

Trinity Broadcasting Network

Quarterly Report

July, August & September 2013

WWRS

Mayville, Wisconsin

Ascertainment List

Leading Community Issues

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

ECONOMY

CIVIC AFFAIRS

FAMILY

EDUCATION/SCHOOLS

SUBSTANCE ABUSE

PUBLIC SAFETY (Special airing)

HEALTH

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>
PR13-25	30:00	15:00	L	PA/O	07/01/13	10:30 AM
					07/08/13	10:30 AM
					07/09/13	02:30 AM
					07/11/13	03:00 AM
					07/18/13	03:30 AM

Paul Decker, Waukesha County Board Chairman and Host Patti Hutton discuss entrepreneurs. The Waukesha County economy is doing well. There is especially a need for skilled manufacturing laborers. The county was not hit as hard by the recession, but there are still challenges. Entrepreneurs are those who take all the risks when starting a business. Micro-entrepreneurs are a hidden economy. Usually this involves 1 -2 people working out of a home, who have found a niche. Entrepreneurism is essential to the growth of the economy. It is a building block to it. Waukesha County has a lot of business start-ups. The challenges of starting a business can include financing, marketing plans and others. A strong business plan is essential. Everyone seems to underestimate the amount of finances needed. It is helpful to do a lot of background work before launching out into a business venture.

PR13-25	30:00	15:00	L	PA/O	07/01/13	10:30 AM
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					07/09/13	02:30 AM
					07/11/13	03:00 AM
					07/18/13	03:30 AM

Host Jackie Kahlhamer talks with Mike Stanek, Dodge County UW Crops & Solis Agent about agriculture. It is a very important part of the local economy- 9600 jobs are directly related to it. The current economy affects different sectors of agriculture differently. The weather of the last 2 years has created what Mike termed "the perfect storm." It has been responsible for reduced yields. The cost of fuel, seed and fertilizer is very high. This affects profitability. Farmers also use various strategies to market their products. They are using new technologies with amazing results. Although, it does come with a cost and is hard for smaller farmers to afford.

PR13-28	30:00	15:00	L	PA/O	07/19/13	12:00 PM
					07/20/13	03:00 AM
					07/22/13	10:30 AM
					07/24/13	02:30 AM
					07/25/13	03:00 AM
					08/08/13	03:00 AM

Elaine Motl, Executive Director of the Washington County Convention & Visitors Bureau talks with Host Jackie Kahlhamer about tourism in Washington County. Tourists, whether coming for a day or a weekend, leave behind dollars in local communities. Tourism is the #3 industry in the state. The state budget even allocated an increased amount for tourism. Tourism has a trickle-down effect on local economies. It brings in 2 types of tax dollars for individual municipalities- hotel tax and sales tax. The high cost of gas could actually be beneficial to local tourism, bringing in those that might have travelled farther. Festivals are the #1 attraction to bringing in tourists. Tourism is hard to track and measure in the same way as other business. If there is an investment in marketing tourism and sales taxes increase, but population doesn't, then it is probable that tourism increased. The county is actively pursuing business travelers. When a business is considering a move to an area, they will look at the quality of life that exists there.

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PR13-31	30:00	15:00	L	PA/O	08/09/13	12:00 PM
					08/10/13	03:00 AM
					08/12/13	10:30 AM
					08/13/13	02:30 AM
					08/15/13	04:00 AM
					08/22/13	03:30 AM
					08/29/13	03:00 AM

Stephanie Klett, WI Dept. of Tourism Secretary discusses tourism with Host Desiree Hoard. Tourism is a 16.8 billion dollar industry in the state. It accounts for 184,000 full-time, family-sustaining jobs. It gives back \$6 to every municipality for every \$1 given. It is the last into a recession and the first one out. Tourism can't be outsourced. It's revenues have been increasing. There are programs offered that help cities market their community. It is important to market to international travelers. The number of Chinese tourists is expected to greatly increase. A big challenge is to make sure Wisconsinites know they never have to leave the state- it has many opportunities for tourism. It is very important that tourists have great customer service when travelling. People will come back if they are treated well.

PR13-32	30:00	15:00	L	PA/O	08/16/13	12:00 PM
					08/17/13	03:00 AM
					08/19/13	10:30 AM
					08/20/13	02:30 AM
					08/22/13	04:00 AM
					08/29/13	03:30 AM
					09/05/13	03:00 AM

Host Patti Hutton talks with Senator Scott Fitzgerald about advancing the economy. Senator Fitzgerald represents the 13th Senate District and is the State Senate Majority Leader. The income in the state is expanding. Income tax collections show that more people are working. Sales tax collection is good. There has been a more aggressive approach to lure businesses to the state. The state had lost 167,000 light manufacturing jobs over an 8 year period. They are trying to improve on that. Agriculture, tourism and manufacturing are the big 3 industries in the state. Manufacturing is doing well. There is a ripple effect on businesses that support it. Reforms and balanced budgets have been put into place, which are encouraging to decision makers. The workforce is stable and good but there is the concern of a "skills gap." There is a need for workers with technical skills. Schools need to help assist in closing this gap. There is optimism that it will close. The Legislature has worked on this issue with bills that address it.

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>
700 Club NewsWatch #08212013	CBN	1:00:00	5:00	REC	PA/O/E	08/21/2013 02:00 PM

CBN News Reporter, Heather Sells, reports a new look at data from the Internal Revenue Service shows that Americans are fleeing states with higher taxes for states with low tax rates. Economists have spent decades researching the effects of income taxes, including the national federal income tax, which turned 100 years old on Feb. 3. But a new review of federal taxpayer 1040 files from 1995-2010 provides a clear pattern of movement out of states with high tax burdens and into states with low tax burdens. The nine states with no personal income tax gained \$146.2 billion in AGI. Those states include Alaska, Florida, New Hampshire, Nevada, South Dakota, Tennessee, Texas, Washington, and Wyoming. Conversely, the states with the highest personal income tax rates lost a total of \$107.4 billion. They are California, Hawaii, Oregon, Iowa, New Jersey, Vermont, New York, and Maine. Washington, D.C., was also included. The 10 states with the lowest per capita state and local tax burdens netted \$69.9 billion in AGI. Those states include Alaska, South Dakota, Tennessee, Louisiana, Wyoming, Texas, New Hampshire, Alabama, Nevada, and South Carolina. The 10 states with the highest state and local tax burden lost \$139 billion in AGI. They are New York, New Jersey, Connecticut, California, Wisconsin, Rhode Island, Minnesota, Massachusetts, Maine, and Pennsylvania. Some of the so-called "winner" states like Texas and Florida are well-known for attracting newcomers. But others, like Tennessee, could be considered more of a well-kept secret. From 1995 to 2010, the Volunteer State took in \$8.3 billion in AGI. It received the most from California, Michigan, and Illinois. Governors of Indiana, Kansas, Oklahoma, North Carolina, Wisconsin, and Ohio cut taxes this year. In the Buckeye State, lawmakers approved slashing income tax rates by 10 percent over the next three years. For all families, there's no denying that taxes affect income. Exactly how they affect where they live is debatable. But as the IRS data shows, any community that wants to attract people should consider lower taxes as a draw — just like a beautiful golf course or mountain lake.

Economy

700 Club NewsWatch #09202013	CBN	1:00:00	5:00	REC	PA/O/E	09/20/2013 02:00 PM
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CBN News Reporter, Charlene Israel, reports it has been estimated that payday loans cost military families \$80 million in interest and other fees each year. Young, inexperienced recruits can be easy targets for predatory lenders. Fees for payday and other predatory loans can add up to triple digit interest rates - in some cases, even more than 1,000 percent. Some of these lenders even go as far as trying to rent tires or hubcaps to a military family for their car. Nearly one in three enlisted personnel or junior non-commissioned officers have used payday loans, auto title loans, or other risky borrowing practices within the last five years. The strain of military deployments can take a financial toll on military families, making them easy prey for financial predators. Studies show that money problems rank as one of the top three stresses for members of the military. It ranks higher than deployments, family, and even war. The situation is so troubling that the Defense Department recently labeled it a threat to the country's national security. In 2007, Congress passed the Military Lending Act, which established a maximum interest rate of 36 percent on payday loans for military members and their families.

CIVIC AFFAIRS

PR13-27	30:00	15:00	L	PA/O	07/12/13	12:00 PM
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					07/18/13	03:00 AM
					07/25/13	03:30 AM

Congressman Tom Petri, 6th Congressional District talks with Host Desiree Hoard about student loans. Repaying student loans can have its challenges. The current U.S. default rate is 13%. Borrowers can be affected by additional fees and their credit scores are affected. Income contingent repayment would be better for both students and taxpayers. Employers would withhold repayments just as they do taxes. This would simplify the current repayment system that is very complex. Student loans would have a market based interest rate. Congressman Petri also talked about Adaptive Testing, a way to improve No Child Left Behind requirements. Testing would be computer based. The child would be asked questions. If they answer successfully, the questions would get harder, if not, it would continue asking easier ones. This gives immediate results that can be used as a tool by schools and teachers.

