare for it and the things to do ahead of time. He discusses how to determine if it's true labor - contractions, change in cervix, dilation and water breaking. **Dr. Gary Myers** a Pediatric Dentist recommends coming in within 6 months of 1<sup>ST</sup> tooth eruption. He says you should not expect a child to clean teeth until 7 or 8 years of age on their own. The best time for a child to clean their mouth is right before bed. **Dr. Phillip Garcia** is a facial plastic surgeon. Specialty of facial and plastic surgery deals with cosmetic, head and neck surgery and nasal surgery. Common structural problems are deviated septum, allergies, turbinate, rhinoplasty and surgery.

*Health/Mental Health*

Doctor #175	to Doctor	28:30	18:30	REC	PA/O/E	08/05/2008 11:30 AM
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**Dr. Scott Farhart** an OBGYN speaks about the active phase of labor. He discusses methods of relaxation and birthing plans and alternative methods to dealing with the pain. **Dr. Aaron Wall** a chiropractor speaks on stress reduction and managing your time. Stress is the #1 cause of most diseases. It has been founded that the stress hormone neuropeptide y leads to everything from colds to cancer and immune dysfunction.



<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 #176	28:30	28:30	REC	PA/O/E	08/12/2008	11:30 AM
<p><b>Dr. Brian Nimphius</b> speaks out about managing stress. Stress is a natural part of life. It is a fight or flight response given to us in order to escape immediate danger. He lists 5 ways to increase peace in your life so stress will be decreased. <b>Dr. Dale Peterson</b> discusses drinking water and the importance of purification. In drinking purified water look for purified by reverse osmosis. Bottled water goes through a seven step purification process before it winds up in the bottle. <b>Dr. Thomas DiStefano</b> is an orthopedic surgeon specializing in sports medicine and replacement surgery. He talks about common knee and shoulder injuries. He discusses different types of tears and how if conservative treatment fails surgery is likely.</p>						
Doctor to Doctor #177	28:30	18:30	REC	PA/O/E	08/19/2008	11:30 AM
<p><b>Dr. Yvonne Scott Miller</b> is a practicing gynecologist and has created a program called TGM weight loss using FDA medications to achieve weight goals. She says be mindful of white foods, they are heavy in calories and fat. She encourages drinking lots of water and stay away from alcohol, meat, bread and dark drinks. <b>Dr. David Erb</b> talks about neck and lower back pain and the causes of it. The spinal cord is the lifeline to the brain. Organs can shut down if you don't take care of spinal injuries. Have your spine checked early and regularly.</p>						
Doctor to Doctor #178	28:30	28:30	REC	PA/O/E	08/26/2008	11:30 AM
<p><b>Dr. Ace Anglin</b> talks about fungus being the most common skin infection outside of acne. He talks about Athlete's Feet and symptoms and medication. <b>Dr. Scott Farhart</b> talks about what can happen during delivery. Caesarean might be needed because of breach. <b>Dr. Carey Nease</b> talks about basics of skincare and how you can protect your skin and health. She gives examples and prevention</p>						
Doctor to Doctor #179	28:30	28:30	REC	PA/O/E	09/02/2008	11:30 AM
<p><b>Dr. Randall Sapp</b> talks about eye exam and common misconceptions; importance of yearly check-ups is also discussed. <b>Dr. Jeff Turner</b> talks about neck and should pain problems and demonstrates exercise for mechanical spine disorders. <b>Dr. Bettye Alston</b> talks about staying youthful with exercise, drinking lots of water to get toxins out, don't eat fried foods, eat lots of fruits and vegetables, breathe deeply and reduce stress.</p>						
Doctor to Doctor #180	28:30	18:30	REC	PA/O/E	09/09/2008	11:30 AM
<p><b>Dr. Gary Myers</b> talks about dental exams for infants starting at 6 months and explains how he teaches parents about dental health for their children. He talks about diet and how to use a sippy cup. <b>Dr. Karen Bierman</b> talks about post-partum depression and explains the symptoms and talks about mild, moderate and severe depression.</p>						
Doctor to Doctor #181	28:30	28:30	REC	PA/O/E	09/16/2008	11:30 AM
<p><b>Dr. Jean-Ronel Corbier</b> talks about Autism that starts in early childhood. Explains Autism and symptoms and why more children are being diagnosed with Autism and point out nutrition as being a factor. <b>Dr. Mary Ann Block</b> talks about obesity. More young children are obese than year before. Talks about fat-free foods are often full of sugar which turns to fat. Children are not moving around as much as needed. <b>Dr. Greg Jantz</b> talks about child rearing and being the best you can. He suggests parents write a champion creed for their child to motivate them.</p>						
Doctor to Doctor #182	28:30	28:30	REC	PA/O/E	09/23/2008	11:30 AM
<p><b>Dr. Carl Schmidt</b> talks about children's health issues. Almost 40% of children are obese and talks about fast food and how parents are not setting a good example and how sugar is too much in our diets. <b>Dr. Eileen Silva</b> talks about parasites and Candida Albicans. She gives symptoms for both and causes. <b>Dr. John Carlo</b> talks about the benefits of vaccine to prevent childhood diseases such as chicken pox, mumps, rubella and also to prevent Hepatitis virus and Meningitis.</p>						

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