

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

LEADING COMMUNITY ISSUES

July, August, September 2006

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

MINORITIES

ECONOMY

HEALTH

ENVIRONMENT

CRIME

NATIONAL MINORITY TV, INC.

WWRS-TV 52 AND WWRS-DT 43

QUARTERLY ISSUES/PROGRAM LIST

JULY, AUGUST, SEPTEMBER 2006

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

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

MINORITIES

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Minorities	PR 06-050	07/10/06 07/11/06	10:30 AM 02:30 AM	15:00	Host Marina Acosta and Mary Lynn Bennett discuss how to help Latinos assimilate into American culture. Mary Lynn is the Director of the Casa Guadalupe Education Center. Mary Lynn believes English is a tool needed by Latinos to access our culture. To assimilate means to be totally absorbed. Immigrant's children start the integration process in school. Different sectors of our economy depend on Latinos to work there- they are a vital part of the economy. A common language bridges the two cultures. Culture clashes do occur. This may lead to stereotyping. Latinos need English and they need help and assistance to learn it. It may be embarrassing for adults to have to learn a new language. Children are often a bridge to the community for the parents. Latinos are also a source of a new economy, such as Mexican markets and restaurants.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Minorities	PR 06-051	07/14/06 07/18/06	12:00 PM 02:30 AM	30:00	Host Marina Acosta talks with Ramon Candelaria about meeting the needs of minorities. Ramon is the Executive Director of the Latino Community Center in Milwaukee. He seeks to serve people and look at their strengths, rather than weaknesses. His desire is to see things done at the LCC as means that lead to career opportunities. They also do intervention to crime and violence. There is a need for programs to be culturally sensitive. The Latino culture is very beautiful. It has a lot of flavor, energy, excitement and kindness. The Latino community has a lot to offer- they create businesses, invent and contribute to society. There are many different ethnic groups within the Latino community. There are cultural differences such as the way they raise children and the food they eat. Ramon feels schools need to research and teach cultural history. He feels Latinos should not lose their language, but it is important for them to understand and speak English. Cultural festivals in the community bring those of different cultures together. This creates better understanding between cultures. It is a challenging time for all of us to get out of our comfort zones and appreciate another's comfort zone. We must realize we must work together to enjoy successes together.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Minorities	PR 06-052	07/17/06	10:30 AM	30:00	Host Marina Acosta discusses minorities in Dodge County with Kathy Hetzel. Kathy is the Dodge County UW Extension Family Living Educator and is involved in the Dodge County Multicultural Coalition. The minority population is increasing in the county and is expected to continue doing so. Minorities tend to come to Dodge County for economic reasons. Once established, they are likely to have other family members join them. Dodge County is not bilingual and that is a major obstacle to getting services to the people who need them. They have basic needs- housing, jobs, and also creature-comfort needs. There is not a one-stop place for them to go to. Minorities moving to a new area must be open to the challenge. There are documentation, literacy and transfer issues (a doctor in Mexico may work in a factory in Wisconsin). The food is different and there can be misunderstandings with landlords about extended family needs. Minorities do face discrimination. It is important to make them feel welcomed here. There is a program that matches volunteers with those wishing to learn English. Learning English provides confidence for minorities.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Minorities	PR 06-061	08/14/06	10:30 AM	15:00	Host Marina Acosta talks with S. Kent Steffke about immigration. Kent is the Secretary for the Eagle Forum of Wisconsin. He believes we need legal enforcement of immigration laws or we will lose our historical American culture. Big businesses want cheap foreign labor. He believes illegal immigrants are taking jobs and property away from citizens. The border needs to be strengthened there should be a crack down on employers who knowingly hire illegals. These immigrants are grossly underpaid and taxes and social security is not paid in. He believes cheap illegal labor puts others out of business and that Americans are upset because something is not being done.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Minorities	PR 06-057	08/04/06 08/08/06	12:00 PM 02:30 AM	15:00	Anita Streich, the Reference Librarian at Beaver Dam Community Library and Host Jackie Kahlhamer discuss meeting minority needs. Anita has first hand experience of being a minority while living in other countries. There is a definite increase of minorities living in this area. Minorities have needs of jobs, legal, consumer, internet use and others. Not knowing English is a barrier to learning. There is a big demand for the English language materials. There is also a large need for English language tutors. Other minority needs Anita sees are: housing, equal access to health care, how to go to the grocery store, understanding the banking system, how to get a drivers license and how to take the citizenship exam. Anita has been able to network with other groups, which has given her an understanding of the network of agencies that can help minorities. It is important for the community to have a broader scope and open mind to help people feel more welcome.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Minorities	PR 06-062	08/11/06 08/15/06	12:00 PM 02:30 AM	15:00	Alfonso Zepeda-Capistran, the Past President of LUCa, talks about immigration in Dodge County with Host Jackie Kahlhamer. Alfonso is also a Department of Public Instruction employee. He works with the Wisconsin Migrant Program. He stated he was not the DPI's spokesperson on this issue. Dodge County has a history of being extremely active with immigrants coming to the area. Asked if he believes immigrants feel welcomed here, he said you would get a mix of reactions. Most feel fortunate to be here, as the area is a good source of employment. Immigrants work in agriculture, manufacturing, food processing plants, etc. Affordable housing is a big concern for immigrants. Dodge County has shown a great intent to provide resources for immigrants and to help people out. There is still a high need for services in many areas. Schools (not just in Dodge County) are lacking resources and there are not enough trained bilingual teachers. Jobs are here, but some immigrants lack work authorization. Next April a law will come into effect that will require proof of residency to have a driver's license. The County has a weak public transportation system and this will affect how people can get to work. Many immigrants work low paying jobs and the cost of living is expensive, but at least there is work for them.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Minorities	PR 06-061	08/14/06	10:30 AM	15:00	Alfonso Zepeda-Capistran, the Past President of LUCa, talks about immigration policy and its effect locally with Host Jackie Kahlhamer. Alfonso is also a Department of Public Instruction employee. He works with the Wisconsin Migrant Program. Immigration policy comes from the federal level and funnels down through state and local communities. Federal law affects access to driver's licenses, health care and public assistance. Some laws will be coming into effect that are potentially damaging for undocumented immigrants and even the homeless. Alfonso discussed Legislative proposals that would take away the right of due process for undocumented immigrants. Although some things are not yet law, some communities have imposed their own regulations regarding immigration issues. A positive regulation requires entities that receive federal funding to provide interpretation. This includes law enforcement and most hospitals and schools. He discussed how language acquisition happens. It can take several years to develop social English and even longer to develop academic English. For someone who may not have a good understanding of their original language, it is very difficult, maybe not even possible to learn English. Prior education, literacy, the person's will and economic factors need to be taken into consideration as to the learning of the English language.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Minorities	PR 06-065	08/28/06 09/22/06	10:30 AM 12:00 PM	15:00	John Storck, a Dodge County Circuit Court Judge discusses immigration and the Dodge County Court system with Host Jackie Kahlhamer. Judge Storck has seen the need for bilingual interpreters increase in the last number of years. About 95% of the time, it is for the Spanish speaking. There are some court defendants who speak other languages. A phone line interpreting system is used for those languages. It is best for the court to have certified interpreters. Interpretation needs to be simultaneous and there needs to be an understanding of legal terminology. The county circuit court system does not deal with the issue of illegal aliens. All defendants have the right to due process, to have an attorney, confront witnesses, etc. It is irrelevant if they are illegal. Judge Storck often does not know if a person is here illegally. It is difficult for someone who does not speak English to go through the court system. It is important to be of help to them.