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

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					07/15/13	10:30 AM
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					07/18/13	03:00 AM
					07/25/13	03:30 AM

Host Desiree Hoard discusses farming with Congressman Tom Petri, 6th Congressional District. There are 10,000 farms in the district. Not all farms workers are working legally. A guest worker permit or some other method would be a way to help farmers have the employees they need. Farmers are affected by weather, crop failure, disease, etc. Congress is taking longer to pass the Farm Bill. The first one did not pass. Family farms are a necessary part of the agriculture economy. Even if a number of families consolidate operations, the farm is still in the family. It is very important to keep family farms strong. Wisconsin has good support network for them. Farmers must know business practices to manage the things of farming. They also need to know land management and how to deal with environmental issues. A bill is being considered that will not give such large subsidies to large farms that don't need them. The current system needs reforming. It is skewed to favor large corporations.

PR13-31	30:00	15:00	L	PA/O	08/09/13	12:00 PM
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Dodge County Circuit Court Judge John Stock and Host Jackie Kahlhamer discuss the Circuit Court. There has been a slight leveling off of criminal cases in the county. The court is funded by a partnership between the state and the county. Judge Storck is actually a state employee, although he was elected by the county voters. The Circuit Court has been affected by budget cuts. There are real concerns about this. In the previous biennium, the courts were cut 17 million dollars statewide. The new budget has cut an additional 13 million dollars. There are grants available from some sources. It is difficult to move forward- sometimes money has to be spent on innovative things, such as upgrading to a paperless system and electronic filing. Although crime rates are down, heroin arrests are up. Judge Storck does not want to see services to families cut. Children will be the one who will be hurt the most. A fully funded court system is very important to the delivery of justice.

FAMILY

<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>
PR13-30	30:00	15:00	L	PA/O	08/02/13	12:00 PM
					08/05/13	10:30 AM
					08/06/13	02:30 AM
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					08/22/13	03:00 AM

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

PR13-34	30:00	15:00	L	PA/O	08/30/13	12:00 PM
					08/31/13	03:00 AM
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					09/03/13	02:30 AM
					09/05/13	04:00 AM
					09/19/13	03:30 AM

Jerry Wallendal, the Director of Ministries for Youth for Christ/Fresh Start, and Host Jackie Kahlhamer discuss the importance of family support for those incarcerated. Many of those he works with come from dysfunctional families with very difficult situations. Society in general has lost a lot of its moral fiber. When communication breaks down, difficulties arise and the family finally breaks. Those coming out of prison may need mentorship to get into healthy situations. Parental issues often go down the family line and get carried on. There needs to be a strong moral compass, with a lot of love and patience to help these people. It is different for teens to fit back into family life than it is for adults. There are challenges to face- being without a driver's license, applying for a job while having a felony conviction, etc. Jerry has a mentorship program wherein they will often try to work with parents and families. But some families are too dysfunctional. Having a mentor getting involved on a more personal level can help show there is a better way of living.

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PR13-35	30:00	15:00	L	PA/O	09/06/13	12:00 PM
					09/07/13	03:00 AM
					09/09/13	10:30 AM
					09/10/13	02:30 AM
					09/19/13	04:00 AM
					09/26/13	03:00 AM

Carrie Glapinski, President of Lake Country Caring and Host Jackie Kahlhamer discuss helping families in need. The need for services is increasing. Unemployment is a big problem. Families are doubling up and taking in adult families with children. Paychecks are hard to stretch when resources are limited. Many families never thought they would need the services provided. Giving out encouragement and care is important to them. People want to be validated. Some families hold back from getting help because they feel there is a stigma attached to receiving help. Carrie discussed what a family can expect when they come in initially. She talked about a family that was coming out of a shelter and the needs they had.

PR13-36	30:00	15:00	L	PA/O	09/13/13	12:00 PM
					09/14/13	03:00 AM
					09/16/13	10:30 AM
					09/17/13	02:30 AM
					09/26/13	03:30 AM

Host Jackie Kahlhamer talks about helping families in need with Barbara E. White, Chair of the Wisconsin Northwest Jurisdiction Family Initiative. The family has changed so much. Divorce rates are high and pre-nuptials give the impression that the marriage is not going to last. The economy, crime and education are all affected by the breakdown of the family. The 2 parent family is a better way, with less stress on all- children, mothers and fathers. Lives are affected in so many ways when the 2 parent family is not the norm- substance abuse, dropping out of school and incarceration. Trying to keep out with other families can be a source of depression. Single parents can't be there all the time and may have to work more than 1 job and they are tired. In the past, extended families with multiple generations provided additional support and help. It can be difficult to know what family to reach out to, when the children don't have the same fathers. It is very important for both parents and children to have support. It is good for families to have a network in place that will help them to know where to access resources.

<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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EDUCATION/SCHOOLS

PR13-32	30:00	15:00	L	PA/O	08/16/13	12:00 PM
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					08/19/13	10:30 AM
					08/20/13	02:30 AM
					08/22/13	04:00 AM
					08/29/13	03:30 AM
					09/05/13	03:00 AM

Senator Scott Fitzgerald, 13th Senate District and State Senate Majority Leader discusses education and the State Budget with Host Patti Hutton. The education system is the engine for the economy. It can open the door for corporations looking for trained people. There is a need for well- trained adults. The new state budget included more money per pupil for schools. There was an expansion of the School Choice Program, which is now statewide. It may be revisited in the next budget for continued expansion. It empowers parents to make choices, but has not been without its critics. There is a huge investment in the UW system. There is concern over a lot of excess revenue that was held at the UW level and of how much should be in their reserves. There is now a 2-year tuition freeze. That will be evaluated at the next budget. Wisconsin is on the right track.

PR13-33	30:00	15:00	L	PA/O	08/23/13	12:00 PM
					08/24/13	03:00 AM
					08/26/13	10:30 AM
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					09/05/13	03:30 AM
					09/19/13	03:00 AM

Host Patti Hutton talks with John Short, UW Fond du Lac and Paul Price, UW Washington County; both are the Dean and CEO of their respective schools. They are starting an Express Degree Program in Beaver Dam, an underserved area of the UW system. This program will offer standard 2 year courses that work towards an Associate and then a Bachelor's Degree. The format is designed to help non-traditional students get a degree. Adults wanting to return to school often face issues such as anxiety about classes, especially math. The faculty wants to work with adults, many of whom have already taken courses and will not have to repeat them. Credits are transferrable within the UW system. There are some other colleges that will accept the credits.

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PR13-33	30:00	15:00	L	PA/O	08/23/13	12:00 PM
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					08/27/13	02:30 AM
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					09/19/13	03:00 AM

Gary Berger, District Administrator for the Horicon School District and Host Patti Hutton discuss the district. Mr. Berger talked about the referendum that passed last year and the technology upgrades resulting from it. Freshmen and sophomores will all have 1:1 devices. The old shop area is being remodeled. New equipment is being added that will help train students for manufacturing. There is also a need for more engineers. STEM experiences will help the students to be better problem solvers and employees. The technology infrastructure is being redone so that it will be all wireless. Classrooms are changing a lot. Students are doing more investigating and searching out answers for themselves. The district is working to provide opportunities for all students, for the different directions they will take after high school. The district is working to help students become better people by addressing bullying, substance abuse, etc. Finances are always a concern of public education. The investment in youth is so important. Community members are encouraged to get involved and partner with the schools.

PR13-38	30:00	15:00	L	PA/O	09/27/13	12:00 PM
					09/28/13	03:00 AM
					09/30/13	10:30 AM

Host Jackie Kahlhamer and Mike Soika, Milwaukee Succeeds Director, discuss improving lives through education. Mike talked about the Milestone Report which gave a baseline of education issues in Milwaukee. Currently only 15% of all 3rd graders are able to read at a proficient level. This is an area of concern that needs to bring different groups together to work on it. Milwaukee Succeeds has a cradle to career perspective on education. The cradle portion is to prepare children by utilizing three means: quality preschool, helping parents understand their role and increasing the rate of immunization. The results will be measured using data. Mike discussed how the 3rd grade reading issue can be addressed. Tutoring, which may have to be looked at differently, experiential learning and parent education would be components of addressing it.

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SUBSTANCE ABUSE

PR13-34	30:00	15:00	L	PA/O	08/30/13	12:00 PM
					08/31/13	03:00 AM
					09/02/13	10:30 AM
					09/03/13	02:30 AM
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					09/19/13	03:30 AM

Host Jackie Kahlhamer talks with Jerry Wallendal about substance abuse and incarceration. Jerry is the Director of Ministries for Youth for Christ/Fresh Start. Jerry estimates that 80-85% of the youth he works with are directly involved themselves or have family members who deal with substance abuse. When he was younger, most drug users started with gateway drugs like marijuana and then went to harder drugs. Now there seems to be a trend of starting with the harder drugs. Prescription drug abuse is very common among kids. They take them from their parents who don't even know they are missing. About half of the youth in his prison aftercare program are on behavioral drugs, which they pass out to friends. There is often a mixture of drugs and alcohol, which is very dangerous. Heroin use is common. Often users start out with prescription drugs which is an expensive habit. They switch to heroin which is cheaper and easier to get. Many addicted people turn to criminal behavior to finance their addiction, which in turns often gets them in jail. A prison aftercare program provides support, encouragement and accountability for those leaving jail. Many have to leave their old friends behind and change friends. They may need the support group 3 or 4 times per week.

PR13-37	30:00	15:00	L	PA/O	09/20/13	12:00 PM
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					09/23/13	10:30 AM
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					09/26/13	04:00 AM

Siblings Ashleigh Nowakowski, Director, and Tyler Lybert, Spokesperson for Your Choice to Live talk with Host Jackie Kahlhamer about how substance abuse affects family relationships. Tyler talked about his descent into drug addiction, starting with alcohol in 6th grade and progressing to heroin by age 16. Ashleigh discussed how their relationship became very strained during his years of drug abuse. She felt like she had to be perfect and she felt neglected since so much of her parents focus went into Tyler. Tyler had no idea how his addiction was affecting his family until he began to sober up. He went into treatment and had to learn how to live again and what to do to avoid going back to his old lifestyle. They use these real life experiences by talking to youth and parents about substance abuse and how it affects lives. For parents struggling with a child's substance abuse, it is a way for them to see real people who have gone through it. People need to have support and resources when dealing with this. Tyler states that for youth considering drug use, if they can find a way to avoid it, he guarantees they will have a better life.

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PR13-37	30:00	15:00	L	PA/O	09/20/13	12:00 PM
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					09/23/13	10:30 AM
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					09/26/13	04:00 AM

Dave Katsma, Pastor of Marshview Ministries and Facilitator of New Directions Support Group, talk about freedom from substance abuse. There is a lot of substance abuse in the community but it is often under the radar. Locally, alcohol is the most widely abused drug. A growing concern is the use of opiates, which is a difficult recovery. The abusers are usually the last to realize they have a problem until something drastic happens and they wake up to the fact that they need help. Family members are greatly affected. The ripple effect goes way beyond the individual. Addiction can cause financial issues, incarceration and legal problems. Families are often affected when they have to post bail or help with financial resources. There can be challenges to remaining free of substance abuse. Other people don't always understand the nature of addiction and people don't always get the support they need to stay on course. There is alcohol everywhere and if cravings aren't diverted, there can be a falling back into addictive patterns. A support group or some form of accountability is needed for most people. Support helps people to gain coping skills. Pastor Dave suggests that those coming to a meeting for the first time enlist someone to come with them. There is a fear factor about the initial visit. When people come in they are hopeless and it is important that they can see there is hope.

PR13-38	30:00	15:00	L	PA/O	09/27/13	12:00 PM
					09/28/13	03:00 AM
					09/30/13	10:30 AM

Judge Brian Pfitzinger and Host Jackie Kahlhamer discuss the Dodge County Alcohol Court. Historically people went to jail for OWI offenses and came out with the same problem when they went in. Ten days in jail doesn't cure anything. Alcohol Court is primarily for 2nd and 3rd time offenders. The offenders who agree to be part of it will have their jail time reduced and they work on a treatment plan. Dodge County has the highest number of persons in the alcohol court in the state. It is important to get to the root of the issue. The offender will be put on probation, serve jail time, pay a fine, have an alcohol assessment, abstain from it, attend a Victim Impact Panel, have their license revoked and have an ignition lock on their vehicle. Persons in the alcohol court must want to change or they won't be successful. This can be a harder path than just doing the jail time. People completing the program, two to one, like themselves better than when they were drinking and do not want to return to that lifestyle.

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PUBLIC SAFETY

PR13-28	30:00	15:00	L	PA/O	07/19/13	12:00 PM
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Host Desiree Hoard talks with Barbara Behling and Sara Bruesewitz, Spokespersons for the American Red Cross about preparedness. It is very important to be prepared for disasters whether at home, work or in the car. Preparation helps people from being hurt and having a better chance of survival. Being informed, having a kit and practicing what to do are important. Disasters can include fire, evacuation, gas leaks, flooding or anything that would displace someone from their home. The free Red Cross tornado app was discussed. It is a very helpful tool when in a tornado emergency. Part of a preparedness plan should include where family members will meet after an incident. This helps eliminate some stress of the situation and to react faster to be able to help others. A trained volunteer force is a good support system to First Responders. A disaster, whether large scale, or affecting a single family who is being displaced by a fire, will require that basic needs for met for the victims. They will also need to receive comfort and compassion.

HEALTH

PR13-29	30:00	15:00	L	PA/O	07/26/13	12:00 PM
					07/27/13	03:00 AM
					07/29/13	10:30 AM
					08/08/13	03:30 AM
					08/15/13	03:00 AM

Kathy Clements, Hillside Hospice Social Worker and Host Desiree Hoard discuss Advance Care Planning. This is planning for care in the event someone is unable to speak for themselves. This enables the person to get the care they want and helps their family, who do not have to make the decisions. An advance directive is a legal document for (health) care, directing the type of care that is wanted, and what is not wanted. It is important to name someone else to speak for you if unable to do so. Decisions made are put into the document. These can include various types of health treatments that can be life prolonging. These may not always provide a good quality of life. The person is not giving up control by signing this. A healthcare proxy is someone who speaks for you when unable to do so. It is very important to talk with family members so they don't have to second guess themselves. If someone changes their mind about their healthcare, they can fill out a new document. It can be helpful to speak to others about the document when considering what to put in it. Children should be informed honestly about it, at a level they can understand.

<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>
PR13-29	30:00	15:00	L	PA/O	07/26/13	12:00 PM
					07/27/13	03:00 AM
					07/29/13	10:30 AM
					08/08/13	03:30 AM
					08/15/13	03:00 AM

Host Desiree Hoard discusses grief support with Hillside Hospice Chaplain Dennis Richards. People often have fear and anxiety when they are in a hospice. The hospice gives information as to what could happen in the dying process. It also brings hope and understanding. The grieving process starts the moment someone realizes the loss. The hospice patient doesn't know what to expect. There may be pain and confusion. The family may be scared if the patient says odd things. The earlier the grieving process starts, the better. Everyone grieves differently. People must allow others to grieve in a way that will bring healing to them. Everyone grieves differently because of their background. They experience losses which add up and can affect them during the grieving process. There are stages of grief. It does get better, but the pain can still come flooding back. Support groups, getting spiritual help and counsel from someone else can be helpful. It is a good idea to not make any big decisions early on in the grieving process. Chaplain Richards recommends taking children along to the funeral or memorial service. They need to grieve also.

PR13-30	30:00	15:00	L	PA/O	08/02/13	12:00 PM
					08/05/13	10:30 AM
					08/06/13	02:30 AM
					08/08/13	04:00 AM
					08/15/13	03:30 AM
					08/22/13	03:00 AM

Host Desiree Hoard talks with Sue McKenzie, Co-director of Rogers InHealth, about reducing the stigma of mental illness. The stigma attached to mental illness is based on false ideas that can keep people from getting help. It often takes time to understand what is going on when someone is suffering from mental illness. People can be afraid that others will find out. Families can feel hopeless. It is estimated that 40% of people are affected by mental illness over the course of their lifetime. It is very important to get help early. Waiting too long is not good. The sooner treatment starts, the sooner a turnaround can begin. Besides the stigma, treatment can be hindered by access, finances, not enough mental health providers or counselors trained in specific areas. A new website has been created that takes evidence of what reduces the stigma. It has short stories about people in recovery and shows them as a whole person. Recovery can be enhanced by connecting with peers who have been there. Peer support is very important. It also helps families talk about what they dealt with and to be able to see someone move from the place of fear to joy.

PR13-35	30:00	15:00	L	PA/O	09/06/13	12:00 PM
					09/07/13	03:00 AM
					09/09/13	10:30 AM
					09/10/13	02:30 AM
					09/19/13	04:00 AM
					09/26/13	03:00 AM

Dr. Mike Donohoo, Dentist and member of the Wisconsin Dental Association talks with Host Desiree Hoard about removing barriers to dental care. It is important for those with low income to receive dental health. Good oral health is critical to overall health. Children that are put to bed with juice or soda can end up with baby bottle cavities. A hurting mouth affects their lives. It affects adults' lives also. When they don't receive dental care, people seek emergency care. This cost is passed on to society. The state used to have good reimbursement rates for low income dental care. That changed in the early 1980's. They started lowering the rate which has been a huge problem for patients on Medicaid. There are fewer dentists taking Medicaid patients. The WDA has proposed the "Healthy Choices" program to address these issues. There are 5 topics to look at to help improve the situation. These include allowing highly trained dental personnel to do reversible office procedures, addressing soda and juice consumption, teaching kids to brush and floss and others.