ECONOMY

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Economy	PR 06-049	07/07/06	12:00 PM	15:00	Host Jackie Kahlhamer talks with Dottie Hoy about how a vibrant downtown impacts the local economy. Dottie is the Manager of Main Street Mayville, Inc. The Main Street Program comes through the State Department of Commerce. Dottie considers the downtown to be the heart of the community. People make a judgment of what the community looks like based on the downtown. Industries realize a healthy downtown is good for their business. Downtowns need a niche market. Road construction does not help businesses. Main Street Mayville had to be proactive to get people to come to town during construction. Shopping locally puts more money back into the local community.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Economy	PR 06-049	07/07/06	12:00 PM	15:00	Debbie Waldvogel, The President of the Dodge County Tourism Board, and Host Jackie Kahlhamer discuss the impact of tourism on Dodge County's economy. Tourism is a significant part of the county's economy. It doubled in the last decade. Debbie discussed the types of businesses that make up the county's tourism industry. There are the obvious ones like restaurants, hotels and others. But other service industries that are not thought of as benefiting by tourism are impacted. Banks, insurance and construction companies and others are positively affected by tourism. The tourism board must be proactive in bringing tourists to the county. Currently the tourism industry supports over two thousand full-time jobs in Dodge County.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Economy	PR 06-053	07/24/06 07/25/06	10:30 AM 02:30 AM	30:00	Jack Hanks, the Mayor of Beaver Dam, and Host Jackie Kahlhamer discuss economic factors in the different sectors of Beaver Dam. Mayor Hanks talked about how Beaver Dam has become a regional retail hub. The discussion then turned to the city government. Due to taxing limits, the city needs to operate on economic principles. The Mayor believes there is plenty of room in public work to apply sound business principles. The city may have to look at what services they offer and if some of these services could be provided by an alternative provider. He sees taxpayers as customers. Governments may need to consolidate- the bottom line being economic reasons. The economy affects how people perceive value in services. Value becomes relative. If someone loses a high paying job and can only get one that pays half as much, they regauge values (what is important to them changes). Infrastructure, particularly street maintenance is important. Potential employers considering a move to the city look at infrastructure, labor pool, services offered, city parks, etc. If not up to par, it can certainly affect if the employers move to the city. The importance of a healthy downtown was discussed. Mayor Hanks would like to see better jobs developed in Beaver Dam. But they can't create jobs that the national economy is not creating. Most new jobs in the city have been retail jobs.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Economy	PR 06-054	07/21/06	12:00 PM	30:00	Dennis Degenhardt, the President/CEO of Glacier Hills Credit Union discusses the economy and personal finances with Host Jackie Kahlhamer. He has some concerns about the local economy. We are losing good paying jobs and people are having problems finding decent paying jobs. The lack of savings people have is a problem. Baby boomers are doing a lot of borrowing, but are they saving for retirement? Dennis recommends "paying yourself first" and saving money. Three months worth salary or bills is the recommended amount of savings to have. He discussed acceptable times to take on debt (mortgage, education, car , etc.). The consumer is responsible for the American economy being as good as it has been. Overuse of credit cards causes problems. Discipline and planning are needed. Some people are putting all their debt on a home equity loan. He talked about the pros and cons of this. Dennis talked about what his viewpoint of a healthy local economy would be. There was discussion about getting out of debt. Rising interest rates will affect things.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Economy	PR 06-057	08/04/06 08/08/06	12:00 PM 02:30 AM	15:00	Host Jackie Kahlhamer and John Caldwell, the Executive Director of the Washington County Economic Development Corporation discuss economic development. There are three avenues the WCEDC uses- business expansion and retention, developing a trainable workforce and attraction of new business. Their focus is on expansion and retention of established businesses. Most job growth comes out of established businesses. Regionalism is vital to economic development, as regions need to remain vital and growing. Having been in an era of change, businesses must understand that they will either have to change, grow or die. The importance of good infrastructure was discussed, from roads to the workforce. The workforce needs to be kept here. Manufacturing is not dying, it is just changing and the need is to be flexible.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Economy	PR 06-058	08/07/06	10:30 AM	15:00	Kevin Rather, the owner of Freedom Training Centers, and Host Jackie Kahlhamer discuss business start-ups. Entrepreneurs are critical to our economy. Most new jobs come from small businesses. Location of the business is important, as is being close to their market. Although the internet is breaking down barriers. Most critical for a new person getting started in business is networking. There is a constant need for training for people. Manufacturing jobs are going overseas and new technology shows the need for this. Accessible adult education in the local community is key. It is important for entrepreneurs to utilize professional services when starting a business. Kevin discussed why some business start-ups fail. Not enough funding and not having a good plan can cause failure.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Economy	PR 06-063	08/18/06	12:00 PM	15:00	Peter McAvoy, a VP at the 16 th Street Community Health Center discusses redeveloping the Menomonee Valley with Host Jackie Kahlhamer. The Menomonee Valley was historically a regional industrial center. By redeveloping it, in line with the 21 st century economy, he hopes to see family supporting jobs become more available there. This restoration is being done in an environmentally sound way. He hopes to see high tech industrial jobs. There are currently some existing companies that are expanding. Employers need good infrastructure. The Valley has some of that in place and the others will be put in. Peter discussed sustainability- to grown the economy and do right by the environment. This is being done with a 3-part strategy- economy, environment and a connection to the community. Milwaukee's economy has always been the main engine for Wisconsin. To the extent it is prosperous; it will be good for the state.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Economy	PR 06-068	09/11/06 09/12/06	10:30 AM 03:00 AM	15:00	Timothy Bruer, the Executive Director of Energy Services, Inc. and also the Honorary Coordinator of the Keep Wisconsin Warm Fund talks with Host Jackie Kahlhamer. The topic of the discussion focused on this question- is the ability to pay energy bills affected by our current economy? While we hear of a robust economy, the reality is that we have lost thousands of manufacturing jobs in the last decade. The economy has not necessarily picked up for those people who lost these jobs. There are people who, 2-3 years ago, would never have guessed that they would need help paying energy bills. Home heating costs could rise up to 50% this year. New job growth is at an all-time low. Most new jobs are low paying service jobs. The working poor have incomes are not keeping pace with the rising cost of energy costs. The working poor are the fastest growing population in the country. Increased fuel costs are passed down through the economy and there are dramatic increases in other costs. This puts increased pressures on an already limited budget. Pride often keeps people from getting help paying for their energy. Neighbors and friends will often call in when they see someone struggling financially, so that they can get some financial assistance to pay their energy bills.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Economy	PR 06-068	09/11/06 09/12/06	10:30 AM 03:00 AM	15:00	Host Jackie Kahlhamer talks with Steve Neitzel about economic growth in Horicon. Steve is the City Council Representative to the Community Development Authority. He talked about what the city can do and the CDA can do to address economic development. Horicon is holding economically, but the city needs to increase the tax base. The CDA helps businesses come to Horicon by connecting them with resources. Since most every community wants new development, they must work to make their community a little bit different. They offer low-interest loans, depending how many jobs will be created. The Horicon Marsh is the city's main tourist attraction. Industries bring in the best source of tax revenues. Horicon needs to be more aggressive to bring in new business. They must define the types they are looking for, and find a way to let businesses expand and grow. There is good highway access and rail facilities in the city, which is important to economic growth.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Economy	PR 06-065	08/28/06 09/22/06	10:30 AM 12:00 PM	15:00	Host Jackie Kahlhamer talks with Dereck McClendon about entrepreneurship in the central city. Dereck is the Executive Director of LIFE "101" Career Development Programs. The economy of Milwaukee has changed and good manufacturing jobs are not so readily available. He believes entrepreneurship is key to economic growth in the central city. Entrepreneurs can set the tone for something incredible to happen. It provides wealth building opportunities, along with risks. But everything comes with risks. There are opportunities for everyone. Encouragement, networking, and support are vital elements to being successful. A true entrepreneur does not lack resources. They need to go out and create resources. He believes that entrepreneurs can significantly grow the economy of the central city. They provide local jobs. He wants to see people stay in Milwaukee and become successful.

HEALTH

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-050	07/10/06 07/11/06	10:30 AM 02:30 AM	15:00	Host Jackie Kahlhamer discusses blood donations with Laura Moon, the Blood Services Representative for the American Red Cross. Laura discussed some of the ways blood donations are used- for those receiving chemotherapy or radiation, anemia, sickle cell anemia, premature infants and burn victims. Once blood is donated, it is separated into three different components that are used for different health concerns. She discussed who can give blood and the procedure involved. For those on the receiving end of a blood donation, Laura talked about how they are working to minimize risks associated with receiving blood. Being summer, blood donations are down. There is currently a particular need for the negative types of blood. Although all types are needed to keep the supply stable.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-058	08/07/06	10:30 AM	15:00	Bev Beal Loeck, the Coordinator of the Heart to Heart Support Group in Beaver Dam, and Host Jackie Kahlhamer discuss heart health. Anyone who has had a heart issue has had to deal with a number of lifestyle changes, such as: diet, exercise and how they handle stress. Continued education, networking and support are important for those with heart issues. The more a patient knows, the more questions they have for their doctor. This helps to develop a plan for them. Knowing how your body responds to stress and having tools to calm yourself down are very important. Exchanging ideas in a support is a great help. Families are very affected when a loved one has a heart issue.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-062	08/11/06	12:00 PM	15:00	Host Jackie Kahlhamer discusses wellness in the workplace with Deb Seyler, the Executive Director of the Wellness Council of Wisconsin. Deb believes that employee health is a key business strategy. It is a return on the employer's investment process. A well workplace is one that embraces the maximum health and well-being of the employees, who are empowered to take charge of their health. Good health is good business. Bad health brings lost productivity and rising health care costs. Most health care costs are directly related to poor lifestyle choices. Workplace wellness can directly impact the cost of health insurance premiums for the employer. Many employers are offering smoking cessation programs. Some are banning smoking on company premises. Employers are changing what is offered in vending machines and company meetings by offering healthier foods alongside traditional fare. Employees then have a choice. A health risk appraisal is a tool employers can use to determine the overall health of the employees. Continuous education about health is important. We can all stand to hear the information repeated.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-067	09/01/06 09/05/06	12:00 PM 03:00 AM	30:00	Host Jackie Kahlhamer talks about stress and stress relievers with Dr. Jen Espenscheid, President of ChiropracticUSA, Beaver Dam location. There are 3 sources of stress: physical, chemical and emotional/mental. Dr. Jen discussed the effects of these on our body and where they come from. Stress causes our bodies to go into breakdown mode. After the stress is over, the body may not know how to shift back into repair mode. We must choose to do something to counteract the stress. The stress relievers that do this are: think well, move well and eat well. Thinking well involves being grateful and not so negative. Moving well means exercise. Eating well involves eating more raw fruits and vegetables. The body's Ph balance and free radicals and how these affect us were discussed. The body was designed to heal itself. We have choices- the things we are doing either help the body to heal or breakdown.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-064	09/08/06	12:00 PM	15:00	Host Jackie Kahlhamer talks with Peter McAvoy about how health is affected by environmental conditions. Peter is the VP of Environmental Health at the 16 th Street Community Health Center. The Center mainly serves low-income Latinos. Some of the health issues the Center's patients deal with are: lead poisoning, asthma and other respiratory illnesses, eating contaminated fish, mold, dust mites, etc. Many live in older homes where lead paint is an issue. The Center has outreach workers that go to the homes and work with the people about home conditions. Otherwise they are being sent back to conditions that are affecting their health. Many are renters and the landlords are responsible for repairs. Most landlords are responsible, but some aren't. There are government programs available to help with some of the work. Doctors are being trained to check for mercury poisoning. During times of ozone alerts, patients may have poor air quality inside their home and outside. There are centers they can go to during these times.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-073	09/25/06 09/26/06	10:30 AM 03:00 AM	15:00	Lorry Peltier, an owner of certified therapy dogs with Therapy Dogs International and also a Health Unit Coordinator and Patient Care Assistant at Aurora Medical Center of Hartford discusses the role of therapy dogs in health care with Host Jackie Kahlhamer. Her dog Max was along for the interview. More medical facilities are beginning to recognize the value of therapy dogs. A therapy dog's main job is to be loved and petted by people. A therapy dog must be able to be around medical equipment and people with medical issues. Elevated blood pressure has been lowered when people spend time with a pet. People's health is affected physically, mentally and emotionally when spending time with a therapy dog. Lorry gave examples of times she took a therapy dog to a medical facility and the difference it may in the people. Lorry explained the difference between a service dog and a therapy dog.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health	PR 06-073	09/25/06 09/26/06	10:30 AM 03:00 AM	15:00	Attorney Cassel Villarreal discusses health legal matters with Host Jackie Kahlhamer. Living Wills and Power of Attorney for health care were discussed. A Living Will is a statement to your physician about life sustaining procedures and your wishes regarding them. Power of Attorney is given to a person who stands in for you to make health care decision if you are not able to. This is usually a family member or close friend who you trust and knows your health care wishes. It is important to discuss these issues before an illness- the person with the power of attorney will have an easier time making medical decisions and advocating for you. A physician determines when someone is no longer capable of deciding about their own medical care. A second opinion of another physician or psychiatrist is required. People often avoid preparing a living will or power of attorney. This can have consequences. Your doctor may not know your desires and your family may not be in agreement about treatment. A court may have to appoint a guardian.