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>
PR13-36	30:00	15:00	L	PA/O	09/13/13	12:00 PM
					09/14/13	03:00 AM
					09/16/13	10:30 AM
					09/17/13	02:30 AM
					09/26/13	03:30 AM

Host Jackie Kahlhamer discusses ObamaCare with Nancy Wynne, Word of Hope Ministries Health Care Coordinator and Facilitator. WOHM provides free healthcare services. These services will not be affected right away when ObamaCare starts. Between October-March people need to sign up for insurance or they can be fined. If they already have insurance, they can go to the "marketplace" and can change insurers. Hopefully once people are covered, they will be less likely to use the emergency room and get the care they need before it becomes an emergency. Navigators will go into communities to help people fill out applications. A lot of hospitals and clinics will have help available. Everyone needs to take care of their health. ObamaCare will not take effect until 01/01/14. Free clinics are available now to help people. ObamaCare requires insurers to cover the costs of chronic disease.

Health

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	09/25/2013	02:00 PM
#09252013							

CBN News Medical Reporter, Lorie Johnson, reports an estimated 5.4 million people in the U.S. have been diagnosed with Alzheimer's disease and that number is expected to increase exponentially as baby boomer generation enters their golden years. But for some people, coconut oil has proven to slow the progression of Alzheimer's and may have even prevented it. In this case, insulin problems prevent brain cells from accepting glucose, their primary fuel. Without it, they eventually die. But there is an alternative fuel — ketones, which cells easily accept. Ketones are metabolized in the liver after you eat medium chain triglycerides, found in coconut oil. Just make sure it's pure, in other words, non-hydrogenated. Avoid any hydrogenated oil, including coconut oil, because hydrogenated oils are the same thing as dangerous trans fats. Check the list of ingredients for the word, "hydrogenated." Some people are afraid to eat coconut oil because they think it's bad for your heart. But it's actually very healthy. But scientists have since learned there are two kinds of cholesterol LDL, the bad kind, and HDL, which is very good for you. HDL, the good cholesterol, is the kind that coconut oil raises. Coconut oil also kills bacteria, making it a natural antibiotic without the negative side effects. As always, consult your doctor before making any dietary changes and ask about the addition of coconut oil to your diet.

Health

Doctor to Doctor #308		28:30	28:30	REC	PA/O/E	07/09/2013	11:30 AM
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Dr. R. Michael Ronsisvalle discusses stressed out marriage relief. Commit to your commitment. Real lasting commitment is due to something called meta-commitment, which is a commitment to commitment. Your spouse is your mission. Be humble and be at peace with one another. **Jessica Setnick**, a registered dietitian, discusses calories. A calorie is a measurement of how much energy your body could make after eating food. The number of calories a person should eat, as well as the number of calories a person will use, is different for each person each day. Your body's ability to sense how much energy you need happens automatically. Calories do not correlate in any way with nutrients, so eat a wide variety of foods to get the most nutrients in the calories you eat. **Dr. James Mittelberger** discusses hospice care. Hospice is a multi-disciplinary program that provides an array of resources for people facing a life threatening illness. Programs are available that address the spiritual, physical, emotional, and social needs of patients and families. Bereavement programs are also available. A myth about hospice is that it means giving up. The philosophy of hospice is to support the person to live their life fully every single day of their life. Another myth about hospice is that it is a place. Hospice is not a place; it is an approach that focuses on bringing the resources so that people can die with their loved ones around them. Another myth is that hospice is always sad. A hospice team will often help a family find laughter, stories, grace, meaning and hope.

<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

Doctor to Doctor #309	28:30	28:30	REC	PA/O/E	07/16/2013	11:30 AM
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Dr. Doreen A. Lewis discusses the thyroid. If you have symptoms of constipation, hair loss, cold hands and feet, weight gain, weight loss, nervousness, and anxiety, you need to get your thyroid checked. Often, the first gland to shut down in the body is the thyroid, as it very sensitive to imbalances. It is common for people to have nodules on their thyroid, which often times is mercury toxicity. Sugar problems occur when you overdose with sugar. It shuts down your whole immune system. Eighty percent of your immune system is in your colon. When you eat sugar the bad bacteria flourishes and the good bacteria die off. Deficiency of hydrochloric acid is very common, resulting in constipation, gas and belching. This is very common among blood type "O"s. We need lots more protein, but don't digest it very well. Just adding a bit of betaine hydrochloric acid can really improve that. People who have chronic yeast overgrowth and ulcers, also need hydrochloric acid. A constant low body temperature, below 97 or 96 degrees, especially in the morning, is indicative of iodine deficiency. Chlorine, fluoride, and bromide in white bread deplete the body of iodine. If no iodine, the first thing to shut down is going to be our thyroid. It will also affect our breast tissue, and if you are a man, it can actually give you prostate problems. Checking your iodine level is absolutely essential, as well as, getting the proper amounts of iodine in you. There are simple tests you can have done in a clinical nutritionist's office and a functional medicine specialist office to test for iodine. One of the simplest things you can do to address viral issues is to take coconut oil. Coconut oil has caprylic acid and lauric acid in it, which is antiviral and antibacterial and will take care of the problem very easily. Every single person out there that has thyroid problems most likely has a hydrochloric acid deficiency, a sugar handling problem, and is totally allergic to milk. As a baby chronic ear aches, chronic bed wetting, chronic constipation, colicky babies, are classic symptoms of milk allergies. Almost every single person with Hashimotos (autoimmune disease) has an underlying problem with the genes for celiac and handling gluten. Gluten is one of the proteins found in wheat, barley, rye and oats. It is almost always the underlying cause of every single thyroid problem. When you go to your doctor, be sure to check your T3, T4, T7 and TSH levels. Your thyroid makes T4 and it goes to your liver to be converted to the active form T3. If you don't have enough active form T3 you could have all sorts of thyroid problems if it has a low conversion rate. That doesn't mean you need thyroid medication, it means you need to have your liver cleansed. The TSH level tells you if your thyroid is running too fast or too slow. Also check your TPA or TPO. **Dr. George Rhoades** discusses forgiveness. Forgiveness has two sides. One side is "I am sorry" and other the side is "I forgive you." The first step to forgiveness is to know what actually hurt you and caused your pain. The second step is to determine what you need to close that door so you can let it go. The third step is being able to confront the situation. Realize that you may not get what you want. However, be willing to let go of the situation. If you don't let go of something that you are angry or hurt about, you are trapped by that and the past, and cannot move forward in the future. The fourth step is being able to forgive; being able to say to someone "I forgive you." This process takes time. Finally, maintain the decision to forgive. Whenever you think about what happened to you don't bring it up again or use it against someone. The first step to saying "I am sorry" is realizing that you did something wrong to hurt someone and be willing to say you were wrong. The challenge is if you are not willing to humble yourself and say to someone "I am sorry and I didn't mean to hurt you" then you need to be willing to lose that relationship. The second step is to express how important that relationship is to you and that you want to keep the relationship and you want them to have reconciliation with you. The third step is saying to them "Share with me what I did to hurt you. Share with me how I hurt you." Then listen to what the other person needs to let go of it. Next, apologize for your actions. Finally, do not repeat the behavior. It is important that we are able to forgive and that we are able to receive forgiveness when someone has hurt us or when we hurt someone else. **Dr. Mark Sheehan** discusses the prevention and treatment of heart disease. Heart disease is the number one killer of men and women in our culture and worldwide. The major non-modifiable risk factors are family history, age and your sex. The major modifiable risk factors are smoking, hypertension, high cholesterol, diabetes, and physical activity. Scientific data has shown that by lowering your cholesterol, one can prevent the onset and development of coroner disease. Today it is recommended to have total cholesterol of less than 200 and "bad" LDL cholesterol less than 100. A diet should include a low fat low cholesterol diet 90% of the time, which includes small lean cuts of meat and at least three servings of fish per week. Stop smoking. Smoking cigarettes cuts seven years off your life. Hypertension is the third major risk factor where the blood pressure is greater than 140 over 90. It is treated with exercise and going on a no-added-salt diet and trying to be as lean as possible. Usually, medications such as beta blockers and ACE inhibitors (angiotensin converting enzymes) are used to treat hypertension. The fourth major risk factor is exercise. It is recommended to exercise aerobically for forty minutes four times a week. This will cut your risk of heart disease in half and raises your good "HDL" cholesterol. The next major risk factor is diabetes. The key to preventing diabetes is to follow a lifestyle of being fit and lean and decreasing the amount of fat on your body. The more fat you have around the waist, and the more fat tissue you have, the higher blood circulating insulin. Insulin can damage the inner linings of the arteries. Preventing heart disease is more than just taking a pill, it involves a lifestyle of being fit, being physically active, and lean. Patients with a strong faith do better. Patients who perceive themselves as being loved by their spouse or husband do better, and those in loving relationships have less heart pain.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #310	28:30	28:30	REC	PA/O/E	07/23/2013	11:30 AM

Dr. Rita Hancock discusses how hidden stress can turn into physical illness through the mind, body, spirit connection. Women tend to manifest stress more in terms of physical illness than men do. Often patients have alignment problems and muscle spasms which don't even show up on an MRI. If you have fibromyalgia, migraine headaches, shingles, ulcers, irritable bowel syndrome, abdominal pain, bloating, diarrhea, constipation, insomnia, unexplained rashes, multiple food allergies, unexplained pains, consider that maybe hidden stress is your issue. If you feel you need counseling, see a counselor. **Dr. Randy Brinson** discusses Celiac Disease. In general, Celiac Disease is a disease of the intestine. It is an immunologic disease where if you have the disease and you ingest a protein called gluten, which is found in wheat, that would cause direct damage to the small intestine and cause a variety of symptoms. These symptoms include diarrhea, bloating, distension, abdominal cramping, constipation, and a variety of other diseases such as osteoporosis, thyroid disease, and even bone disease. It is important to diagnose celiac disease because it can cause a loss of nutrients over a long period of time and a variety of symptoms as a result of that. The reason celiac disease occurs is because wheat that is ingested in the diet is associated with an inflammation of the small bowel. As a result, when the wheat binds to the small bowel, it creates an immunologic reaction where the white cells of the body attack the intestine and damage the mucosa. There are two ways to diagnose celiac disease. Test for endomysial antibodies and antigliadin antibodies during a routine blood screening. The gold standard test is to have a biopsy of the small bowel. Treatment of celiac disease is simply an avoidance of gluten. After six to eight weeks, patients feel much better and dramatically improve. See your doctor or your local gastroenterologist for further information on celiac disease. **Dr. Jeffrey Crowhurst** discusses diabetes and the foot. According to the Centers for Disease Control, in the year 2000 one out of three children that were born will have diabetes. As a result, diabetes is going to be a very prevalent disease for many years to come. One of the biggest complications of diabetes is foot problems. Thirty percent of all diabetics will develop peripheral neuropathy or nerve damage, leaving them without feeling in the bottom of their feet, which can develop sores and infections. Diabetics also develop poor circulation. Decreased blood flow to the foot leads to breakdowns in the skin, infections, and ultimately amputation. Diabetics also experience infections of the skin (cellulitis), infections of the bone (osteomyelitis), a poor immune system, ill-fitting shoes, and a very arthritic foot. It is important for diabetics to have regular professional foot care. A Podiatrist will examine the foot, assess your pulse for adequate circulation in the foot, and educate the patient. The podiatrist will educate the patient on how to inspect their feet every day and make sure they have proper foot and shoe gear. Statistics show that if you have an amputation on one foot or leg, within the next five years you are likely to have an amputation on the corresponding foot or leg. Early diagnosis and treatment by your podiatrist, your physician, and diabetes healthcare team (dietitian and physical therapist) working together is critical to prevention of problems. Diabetes is a life-long disease.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #311	28:30	28:30	REC	PA/O/E	07/30/2013	11:30 AM

Dr. Bill Williams discusses TMJ dysfunction. The signs and symptoms of TMJ disorders are headaches, a clicking jaw, jaw aches, neck ache, dizziness, blurred vision, ringing ears, overclosed bites, grinding teeth, sinus problems, or stuffy ears. The dentist will use a Jaw EMG study, a sonography, a motion study, a K7 neuromuscular analysis, a 3D cone beam dental CT scan, to examine the jaw and joints. The diagnosis is the foundation for treatment. Treatments include a pain release splint, MORA (Mandibular Orthopedic Repositioning Appliance), trigger point treatments, vapocoolant spray and stretch, and moist heat hydrocollator. The stabilization phase includes treatments such as polishing of the teeth, orthodontics, crown and bridge, and implants. Rarely is TMJ surgery necessary. **Dr. Charles Simmons III** discusses safeguarding your home for toddlers. Parents should do a crawl and search of their home. Whatever they can see, a child can get into. Electrical plugs and cords can be pulled, as well as things set on low tables. Children can also run into glass tables that they may not be able to see well. The kitchen and the bathroom are the most unsafe areas. Avoid using containers to store harmful products that may be mistaken for something else. Secure pots and pans and cleaning products by placing locks on cabinet doors or placing them up high out of reach. Keep children on a mat on the floor in a closed-in area. Block access to stairs. Although children can easily climb stairs, it's much more difficult for them to come down on their own, which often results in children falling, breaking limbs, and head injuries. Secure all doors. For pool safety, install a gate around your pool that is locked. During bath time, use very little water, or a basin, to prevent drowning. Keep matches and lighters out of reach. Monitor television viewing, as children often imitate what they see. Secure all weapons and firearms. Examine toys for small parts that can detach and be swallowed. Also, avoid small finger foods, such as popcorn and peanuts, that children may choke on. Never leave children alone with pets. **Dr. Jill Westkaemper** discusses metabolic syndrome. Forty-seven million people in the United States have metabolic syndrome. There are five criteria for metabolic syndrome: 1) An abdominal circumference greater than forty inches for a man, and thirty-five inches for a woman. 2) Elevated blood pressure; specifically 135 over 85. 3) Elevated fasting blood sugar greater than 110 or if you are a diabetic. 4) A fasting triglyceride level over 150. 5) An HDL less than forty for a man, and less than fifty for a woman. (LDL is bad cholesterol. The higher your LDL level and triglyceride level, the greater your risk for heart attack and atherosclerotic disease. HDL is good cholesterol. The higher your HDL level, the healthier you are. An HDL greater than fifty for a woman, and greater than forty for a man is good). If you meet these criteria, you are at a much higher risk for having a heart attack. The good news is metabolic syndrome is fixable. By losing weight, reducing your blood pressure, reducing your cholesterol level, and reducing your sugar level, your risk for heart attack improves significantly. If you ignore the symptoms of metabolic syndrome you also increase your risk for a stroke and atherosclerotic disease, the plugging of the arteries. You could also develop a fatty liver and peripheral artery disease, resulting in pain the bottom of your legs.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #362	28:30	28:30	REC	PA/O/E	08/06/2013	11:30 AM

Dr. Bettye J. Alston discusses how important your blood type and eating is to your health and to your body. Your blood type determines a lot about the body: potential diseases, vitality, emotional endurance, even the types of food you should eat. There are four specific blood types: Type A, Type B, Type AB, and Type O. Your blood is your life. Each blood type contains a genetic code to your ancestors. Type A is universal donor for giving blood. Although not all inclusive, here some very important things to know about Type O blood. We process meat very well. We carry antibodies against the Type A and Type B blood types. We're prone to arthritis. We should avoid night shade vegetables because of the lectin in them. For instance, eggplant, potatoes, white potatoes, red potatoes, corn. Corn causes weight gain. Type O's are prone to become diabetics. We need lots of green leafy vegetables like kale, broccoli, spinach, and romaine lettuce. However, cabbage, cauliflower, and mustard greens should be avoided as they inhibit the thyroid function of the body. Other foods that should be avoided are whole wheat, cantaloupe, honeydew melon, mushrooms, oranges, strawberries, grapefruits, corn and wheat cereals, cheese, coconut, coconut oil, and catfish. Some highly beneficial foods for Type O blood types are pinto beans, black-eyed peas, olive oil, walnuts, pecans, okra, broccoli, onions, tomatoes, sweet potatoes, beets, figs, pineapples, and grapes. If you want to lose weight, it is important to know your blood type. **Dr. I. A. Barot** discusses sleep apnea. Many people suffer from sleep apnea and don't even know it. Snoring is a sign of disturbed sleep, causing brain arousals, and risk for high blood pressure and coronary artery disease; including heart disease, strokes, and sudden death. Snoring, struggling to breathe during sleep, and sometimes just general complaints of insomnia actually result in not only compromised sleep, but also as a result, compromised wake or daytime function, and an overall compromise in quality of life, which results in things like chronic medical conditions. The circadian rhythm, which is the day-night cycle, allows us to sleep for approximately 8 out of 24 hours, being sound asleep when it is dark and then being wide awake or alert for approximately 16 hours out of the day. Sleep has a profound impact on overall quality of life and quality of wake. Sleep by definition is a reversible state of unconsciousness, so whatever happens during sleep carries over to what happens to us when we wake. Sleep apnea is the number one identifiable cause of high blood pressure per the Joint National Congress of Committee on hypertension version 7. Sleep apnea causes diabetes, obesity, metabolic syndrome, heart attacks, cardiac arrhythmias, congestive heart failure, strokes, and sudden cardiac death. In total, the conditions that sleep apnea is linked to in a first degree relationship costs the United States over a Trillion Dollars a year. **Dr. David Hope** discusses a healthy diet during pregnancy. When you are pregnant you want to eat more calories and a variety of higher quality foods. Before becoming pregnant, during child bearing age, taking folic acid (folate) can help to prevent a common birth defect called neural tube defect. Folate can also be found in fresh green leafy vegetables. The number of calories needed during pregnancy depends on your metabolism and how large you are. Your prenatal advisor can help you maintain the proper weight gain during pregnancy. You should eat about 300 extra calories per day. Things to avoid while pregnant are alcohol, smoking, caffeine, foods that contain mercury, and raw, undercooked, or unpasteurized foods. Increase whole grains, breads and starches, fruits and green vegetables. Dairy, meat and other protein sources are excellent. Drink more water. You need about ten eight-ounce glasses every day. Vitamin supplements such as folate, iron, prenatal vitamins, calcium and vitamin D are good. Be sure to have prenatal examinations.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #363	28:30	28:30	REC	PA/O/E	08/13/2013	11:30 AM