ENVIRONMENT

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-056	07/31/06	10:30 AM	15:00	Host Jackie Kahlhamer talks with Suzanne Wade about the Rock River. Suzanne is the UW Extension Rock River Basin Educator. Most of her time is spent on water quality issues- stormwater, wetlands, surface & ground waters and rivers and streams. Several lakes drain in to the Rock River- it is an important water basin. The water quality could be a lot better. The quality of the littler streams was unknown. Monitors look at these streams to learn more about water quality and develop a baseline of information. Suzanne discussed what affects water quality. She shares information gathered with the counties- who then look at where to put money into farm practices. She discussed oxygen levels in the water. Too many plants in the water are not good. The types of critters that live in the water indicate the water quality. The water quality must first be known before improvements can be made.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-056	07/31/06	10:30 AM	15:00	Lisa Conley, a Rock River Coalition Board member and citizen monitor discusses water quality with Host Jackie Kahlhamer. Lisa has lived on a lake for the last 30 years and has seen how it has changed. The lake connects to the Rock River. She discussed the importance of citizen monitors as there are not enough DNR staff members to monitor all the state's waters. Lisa discussed what she is looking for as a monitor. She gave some household hints to help water quality, such as not fertilizing your lawn with phosphorus, planting a rain garden and hitchhikers- invasive species that attach to boats. She discussed the importance of the shoreline to a body of water. There are farmers who have pledged to help keep the water clean through their farming methods. She believes citizen monitoring is a vital part of keeping our water healthy.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-059	08/21/06 08/22/06	10:30 AM 02:30 AM	15:00	Dale Maas, the Chair of the Beaver Dam Lake Citizens Advisory Committee talks with Host Jackie Kahlhamer about Beaver Dam Lake. It is a large watershed in the area. Controlling the water level has been an issue of concern. When there have been major water events, property owners saw shoreline erosion. The city operates the dam and not been aggressive in the past when there was a major water event. A big issue is how water is manipulated in this large manmade lake. Freezing and thawing affects the shoreline. A buffer around the lake is important. Tree and root growth and vegetation are necessary. The lake keeps getting bigger and shallower. Dale discussed slow no wake for high water and slow no wake for select habitat and how these help protect different environmental aspects of the lake.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-060	08/25/06	12:00 PM	15:00	Angela Licari, the Animal Care Director at the Wildlife in Need Center, talks with Host Jackie Kahlhamer about the effect of continued growth and expansion on wildlife. Habitat destruction is a major issue as new subdivisions and buildings go up. Wildlife becomes displaced and they end up on roadways, in attics, chimneys, garages and garbage cans. New construction and roadways destroy animal pathways and food sources. Angela discussed ways how property owners can minimize the impact to wildlife and coexist together. Because of continued growth, animals are showing up in urban places. There are some concerns about domestic and wild animal contacts, although there are ways to minimize concerns. She discussed ways to limit animal roadkill and what to do when finding an injured animal.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-056	08/21/06 08/22/06	12:00 PM 02:30 AM	15:00	Host Jackie Kahlhamer discusses Beaver Dam Lake with Howard Pegelow, the President of Beaver Dam Lake Improvement Association. A challenge of the lake is water overflow and subsequent shoreline problems. They are trying to control soil erosion with natural and manmade ways. Rough fish control is another concern. These fish rip up the lake bottom and destroy plant life needed by desirable fish for reproduction and protection. Desirable fish are being inducted into the lake. Public awareness of the lake is extremely important. If no one stays on top of these issues, Beaver Dam Lake will not survive and will become a wetland.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR06-055	07/28/06 08/01/06	12:00 PM 02:30 AM	15:00	Jim Congdon, DNR Water Basin Supervisor, and Host Jackie Kahlhamer talk about water quality. This is a long-term issue that has gotten worse over time. Non-point source pollution is affecting our water. Non-point is basically defined as anything that does not come from a pipe. It comes from diffuse sources such as runoff from city street, lawns rooftops, highways, etc. Pollutants are carried into our waterways and it is quite serious. Jim discussed NR151- newer regulations that affect stormwater requirements for municipal and urban areas. Agriculture is also affected by these regulations. The state may assist farmers to help them come into compliance, as it can be costly sometimes. Regulations for municipalities can be expensive to implement. New construction sites produce a lot of heavy sediment. It is critical to have proper planning in place. Hard surface areas can be minimized by putting in retention ponds, ditches, grass coverings, etc. Doing things differently is a matter of attitude and realizing the need to protect our water resources.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-055	07/28/06 08/01/06	12:00 PM 02:30 AM	15:00	Suzanne Wade, UW Extension Rock River Basin Educator, discusses water quality with Host Jackie Kahlhamer. Suzanne works to educate different sectors about water quality. Sediment in our water is a huge problem. It is the #1 problem, manure runoff is #2. Although these two are natural, there is an overload going into our waterways, with farmers and builders. Agriculture is where most of the soil comes from. Many are doing a great job, but there is uneven enforcement of rules, especially among the building that is going on. Clay soil is hard for developers to control the runoff from. Suzanne discussed what property owners can do. Most are simple to implement.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-066	09/14/06	10:30 AM	30:00	<p>Host Jackie Kahlhamer discusses water resources with Peter McAvoy, a VP at the 16th St. Community Health Center. He was a member of the Great Lakes Governors Charter that addressed water supply issues. We have world class water resources, but have not done a very good job of managing them. Problems were addressed, but there has been some slippage. Not just the Great Lakes are affected, but also our other water resources. He discussed the effects of containments, pollutants, invasive species, and stormwater runoff. These are affecting our water resource severely. There have been requests by communities outside the Great Lakes Basin (continental divide) to get water from the lakes. He believes we must be very careful if we do this. These communities are facing dropping water levels and high radium content. He believes better yet would be to step up conservation practices. Being better stewards would meet the current and future water demands. Some measures can be implemented more easily. Others would require communities to work together and invest strategically by combining resources and investments. Some have begun to do this. He believes the State needs to get more involved. New developments are employing green building practices. There are appliances and landscape methods that use less water. Peter believes if people are educated and given the right techniques, they will do the right thing.</p>

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Environment	PR 06-069	09/15/06	12:00 PM	30:00	Greg Farnham, a Lake Sinissippi Improvement District Commissioner discusses improving Lake Sinissippi with Host Jackie Kahlhamer. The LSID is a governmental group that focuses on long-term lake management. The lake has too much sediment from agricultural sources. Excessive sediment affects the oxygen level in the lake. The carp and bullheads are doing well, but game fish are declining. Greg discussed the Geotube Breakwater Project and explained how this is a way to deal with the excessive sediment. The LSID is working to re-establish waterfowl habitat by restoring lost wetland. Testing water quality is done by LSID. They look at organic and inorganic components in the lake. There is a challenge with fecal chloroform and e coli. Most of this is from runoff from large agricultural operations. They work with the DNR and farmers to address this issue. The Rock River is the major source of water for Lake Sinissippi and the health of the lake is tied to the health of the Rock River. The Horicon Marsh filters sediments from the Rock River. But it is like an oversoaked sponge. Improvement of the river is a big project. This is not an overnight project.

CRIME

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Crime	PR 06-060	08/25/06	12:00 PM	15:00	Host Jackie Kahlhamer talks about criminal background checks with Howard Pegelow, the Owner and a General Partner of Pegelow Investigations. Howard is a retired Milwaukee Police Detective. Many employers are doing background checks on perspective employees. This is often done to verify if information provided on the employment application is accurate. The checks protect employers from liable situations. Insurance fraud cases were discussed, as well as illegal activity within companies. Police departments are often undermanned and are not able to do the research needed. Howard talked about how long things stay on criminal records. Technology has drastically changed the way information is gathered. He stresses the need to be honest on a job application. If you are not, it probably will be found out.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Crime	PR 06-063	08/18/06	12:00 PM	15:00	<p>Host Jackie Kahlhamer talks with Blaine Lauersdorf, the Chief Deputy of the Dodge County Sheriff's Department about new technology and crime. The department is implementing new technology all the time to help them deal more efficiently. They are currently upgrading their Management Information System. Names, demographics, patterns and the modus operandi are entered into the system. This will help detectives assigned to a crime. The flipside of new technology was discussed. Criminals are using computers for child solicitation and also fraud. Blaine stated that if a search warrant is executed, and the person has computer, it is very rare that the computer is not connected to the crime. These crimes are harder to determine where they are occurring and a forensic computer examiner is needed. He believes the Sheriff's department will need to have one on staff soon. There are budgetary challenges to implementing new technology. Upgrades are required. Service contracts are needed. The Dodge County Sheriff's Department is one of the few that do not have computers in their squad cars. They hope to get these in. Video streaming is another form of technology they hope to implement. With the high gas prices there are more people driving off without paying. There are more thefts of copper and scrap metals. Blaine discussed how juvenile offender must be digitally recorded. They are also doing this with adults.</p>