Dr. Jill Westkaemper discusses stress and your weight. Stress can be good to help motivate and inspire us. However, long term stress can have devastating effects on the body. When you experience a perceived stress, your adrenaline increases and your body releases a hormone called cortisol. Its job is to increase the energy level of your body in three ways: it creates glucose (sugar); it speeds up the metabolism and helps in the breakdown of fats, proteins, and carbohydrates; and it blocks insulin. However, if your blood sugar is high day after day, your insulin level will increase and that sugar will begin depositing into your fat cells around the belly. This is called central adiposity. Cortisol also affects the brain. Long term it can deplete your serotonin levels causing you to feel tired, worn out, exhausted, and a little depressed. To combat this, begin by reducing your stress levels. Change your habits, exercise, get good sleep, and maintain good nutrition and supplementation. Omega 3 fatty acids, magnesium, and vitamin C are important. Get the right support system. **Dr. Frank Miese** discusses herbs for women's health. Many women experience hot flashes. Two herbs that are very effective for menopausal hot flashes are black cohosh, which acts as a natural estrogen for women, and Dong quai. Mid-wife herbs include false unicorn, cramp bark, squaw vine, red raspberry, and goldenseal or bitter root, which are beneficial for menopausal or premenopausal women. The herbs wild yam and uva ursi, as well as the B6 and B complex vitamins, are very helpful for morning sickness. Feed the nerve system with magnesium, ginkgo, L-arginine, and lecithin. It is important to feed the brain as you mature. **Dr. Robert Snyder** discusses total knee replacements. The number of total knee replacements is rising exponentially in this country. Last year, using Medicare data, over 750,000 total knee replacements were performed in this country. We replace a damaged arthritic knee to provide someone with more function and mobility. If we can increase a patient's mobility, allowing them to be more active, the patient will be healthier and able to enjoy life much better. Initially, arthritic knee pain is treated with anti-inflammatory medications, occasional injections into the knee, and sometimes arthroscopic surgery. Once the arthritic knee becomes bone on bone, total knee replacement is considered. The newest innovation is custom or patient-specific knee replacements. This technology reduces the amount of bone removed from the knee, reduces the amount of pain and the hospitalization stay, and ultimately leads to a faster recovery. In addition, we are able to restore motion and function to a younger more active population.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #364	28:30	28:30	REC	PA/O/E	08/20/2013	11:30 AM

Dr. Peter Bhiro discusses going back to school and what you can do perhaps to aid and support your immune system to combat the predominant illnesses plaguing the flu season, otherwise the fall season. A lot of studies have shown that vitamin D perhaps can modulate our immune system. Vitamin D is a great immune enhancer, fights against autoimmune disease, and is also called the sunshine vitamin. Have your physician check your vitamin D25 hydroxy level and replace it with vitamin D3. Studies have shown that Vitamin D has been very effective against autoimmune disease and can perhaps fight against diabetes and heart disease. Look for an integrative pediatrician or internist who is well versed in the area of integrative medicine and holistic applications. Probiotics are a natural bacterial agent meant to re-populate and supplement your intestinal bacterial flora. Studies have shown that the immune system begins in the gut, so get a good probiotic. Discuss these suggestions with your physician. Omega fish oils are very healthy for brain health, cardiovascular health, joint health, and immunity. In children DHA has been shown to be very powerful as a brain enhancer for intelligence. During the fall season studies have shown higher incidences of depression. Exercise to fight against obesity. Practice healthy eating. Wash hands often. Take a good multi-vitamin. **Dr. Jim Smith** discusses the connection between autism and food allergies. Historically, autism was determined to be a brain or neurological disorder which influenced the behavior of the child. Recently, doctors have learned that there are comorbid conditions that exist with primary conditions of autism. The new evolving definition of autism is a syndrome of varying conditions that are commonly present with autism and yet not traditionally considered to be a part of a neurological disorder. One common comorbid condition in autism is food allergies. The symptoms of food allergies are dark circles under the eyes, a runny nose or cold that never goes away, digestive disorders, constipation, diaherra, asthma, problems staying focused, hyper activity, mood swings, and bed wetting. Commonly, we crave the foods that we are allergic to. Foods most commonly related to food allergies are milk, cheese, peanuts or nuts of all types. Food allergies present themselves with an immediate reaction or a delayed behavior reaction. To identify food allergies, keep a record of everything ingested and the symptoms exhibited each day, take an autism assessment test, and have blood lab tests completed. **Dr. Jennifer Satterfield-Siegel** discusses children's oral health and shares tips on how to prevent tooth decay or cavities. There needs to be four things present in order to have decay: a tooth, bacteria, sugar, and time. It is recommended that everyone brush their teeth with fluoride toothpaste twice a day and floss. Be mindful of the snacks children are eating. Avoid chewy, gooey, sticky foods, and hard candies. If you must have candy, chocolate is the best choice because it melts. It is important to drink tap water that contains fluoride. Be aware that reverse osmosis systems remove fluoride from the water. It is important to check the source of your water and to use reusable containers to ensure your water contains fluoride. Visit your dentist every six months. Sealants are a protective coating that is painted on the top of the teeth to protect your teeth. There is a specific bacteria for cavities, or decay, that if left unfilled, can be passed from one family member to another. So, make sure all family members have their decayed teeth filled. If you follow these tips you will probably see less decay in your children's teeth and your teeth too.

Health

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Doctor to Doctor #365	28:30	28:30	REC	PA/O/E	08/27/2013	11:30 AM

Dr. Bob DeMaria discusses female hormones and increasing your metabolism. Statically, ninety-five percent of all breast cancer is precipitated by too much estrogen in the body. It comes from soy. To get rid of estrogen you want to have optimal liver function. The liver makes bile which cleanses the body. Chlorine compromises thyroid function. The thyroid is the gas pedal to the body. How your thyroid functions is how your metabolism is going to operate. A body mass index takes your height and your weight to determine a number. If you have poor thyroid function your metabolism will slow down. A shower dechlorinator is a good option to remove chlorine. In the human body minerals act as spark plugs to help your body function at peak performance. If you have large pores on your face or crave salt, those are body signals that you need minerals. You want the right oils in your body. Your liver processes oil. You can improve your metabolism by adding a tablespoon or two of coconut oil to your everyday lifestyle. Use coconut oil as a replacement for butter. Coconut oil is a vegetable oil that promotes health in your body and it is very close to female hormonal fat. It promotes female hormone function. Optimal liver function is critical for your body to function optimally. Olive oil is also important. Virgin, pressed, organic olive oil is preferred. When the liver is not functioning optimally, it causes more estrogen to build up and a greater potential for breast cancer. Individuals who have freckles tend to have more copper. Copper is antagonistic to zinc. Zinc is important for metabolism. If you have a history of adhesions from surgeries or scarring on your body, these are body signals that you have too much copper and not enough zinc. Soy in wheat depletes the body of zinc. Large pores on the face are a body signal for not enough zinc. Minerals are important. Zinc is a mineral. Zinc is going to help your memory also. Women have a greater potential for breast cancer because they are exposed to so many estrogens. Ladies whatever you put in or on the body is absorbed by the body. Body signals for poor thyroid are cold hands and cold feet, wide spaced teeth, constipation, elevated cholesterol levels. Body signals for compromised liver function are tender breasts with your menses and heavy menstrual flow. Little red bumps on your body called cherry hemangiomas are body signals for too much estrogen. To improve body function and improve metabolism add one tablespoon or two of coconut oil to your diet. Eat half a red apple every day, one third cup of beets, four or five baby carrots. That is going to promote optimal liver function and optimal health. Coconut oil is going to help your metabolism. We promote unrefined minerals and unrefined salts. You control the destiny of your own ship. Drink water from a pure source and eat organic vegetables. **Dr. Carolyn Reid** discusses visiting the chiropractor. A chiropractic physician is a doctor who specializes in treating the nervous system. Chiro is Greek for hand. Chiropractors are practitioners who use their hands to help remove interruptions from the nervous system. The basic foundation is that if the nervous system is healthy, your body has an amazing ability to heal itself on its own. There are many specialties within the chiropractic profession that treat many conditions such as pediatric chiropractors; doctors who specialize in neurology as well as radiology; sports medicine chiropractic physicians; and nutritional counselors. If you are having pain, stiffness, a burning sensation, or numbness, a lot times these adjectives point to something being wrong with the nervous system and it's a good idea for you to visit your chiropractor. Always be specific as to why you are there and provide your past medical and family history. Chiropractors get to the heart of what is causing your problem. After a consultation, the next step is a good physical examination which consists of orthopedic testing, neurological testing, muscle testing, and the reflexes are checked. X-rays are specific for looking at the spinal column. Diagnosis and treatment are given after test results. There are so many variables that are used such as the chiropractic adjustment, where hands are used to apply force to take pressure off of the nerves, which will help to heal the tissues. Physical therapy, such as the electrical muscle stim, helps to increase blood flow to the area. Blood carries oxygen and nutrients and it's helpful to heal your tissues. Neuro muscular therapists are also used that are within their scope of practice. Deep tissue massage is very helpful in breaking up muscle spasms. Re-examinations help determine if treatment is working. **Dr. Frank Miesse** discusses gastrointestinal issues and herbs. Cascarasagrada is a liver herb that helps to flush the liver and helps the liver produce bile, which will soften the stool and help the bowel cleanse without damaging the bowel. Buckhorn is an herb that promotes normal bowel function and is used in cleansing programs for people. When the gastrointestinal system gets congested and doesn't cleanse properly, that poison leaches out through the lining of the gastrointestinal tract, the small intestines, and the large colon, and on down through the system. Then that poison has to be leached back into the liver to be purified to purify the blood and cleanse it. So you've got to keep the gastrointestinal system clean and functioning well and working. It's what keeps the debris out and nutrients coming into the system. Another very strong herb is senna, which is a gastrointestinal cleanser. A soothing herb to the bowel is slippery elm. It will also stop nausea and motion sickness, as well as the herb ginger. The bulk fiber that re-coats the lining of the colon is an herb called Psyllium Hulls. It is an excellent source of fiber. Treated charcoal in capsule form relieves most gas problems. Take enzymes to help the body during a cleanse. Something good to take quick is to get off heavy solid foods and start drinking red raspberry tea. It is very soothing and helpful for this cleansing process. It is one of the most excellent teas you can put through the system at that particular time. This is a bowel cleanse, a cleansing out of the system and this is what we need.