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Crime	PR 06-064	09/08/06	12:00 PM	15:00	Lieutenant JoAnne Swyers, Investigative Unit Supervisor at the Dodge County Sheriff's Department, and Host Jackie Kahlhamer discuss criminal activity in Dodge County. JoAnne believes some of the most pressing criminal activities in the county are crimes against children, the elderly and the handicapped. These are considered predatory crimes. There has been an increase in these types of crimes. Children feel freer to report a crime that has been committed against them. Crimes that are related to drug abuse are increasing. There are collateral crimes involved- money is needed to purchase drugs. Burglaries, thefts, Rx fraud and others are committed. Legalized gambling has brought about increased cases of embezzlement. Internet crimes against children are on the increase. Some crimes are seasonal. When kids have too much free time, there are more problems. After holidays, there are more cases of child sex abuse reported. People are still often victims of fraud. Never give out personal information unless you initiated the contact. In spite of the fact that there is so much said about this, people are still falling for it. There is usually not much that can be done. Many of the crimes are committed from foreign countries and the perpetrators keep moving around. JoAnne gave some common sense tips to avoid being victim of a crime- lock your doors, don't leave keys and valuables in your car, etc.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Crime	PR 06-070	09/18/06 09/19/06	10:30 AM 03:00 AM	15:00	Host Jackie Kahlhamer talks with Tina Streblov about criminal activities seen from a banking perspective. Tina is the Senior VP of Operations at Horicon Bank. She believes criminal activities are on the rise. The number of delivery channels for fraud has increased. The internet, mail, stealing mail, "dumpster diving", getting information from family and friends are all ways criminals use to commit fraud. We all need to avoid being an easy target. Banks are seeing counterfeit cashier's checks and money orders. "Phishing" was discussed. That is an attempt to get personal information. ID Theft can occur when enough personal information has been obtained for someone to represent themselves as someone they are not. It is important to pull your credit report annually and check your bank statements. It is a long, painful process to clear up an ID theft issue. Since 9-11 banks have had to verify information more stringently, such as social security numbers. We must take personal responsibility about protecting our identity and credit. Be cautious who give out information to and make sure there is a legitimate need for the request.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Crime	PR 06-070	09/18/06 09/19/06	10:30 AM 03:00 AM	15:00	Barbara Notestein, the Executive Director of Safe & Sound discusses helping high-crime neighborhoods with Host Jackie Kahlhamer. Safe & Sound works with 21 high-crime neighborhoods in Milwaukee. Since these are high-crimes neighborhoods, it was important to develop three interdependent ideas: after school safe places, community organizers and tough law enforcement. Working together with other organizations is very important. It is important to continue to teach youth there are better ways to deal with anger, and to keep them busy and give opportunities to help them build an identity and teach them to avoid drugs. Neighborhoods are affected by high crime. Children learn to duck and cover when they hear shots fired, employers have a hard time attracting employees and people do not feel safe. Community partners go door to door talking to people and looking for drug houses. Neighborhoods are being cleaned up. This gives people a sense of pride and they become more engaged in their neighborhoods. More programs are needed to help youth who have already had more engagement with the criminal justice system.

Description of Issue	Program/Segment/Source	Date	Time	Duration	Narration of Type and Description of Program/Segment
Crime	PR 06-076	09/29/06	12:00 PM	30:00	Host Jackie Kahlhamer talks with Nancy Franke about restorative justice. Nancy is the Executive Director of Restorative Justice for Dodge County. Nancy discussed the differences between retributive justice and restorative justice. In retributive justice the offender is accountable to the authorities. Restorative justice causes them to be accountable to the victim and the community (and also the authorities). Victims are usually on the peripheral surface in retributive justice. In restorative, they have a key role in the process of restoration. Offenders can be referred to Restorative Justice by government officials or a community member. But there must be an identifying criminal act. Nancy made a point of saying that Restorative Justice is not soft on crime. It is not easy for an offender to meet eyeball to eyeball with their victim. This is done if the victim agrees to it. All those arrested for drunk driving in Dodge County are court ordered to attend Victim Impact Panels. Speakers for these are people who have been affected by the actions of a drunk driver. Those ordered to attend are often emotional after they hear what victims went through. Underage drinking has become a big problem. The number of those ordered to attend programs has increased. Anti-bullying education is being put into place for school staff. Nancy believes that Restorative Justice has played a part in reducing juvenile crime in the county.

Trinity Broadcasting Network

Network Backup Issues

July, August, September 2006

Central Time

Leading Community Issues

The following report is taken from Network programs and recorded in Central Time

Economy

Minorities

Environment

Crime

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Economy

700 Club #80106	1:00:00	8:00	REC	PA/O/E	8/01/06	2:00 PM
-----------------	---------	------	-----	--------	---------	---------

Pat Robertson talks with economist Gary Shilling regarding the economy slow down. There is trouble in the housing market being down 20% and will ultimately do damage to US economy. This is the first nation-wide housing bubble since 1920. Many have purchased more houses as investments. A crisis is possible with the decline in the market by end of the year. Interest rates – Feds Fund rate – gas prices up and consumers have been bridging gap by taking money out of house and charging to credit cards. Energy prices adding pressure to consumer discretionary spending that is out of control. Consumers need to be cautious – pay down debt especially housing mortgage.

Minorities

700 Club CBN NewsWatch #83006	1:00:00	5:00	REC	PA/O/E	8/30/06	2:00 PM
----------------------------------	---------	------	-----	--------	---------	---------

CBN News correspondent Mark Martin reports - People from all over the world are desperate for a new way of life, so they travel to America. One path to citizenship involves military service. Thousands of immigrants are willing to risk their lives to defend freedoms they hope to one day attain. The U.S. government has made it easier for legal immigrant soldiers to become American citizens. The law now requires someone in the military to serve only one year of active duty to qualify for citizenship. The requirement used to be three years. In addition, because we're fighting the War on Terror, President Bush signed the Expedited Naturalization Executive Order in July of 2002. It allows immigrant soldiers to immediately apply for citizenship. What used to take years, now can take just months. At this time, illegal or undocumented immigrants are not allowed to join the armed forces to speed up the citizenship process. The U.S. Citizenship and Immigration Services has granted posthumous citizenship to 75 service members during the War on Terror.

700 Club #90106	1:00:00	9:00	REC	PA/O/E	9/01/06	2:00 PM
-----------------	---------	------	-----	--------	---------	---------

Charlene Israel CBN asks the question – why are Black Americans lagging behind? Juan Williams and Gordon Robertson talk about Black phony politicians like Jesse Jackson and Al Sharpton. Juan says these Black politicians don't want to deal with the real issues – black children dropping out of school and the high poverty rate. He says they stage phony demonstrations for money – it's not about meeting Black American's needs. These leaders need to address how the people can rise above the 'storm'. There is a 70% dropout rate among Black American children, there are no fathers and babies are having babies. Black Americans need to look at themselves not government for assistance and speak out against phony Black politicians. They must tell their kids to stay in school, stay in the job market and move up. Don't have babies out of wedlock. Parents need to get involved in their child's life and let them know they are important.

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

Environment

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club CBN NewsWatch #80706	1:00:00	7:00	REC	PA/O/E	8/07/06	2:00 PM

Wendy Griffith CBN News reports Duke Energy will build its first nuclear power plant in 30 years. Chief nuclear officer for Duke Energy, Brew Barron, said, "The plants are designed for the worst-case scenario. But environmentalist Navin Nayak said "It's a huge expense upfront, which the taxpayers will have to burden, it's a serious risk throughout the life of the plant because they pose terrorist threats and it's a major waste problem at the end of the cycle". Barron said, "Nuclear power plants are probably the most hardened structures in the civilian infrastructure in this country." "Until a national waste repository is available --any nuclear waste that is produced here will be stored safely and securely at the site as it currently is at all nuclear stations," Rita Sipe of Duke Energy said. "This is a problem that is going to be around for generations, for centuries," Nayak said, "and no society has figured out what to do with this waste. The U.S. already has nearly 63,000 metro-tons of nuclear waste that we don't know what to do with, that is right now sitting at plants across the country and again putting communities at risk."

700 Club CBN NewsWatch #82806	1:00:00	6:00	REC	PA/O/E	8/28/06	2:00 PM
----------------------------------	---------	------	-----	--------	---------	---------

John Jessup CBN News - All eyes are south of the border looking to see what Ernesto may have in store for the U.S. Already the storm is being blamed for one death in Haiti and is prompting emergency planning from the Cayman Islands to the Florida Keys, where a hurricane watch is in effect and extends to the southern tip of Florida. Yesterday officials in the Keys said all visitors and tourists had to leave. On Sunday, Governor Jeb Bush issued a state of emergency for all of Florida, activating local emergency management offices and the National Guard. One year after critical failures from the federal government on down, the head of FEMA said things are different now, and that the organization is prepared if this storm makes landfall. Pat Robertson talks with Accuweather's Joe Lundbert. Joe talks about Ernesto and says it is passing over Haiti and expects it to approach south Florida by Tuesday. They talk about last year's storm season and compare it to this year's - so far it has been a quite season.

700 Club CBN NewsWatch #82806	1:00:00	7:00	REC	PA/O/E	8/28/06	2:00 PM
----------------------------------	---------	------	-----	--------	---------	---------

Melissa Charbonneau, CBN News from the MISSISSIPPI GULF COAST - President Bush is making his 13th visit today to the Gulf Coast. He's in Mississippi commemorating the first anniversary of Hurricane Katrina. While Congress has given more than \$100 billion for hurricane relief, the Magnolia State's recovery still has a long way to go. A year since Katrina leveled the Gulf Coast, demolition crews are plowing through rubble that Katrina left in her wake. Don Powell, head of Federal Gulf Coast Rebuilding, says that \$5 billion in community grants is already on its way. Though many have yet to see federal funds, those with the means have begun to rebuild. They're restoring antebellum homes, building high-rise condominiums, and re-opening hotels. With thousands on the Gulf Coast still waiting for government and insurance companies to pay up, most Mississippians are bridging the gap to recovery themselves, along with the help of volunteers.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Environment

700 Club CBN NewsWatch #82906	1:00:00	6:00	REC	PA/O/E	8/29/06	2:00 PM
----------------------------------	---------	------	-----	--------	---------	---------

Mark Martin CBN News - NEW ORLEANS, Louisiana - The city of New Orleans took a big hit from Hurricane Katrina's fierce winds and powerful storm surge. Levees were breached and pumps failed. Eighty percent of the city was flooded. One year later, an estimated 221,000 people call New Orleans home, less than half the number of people before Katrina. To protect the people who remain, the Army Corps is in the middle of an \$800 million program to shore up New Orleans' defenses against another storm. One year later, the breach has been fortified with temporary sheet piling. A stronger and deeper concrete flood wall will follow. The Corps hopes the new wall will better protect areas like the Lower 9th Ward, which was one of the hardest hit. Although a lot of the devastation has been cleaned up, much of the lower 9th Ward still lies in disarray. Homes behind the 17th Street Canal breach also appear to be frozen in time.

Crime

700 Club CBN NewsWatch #81706	1:00:00	8:00	REC	PA/O/E	8/17/06	2:00 PM
----------------------------------	---------	------	-----	--------	---------	---------

John Jessup CBN News report - It was a stunning and quick admission in an unsolved murder case that eluded investigators for nearly 10 years. Authorities say John Mark Karr, a 41-year old American living in Thailand, admitted he killed JonBenet Ramsey, a 6-year-old child beauty queen. One morning after Christmas 1996, John and Patsy Ramsey found their daughter strangled and beaten in the basement of their home. Because there were no credible clues at the time, JonBenet's parents lived under a relentless cloud of suspicion. Karr will be delivered into the custody of Colorado authorities in the coming week where he faces multiple charges, including two counts of first degree murder, kidnapping, and sexual assault on a child. Pat Robertson talks with CBN News reporter Scott Ross regarding his interview with the Ramsey's six years ago and about how at that time 88% of the public thought they were guilty of killing their daughter.

Health/Mental Health

Doctor to Doctor #87	28:30	18:30	REC	PA/O/E	7/11/06	11:30 AM
----------------------	-------	-------	-----	--------	---------	----------

Dr Bob DeMaria talks about understanding fats – olive oil make your blood vessels more pliable; avoid oils that have been heated. Explains how the body converts sugar into fat and recommends Flaxseed oil daily with Lignin. Dr. James Powell talks about stress and explains structure factors for stress and biochemical factors for stress. Look at structural, biochemical and emotional stresses and evaluate where your stress is coming from.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Health/Mental Health

Doctor to Doctor #88	28:30	18:30	REC	PA/O/E	7/18/06	11:30 AM
----------------------	-------	-------	-----	--------	---------	----------

Dr. Charles Adams talks about Irritable Bowel Syndrome. If you are taking large amounts of antacids, it may be bacterium related IBS. Delayed food allergies can affect you days from the time you have eaten. Most common food allergies are wheat, corn, eggs and milk. Dr. Kenneth Harper talks about diabetes. Type 1 is Insulin Dependant (Juvenile Diabetes), Type 2 is called adult onset Diabetes and the most common. Diet and exercise are the main treatment in the earlier stages.

Doctor to Doctor #89	28:30	18:30	REC	PA/O/E	7/25/06	11:30 AM
----------------------	-------	-------	-----	--------	---------	----------

Dr. Sam Buchanan talks about Thyroid Gland shaped like a butterfly and are just below the Adam apple. Any lumps in the neck should be seen by a physician; talks about most common types and tests available. Dr. Scott Hannen talks about brain function which is almost completely made of fat. Three things to keep your brain happy: fuel, oxygen, activation. Eat a healthy diet, take deep breaths for oxygen and activate your body.