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Doctor to Doctor #366	28:30	28:30	REC	PA/O/E	09/03/2013	11:30 AM

Dr. Christopher Williams discusses bladder cancer. Bladder cancer is approximately the fourth most common cancer in the United States. The primary cause of bladder cancer is cigarette smoking. Bladder cancer is a very deadly cancer and is very expensive to treat. In terms of bladder cancer, a doctor will routinely perform a urinalysis to check for blood in the urine, which is the most common symptom for bladder cancer. If found, the doctor will refer you to a urologist. A cat scan or an MRI is then ordered to determine if the blood is coming from the kidneys; the ureters, the tubes that drain the bladder; or the urethra. The next step would be to evaluate the bladder by looking directly into the bladder using a small telescope to detect tumors, or any other potential causes for blood in the urine, like stones. If you are diagnosed with bladder cancer, the next step would be to remove the tumor out of the bladder and determine if the cancer is deeply invasive or not. Superficial tumors in the bladder return often, as much as 60 to 70 percent of the time. This requires surveillance of the bladder for a lifetime, with ongoing periodic examinations. Medicine is put inside the bladder to prevent the tumors from coming back. The primary treatment for invasive bladder cancer is removal of the bladder, which is an operation called a cystectomy; rerouting the urinary system to allow the person to urinate. Sometimes chemotherapy is added to the treatment for bladder cancer. Decrease your risk for bladder cancer by stop smoking and monitoring your urine. **Dr. Dale Peterson** discusses asthma. Asthma is a condition that affects the bronchial tubes, through which air moves in and out of the lungs. The bronchial tubes become swollen and congested and the muscles surrounding them tend to contract and tighten, making air movement more difficult. It's most difficult to get the air out of the lungs, so stagnate air becomes trapped and breathing becomes a series of brief shallow quick gasps that can't really provide the oxygen that is required by the body. Asthma is distressing at best, however, it can be fatal. Symptoms of asthma include intermittent attacks of wheezing or shortness of breath, with periods of symptom free intervals in between. It is important to recognize that the disease may be progressing although no symptoms are present. There are many asthma triggers such as allergic reactions to mold, dust, animal dander, and air pollutants such as secondhand smoke; inhaling cold air, respiratory infections with colds and bronchitis, emotional stress, and even exercise. The mechanisms that cause asthma are inflammation, oxidative damage from free radicals, and the loss of the ability to manufacture antioxidants. There is currently an asthma epidemic in the United States. A pediatric lung specialist, Dr. John T. McBride, suggests the reason for this is the use of the drug acetaminophen. Acetaminophen depletes the body of important nutrients. Asthma can be managed in many ways. The diet should be rich in fruits and vegetables, low in refined foods that contain sugars and white flour, choose physical activities with rest periods. Asthmatics tend to perform much better and have fewer problems if their bodies are horizontal. It is important to use air purifiers, avoid secondhand smoke, and don't introduce pets into the home. Maintain a dust-free environment. Use allergy free pillows, limit the use of stuffed animals. Supplements that help to manage asthma are omega 3 oils, vitamin C, vitamin E, grape seed extract, and magnesium.

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Doctor to Doctor #367	28:30	28:30	REC	PA/O/E	09/10/2013	11:30 AM

Dr. Tom Garzillo discusses back pain. According to the World Health Organization, back pain is a leading cause of physical disability everywhere. According to the American Chiropractic Association 33% of adult workers in the United States had back pain within the last five years that required back treatment. Fifty percent of adult workers in the United States reported having some back pain in the last year and 80% percent of us can anticipate having back pain at some time. One of Dr. Garzillo big back pain mistakes is when you think you have back pain because it runs in your family. Back pain is really the end result of what your back can or cannot do. The more you work on what your back can do, the less back pain you are going to have. If you experience back pain see your physician or chiropractor. Some back pain can be a symptom of a serious disease or condition and the sooner you know what is going on the easier it can be to fix. The longer you wait to find out what is going on the more difficult it could be to fix. Whatever you do, do not spend two days in bed. Research studies have shown that bed rest prolongs back pain and can increase the severity of the back pain. The best back pain exercises that you can do at home have you up on your feet duplicating the movements and conditions that you actually use during the day. The best way to get rid of back pain is to take control of what your back can do. **Dr. Lorie Johnson** discusses surviving menopause. By definition menopause is the absence of your menstrual cycle for a full twelve months. It is a time when the ovaries stop producing your daily female hormones. Your estrogen and progesterone levels sharply decline and eventually go away. Some effects of this loss are hot flashes, mood changes, depression, weight gain, hair loss, loss of interest in intercourse or sexual activity, vaginal dryness, emotional upheaval, anxiety and stress, loss of concentration, loss of focus, and decreased memory. Every woman is different and treatment is not the same for everyone. Find a good healthcare provider to help you navigate through these issues who will listen to you and work with you to get you back to optimum health. Maintain as healthy a lifestyle as possible. Eat well, getting sufficient fruits and vegetables. Drink plenty of water. Get enough sleep. See your healthcare provider regularly and discuss optimizing your health. Avoid alcohol, tobacco and cigarettes, and sugary sweets. It is very important to exercise. Sometimes you may need hormonal therapy. Dr. Johnson recommends bio-identical hormones. They are able to replace what your body has been lacking through your transition. Don't be afraid to ask for help if you need it. **Dr. Ace Anglin** discusses the dangers of acrylic nails. In the past, some of the substances used in acrylic nails have been banned by the FDA; the M.M.A. chemicals since 1970. They have been replaced by the E.M.A. However, there are still respiratory and skin problems that are associated with the use of these chemicals. M.M.A. or methyl acrylic chemicals tend to be a glue, or adhesive, that once they begin to loosen, can cause the nail to separate from your natural nail. Those gaps can create a breeding ground for bacteria and fungi growth. In some hospitals, particularly in surgery, nurses or technicians are not allowed to use acrylic nails because of the dangers of transmitting infections onto the patients. The pros for using acrylic nails are that they are beautiful, resilient or more durable, and longer lasting. They are also expensive. One alternative are gels. The benefit of using gels is that they tend to be safer for the nail bed, as well as the nail technician. They are also a little more natural. The nail technician has had a lot of exposure to chemicals over and over again which have been linked to memory loss, cognitive function, and asthma. There have been reports of M.M.A. being used from the black market and there is no way to really know if it is being used. Using acrylics can make the nail bed thinner and more likely for a patient to develop an infection, such as a fungal infection. Signs of infection are the nail becoming yellow in color, the nail may become thicker, the nail can begin to curve or become distorted in shape, and increased pain. To get rid of the infection you want to remove the nail covering or receive treatments prescribed by your physician. The only medication that is FDA approved for the treatment of fungus is penlac 8%. It is used by physicians, podiatrists and dermatologists.