Doctor to Doctor #90	28:30	28:30	REC	PA/O/E	8/1/06	11:30 AM
----------------------	-------	-------	-----	--------	--------	----------

Dr. Randy Burden talks about heart failure. Two kinds of heart failure: systolic and diastolic. He gives symptoms that put you at risk for heart failure; and gives things to do to control the progression of heart disease. Dr. David Erb talks about cancer prevention. Five out of six people who get cancer will die from it. He talks about cancer prevention – limit exposure to chemicals, stop smoking, limit prescriptions, eat right, exercise, add sunshine, develop a healthy spine. Dr. Glen Steels talks about infants' vision. Start good vision habits early playing games with infants increases their depth perception. Limit TV and computer activities as they become children.

Doctor to Doctor #91	28:30	18:30	REC	PA/O/E	8/8/06	11:30 AM
----------------------	-------	-------	-----	--------	--------	----------

Dr. Scott Hannen talks about stress and says the way you handle stress can affect your health. He explains the different stages of stress; adrenal glad needs to be healthier to withstand stress. Feed adrenal glands with B-Complex, Ginseng, and exercise and gently stretching. Dr. James Mahoney talks about depression. Causes of depression can be too much sugar or food allergies. Supplements for depression can be St. John's Wort, SAM-e, 5-HTP.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Health/Mental Health

Doctor to Doctor #92	28:30	28:30	REC	PA/O/E	8/15/06	11:30 AM
----------------------	-------	-------	-----	--------	---------	----------

Dr. Didre Howard talks about digestion. The body releases enzymes for digestion in your saliva when you become hungry. Eighty percent of the body's energy goes into digestion; eat foods with plenty of fiber to help digestion; drink plenty of water. Dr. Scott Farhart talks about female testosterone; 50 % of Testosterone comes from Ovaries and Adrenal Glands. The lowest level of testosterone happens during the menstrual cycle. Herbal product DHA can help with levels. Dr. Lorna Owens talks about Alzheimer's disease – brain cells begin to die – slowing down or inability to transfer information. Find a support group, ask for help, be patient

Doctor to Doctor #84	28:30	28:30	REC	PA/O/E	8/22/06	11:30 AM
----------------------	-------	-------	-----	--------	---------	----------

Dr. Greg Jantz talks about fatigue and explains tiredness can quickly lead to fatigue. He explains emotionally, physically and spiritually tired giving examples. To overcome fatigue can exercise regularly, drink plenty of water, take supplements, and eat proper diet. Dr. Kristen Plastino explains menopause as the time in a woman's life when menstruation stops occurring between 45-55 yrs. She gives symptoms - it is diagnosed by physical exam, Pap smear and blood tests. She explains treatment. Dr. Cherie Calbom explains insulin resistance is when you body's inability to listen to messages that insulin sends and she gives the causes.

Doctor to Doctor #93	28:30	28:30	REC	PA/O/E	8/29/06 9/12/06	11:30 AM 11:30 AM
----------------------	-------	-------	-----	--------	--------------------	----------------------

Dr. Andrew Mincy talks about how to reduce toxins – get out and get fresh air. Chlorine is a toxin that is found in water and recommends a carbon filter on faucets/showers. Always choose natural products. Dr. Frank Franklin talks about cholesterol; good cholesterol is HDL and lessens the risk of heart disease. Saturated fats are the worst offenders in high cholesterol. Dr. Scott Hannen talks about diabetes; 20.8 million Americans suffer from diabetes. To avoid diabetes take sugar and refined foods out of diet. Eat whole foods.

Doctor to Doctor #94	28:30	28:30	REC	PA/O/E	9/5/06	11:30 AM
----------------------	-------	-------	-----	--------	--------	----------

Dr. Terry Shintani talks about Cholesterol – the leading cause of death is nutrition related disease. Check with your doctor before making a change in diet. An apple has 80 calories and no cholesterol – an egg/sausage/biscuit sandwich has 500 calories. Dr. Valerie Saxion talks about energy – magnesium help convert your food to energy. A deficiency in magnesium interferes with nerve impulses. Magnesium help with PMS, reduces bad cholesterol levels, prevent cardiovascular disease, osteoporosis and cancer. Dr. Cherie Calbom talks about fatigue – avoid junk food, processed food and fast food. Drink green tea instead of coffee, get 8 – 8 ½ hrs of sleep per night, exercise 3-4 times a week.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Health/Mental Health

Doctor to Doctor #95	28:30	28:30	REC	PA/O/E	9/19/06	11:30 AM
----------------------	-------	-------	-----	--------	---------	----------

Dr. Greg Jantz talks about fatigue – tiredness can quickly lead to fatigue. Three emotions of fatigue: daily frustrations/anger, anxiousness/fear and feelings of guilt/shame. He recommends exercise, drink plenty of water, take supplements, and eat a proper diet. Dr. James Mahoney talks about depression; the causes of depression can be too much sugar, food allergies. He recommends St. John’s Wort, SAM-E, 5-HTP. Fifty percent of people who exercise stop being depressed. Dr. Chimene Fickert talks about Eczema defined as “A-topic Dermatitis”. It is an allergy of the skin. Moisturizing helps; trim child’s fingernails; check with pediatrician.

Doctor to Doctor #96	28:30	28:30	REC	PA/O/E	9/26/06	11:30 AM
----------------------	-------	-------	-----	--------	---------	----------

Dr. Paula Bickle talks about children’s health. Only one out of 50 are really ADD the others have a diet problem. Need to remove refined foods, sodas. Children need a high protein breakfast. Hyperactive children need calcium and magnesium supplements. Dr. Dale Peterson talks about migraine headaches. Most common things that trigger a migraine is fatigue, over sleep or under sleep, bright or flickering lights. Diet supplementation can improve condition – vitamins and minerals, green plant substances help balance ph and Omega 3 oils. Dr. Laurie Steelsmith talks about menopause – changes can sometimes be PMS, night sweats, mood changes. Soy products can help eat apples, alfalfa, and asparagus and recommends Black Cohosh, red clover. Avoid garlic, cayenne pepper, alcohol and coffee.

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