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Doctor to Doctor #349	28:30	28:30	REC	PA/O/E	09/17/2013	11:30 AM

Dr. Eric Braverman discusses ways to have a younger brain and a sharper mind. The decline of the brain begins at the age of 40 and sometimes even at age 30 for women. Symptoms include forgetfulness; concentration challenges; impulsiveness; sleep deprivation; an inability to remember verbal instructions, faces, or numbers; an inability to learn or reason; slower processing speed; slower driving; and more accidents. The brain has a slower pulse, brain testing shows a decline in cells and processing speeds, and the brain begins to get tired and starts to shrink on MRI. Other tests on the blood vessels in the brain called MRA indicate a loss of insulation, micro strokes, and loss of metabolism on pet scan. The good news is hormones such as testosterone, estrogen and glucagon, vitamin D, natural T3 and T4, and ten other hormonal breakthroughs are now available to repair the brain. Niacin, fish oil, garlic, and new herbs such as irvingia and neuro-magnesiums, help to build up the brain, improve circulation, and lower cholesterol. Choline powders help rebuild the brain and help the brain to produce more dopamine. Lifestyle changes such as eliminating sugar and fatty foods; drinking teas and spices; drinking pomegranate juice; and eating fresh tarragon, sage, rosemary, and basil all benefit the brain. Stretch your mind through reading. **Dr. Michael McCabe** discusses children with chronic disease, which is simply a reoccurring health issue. Many children with a disability or chronic illness have had it all of their life and do not know anything different, so they do not understand why others see it as a problem. Some children have had a life with no disability up until a particular event when they are diagnosed with a health problem, or are involved in an accident leaving them disabled. As a result, the child often feels as though they are different, or the only one with their burden or barriers to goals they are trying to achieve. Pay attention to when the child or the family is not dealing with the illness or disability well; when there are angry outbursts, sadness, or depression. Allow everyone in the family to express and verbalize their frustration. Do not allow the child or your family to become isolated. Engage the whole family and create a family centered approach to caring for the child. Learn about the disease or disability, and educate your family. Incorporate the information into your family structure. Normalize it as best as you can in your day to day routine. Teach the child that everyone has challenges. Encourage and develop realistic goals for the child and allow the child to serve in the family as well. Introduce the child to other children with a similar illness or disability. Use the illness or disability as an opportunity to grow, become more flexible, and become more creative in loving your family. Don't let fear paralyze you. Find health providers who can help. **Dr. John Calcagno** discusses ADD and ADHD. Medical doctors consider ADD and ADHD as the same general disorder. However, the difference is the H: hyperactivity, and inattentiveness without the hyperactivity, which is ADD. ADD and ADHD are not only childhood conditions, but can manifest into adulthood. ADD and ADHD are genetically inherited and can manifest itself at different points in a person's life span, at which time it is called the expression of the disorder. Typically doctors will ask about your family history. However, only recently have ADD and ADHD been accurately diagnosed. Currently ten percent of children and five percent of adults have been diagnosed with ADD or ADHD. Symptoms include an inability to complete extended tasks, easily distracted, and not able to remember things. There is a tendency for ADD or ADHD to have comorbidities with it, such as depression, anxiety and even bipolar illness. In addition to medication, there are lifestyle changes, dietary changes, and counseling that can be beneficial. ADD and ADHD are very complex disorders, so it is important to find a doctor who specializes in ADD and ADHD.

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Doctor to Doctor #368	28:30	28:30	REC	PA/O/E	09/24/2013	11:30 AM

Dr. David Hope discusses nutrition for kids. This information is from the Mayo Clinic and is available on line at www.mayoclinic.com. All information provided depends on the child's activity level and how they are growing. Girls and boys ages 2 to 3 should have a caloric intake of 1,000 to 1,400 calories per day. Their daily diet should consist of 20% protein with about half of that consisting of carbohydrates, 30% fats, one gram of sodium (about the size of a dime), 20 grams of fiber, 700 milligrams of calcium, and 600 units of vitamin D. Girls ages 4 to 8 should have a caloric intake of 1,800 calories per day and boys should have 2,000 calories per day. Both girls and boys should have a daily diet that consists of 30% protein with 60% carbohydrates, 25% to 30% percent fats, 1,200 milligrams sodium, 25 grams of fiber, 1,000 milligrams of calcium, and 600 to 800 units of vitamin D. The caloric intake for girls ages 9 to 13 is 2,200 calories that consist of 30% protein, 40% to 50% carbohydrates, about 30% fat, 30 grams of fiber, 1,300 milligrams of calcium, and 600 to 800 units of vitamin D. The caloric intake for boys ages 9 to 13 is 2,600 calories that consist of 30% protein, 40% to 50% percent carbohydrates, about 30% fat, 36 grams of fiber, 1,300 milligrams of calcium, and 800 units of vitamin D. The caloric intake for girls ages 14 to 18 is 2,400 and for boys ages 14 to 18 it is 3,200 calories. Their daily diet should consist of 30% protein, 40% to 50% carbohydrates, about 30%, 30 grams of fiber, 1,300 milligrams of calcium, 800 units of vitamin D, a maximum of 1,500 milligrams sodium, but the less sodium the better. The key to diets and kids is to make sure they are not eating a lot of junk foods, are eating several meals a day, and getting plenty of physical activity. **Dr. Lisa Akbari** discusses scalp and hair dehydration. Many men, women, and children suffer from scalp and hair dehydration. It is a disorder of the scalp and hair where the moisture level has dropped and the hair is not able to continue holding that moisture level. The hair becomes dry, brittle, and will start to separate each strand and literally fall apart. The scalp will then become dry, brittle, itchy, and flakey. Many people assume scalp flakiness is dandruff. About 98% of our hair is composed of protein called keratin. A very dry cold, or very dry hot, climate can cause the hair to dry out resulting in hard, dry brittle hair, as well as hair loss. Examine the whole strand of your hair. If you have light colored hair, place the strands on a dark piece of paper then expose it to light. If you have dark colored hair, place the strands on a light colored piece of paper and expose it to light. If you have a strand that is thin but on the end there is no bulb like tissue, then you probably have dehydrated strands. What is happening is that part of the strand is peeling off. This is called layer peeling; where the strand has separated itself from the actual body of the main part of the strand. That peels away and the hair becomes very dehydrated. The strand changes its size and the texture begins to change as the hair dries up. Your hair will feel rough and dry, and appear dull even in light or sunlight. To combat this there is a delicate protein and moisture level that must stay balanced. Stop using protein conditioners as a stand alone conditioner, as they will actually dehydrate the hair. Instead use protein and moisture conditioners to provide protein for the strength and moisture for hydration. In addition, do plus conditioning by feeding the hair what it needs. Simply apply conditioner to the hair; start with the ends going close to the scalp, moving it down the hair shaft. Put on a plastic cap. Sit under a warm dryer, on medium setting, for optimum penetration for about five or ten minutes. Examine your hair. If the hair has absorbed the conditioner, then reapply conditioner and repeat the process until the hair stops absorbing the conditioner, then rinse clean. Daily use a light cream on the ends first and the areas of the shaft that are dry feeling. Scalp dehydration comes from a damaged cuticle or damaged cornea layer of the scalp. The actual cornea layer, which is the top layer of the skin will hold 20% of its weight in moisture. It is really important to keep the top layer of the epidermis healthy. Avoid overheated dryers and blow dryers. After you shampoo and condition the hair, apply a light oil and let it dry into the hair to seal in the natural moisture and help to repair the problem. A lot of people get chemicals. If your chemicals cause burning, stop using them for a period of time to allow the skin to renew itself. The skin is resilient and has a wonderful way of renewing itself. You will find that if you stay away from chemicals for 30 to 45 days the renewing process will occur and you will have brand new skin. Allow the conditioners to rest on the scalp as they rest on the air to help with hydration. If the problem persists see your dermatologist. **Dr. Thomas Staner** discusses spinal stenosis. Stenosis comes from an ancient Greek word which means narrowing. Stenosis can affect blood vessels, the bowel, and the spine. Stenosis usually occurs in the neck and in the low back area. Symptoms include tingling or numbness in the hands, arms, or legs; pain from the neck down through the arm, or from the low back down through the foot; paralysis; heaviness in arms; that you are tripping on one leg; and difficulty passing urine. Stenosis can affect the whole spine and nerves. It is very difficult to diagnosis stenosis by using x-rays alone. It is usually diagnosed by cat scan or a MRI scan. Stenosis can be hereditary. Treatments include anti-inflammatories, muscle relaxers, cortisone injections, and decompression for more definitive treatment. Talk to your spine specialist about this.

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