

# Trinity Broadcasting Network

## *Quarterly Report*

April, May & June 2011

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.*

CIVIC AFFAIRS

YOUTH

ENVIRONMENT

SUBSTANCE ABUSE

HOUSING

ELECTORAL AFFAIRS

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>
<b>CIVIC AFFAIRS</b>						
PR11-13	30:00	15:00	L	PA/O	04/01/11	12:00 PM
					04/02/11	02:30 AM
					04/04/11	10:30 AM
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<p>Host Desiree Hoard discusses regionalization with the Waukesha County Sheriff Daniel Trawicki. Budgets, being the main reason, are causing municipalities to consider difficult and alternate choices about having their own police departments. Eighty percent of budgets go for salaries and benefits. Pooling resources is a cost saving measure. There are some counties that are doing this, but it is a fairly new way to provide services. As revenue from the state is most likely to continue to decrease, there will be an increased need to share services. This can ultimately make departments better and more responsible to the citizens. When the Sheriff's Dept. receives an official inquiry, Sheriff Trawicki will then give a presentation on sharing of services. He does not see any negatives to this, but communities may feel they are losing local control of how the community is policed. Communities do set the tone for how they want it policed.</p>						
PR11-15	30:00	15:00	L	PA/O	04/07/11	02:30 AM
					04/07/11	11:00 AM
					04/08/11	12:00 PM
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<p>Host Tyler Mader talks with David Titus, Director of Dodge County Human Services and Health Dept. about the budget. The county is growing and needs are growing. The sharing of services across county lines is something that has transpired over the last few years mainly due to financial issues. Programs have to be done in a way that is out of the ordinary. Sharing of services stretches tax dollars. Mr. Titus believes counties will have to adapt their programs and services will need to become more centralized. While now counties are mostly on their own, the move will be towards regional centers, such as assessment for the elderly and mental health care. This must be done cautiously so that people can receive expected services. A challenge to centralized programs will be transportation. The state is capping family care, which presents some challenges.</p>						
PR11-20	30:00	15:00	L	PA/O	05/13/11	12:00 PM
					05/14/11	02:30 AM
					05/16/11	10:30 AM
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<p>Brian Esselman, President of the Village of Iron Ridge, talks with Host Jackie Kahlhamer about Iron Ridge. Even though it is a small municipality, it has similarities to a larger one. The same issues apply, but on a smaller scale. Brian talked about the current budget. Roads are due at almost the same time for repair, but it takes time to get this done. He agrees with the Budget Repair Bill and how the Legislature is working to address the state deficit. Iron Ridge will lose some shared revenue, but it and the state will be better off. He is not in agreement with the way the county handled union contracts. Brian would rather do projects when they have the money, rather than borrow it. Unexpected expenses usually arise and it is good to have money set aside for that. The budget will be tight for the next few years.</p>						

<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>
PR11-25	30:00	15:00	L	PA/O	06/03/11	12:00 PM
					06/06/11	10:30 AM
					06/07/11	01:30 AM
					06/09/11	02:30 AM

Host Jackie Kahlhamer discusses the Budget Repair Bill with Senate Majority Leader, Senator Scott Fitzgerald. He believes that honest budgeting will eliminate the structural deficit. Without it we would have found ourselves in a difficult position. The most controversial part of the bill was the collective bargaining change for public employees. This change will give more flexibility and control over local budgets. Public employees would be forced to pay more for their pension and health insurance. Manufacturing is a major part of the state's economy and there has been some growth. Sen. Fitzgerald talked about the upcoming new biennial state budget. The Budget Repair Bill's legality is being reviewed by the court system. Jobs and the economy are the most important concerns now. Fifty-five percent of the budget goes towards public education. Sen. Fitzgerald talked about the School Choice Program and also a focus on a property tax freeze.

PR11-26	30:00	15:00	L	PA/O	06/24/11	12:00 PM
					06/25/11	02:30 AM
					06/27/11	10:30 AM
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Mark Grams, Dodge County Veterans Service Officer and Host Jackie Kahlhamer talk about honoring veterans. Mark also serves as a Board Member for the Stars and Stripes Honor Flight. This allows WWII and terminally ill veterans to travel, at no cost, to Washington D.C to visit the National WWII Memorial. Many of these veterans did not receive a thank-you when they returned home. This is part of the healing process and helps them put a closure to it. Honoring the veterans also teaches the next generation to do so. The WWII veterans are elderly so there are often special health considerations, such as wheelchairs being made available to help them as needed. Vets share stories of the war with each other. They are recognizable at the Memorial. Adults and children thank them for their service to our country. It helps the generations to connect.

## YOUTH

PR11-15	30:00	15:00	L	PA/O	04/07/11	02:30 AM
					04/07/11	11:00 AM
					04/08/11	12:00 PM
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Lori Tapola, an EMT Intermediate Tech for the Mayville EMS, and Host Tyler Mader discuss pediatric EMS care. The EMS Dept. has acquired a pediatric jump kit. Previously, when administering aid to children, anywhere from preemies to about age 12, equipment used was not always designed for children. A jump kit allows everything in each specific size to be in one easy to access place. A pediatric defibrillator can be used in situations where children are not breathing. Lori discussed what information the EMS Dept. will want from a parent or caregiver when responding to a call involving a child.



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PR11-17	30:00	15:00	L	PA/O	04/22/11	12:00 PM
					04/25/11	10:30 AM
					04/26/11	01:30 AM
					04/28/11	02:30 AM
					04/28/11	11:00 AM
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Jim Wiersma, the Dodge County Foster Care Coordinator and Host Jackie Kahlhamer talk about foster care. Foster Care is always recruiting for new families, so that they can find the most appropriate match for a child in need of care. Children are mostly likely placed within Dodge County, but may be placed in other counties if resources are not available. Children may be placed in a foster home because of neglect, abuse or for other safety reasons. Relatives and neighbors are considered first when care is needed. Being put into foster care can be a traumatic event. Foster families are trained to deal with behaviors that can occur. Foster families must work with the biological families towards the goal of reunification. In some instances, this may not be possible. Jim discussed what it takes for a foster family to qualify. Matching a child with the correct home is important so that children do not have to be moved from foster home to foster home. There are 5 levels of certification for foster care families.

PR11-19	30:00	15:00	L	PA/O	04/29/11	12:00 PM
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Host Desiree Hoard and Anna Benton discuss preventing prematurity. Anna is the Division Director for Family and Community Health for the City of Milwaukee Health Dept. Infant mortality was defined as when babies die before their first birthday. It is a public health crisis in the city. The rate is higher than in some third world countries. It is 3 times more common among African Americans, who can be affected by poverty, racism and segregation. Last year the Health Dept. focused on a safe sleeping campaign. This year the focus is on prematurity. A summit will be held that will target medical providers, to engage their help. Smoking, infections, chronic disease and a previous preterm birth are some causes of prematurity. The message must get out to women about the importance of taking care of themselves during pregnancy. Research has been done about the effect of stress on pregnancies. A holistic approach is needed to reduce infant mortality. Prematurity has economic costs and the baby can have long-term health problems. Their goal is to see every baby carried to term.

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PR11-19	30:00	15:00	L	PA/O	04/29/11	12:00 PM
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Gretchen Klug, Dodge County Human Services & Health Dept. Car Seat Technician and Host Jackie Kahlhamer discuss traveling safely. The county program is able to supply WIC eligible families with new car seats. Gretchen talked about the different types of required car seats. The basic three types are rear-facing, forward-facing and a booster seat. Wisconsin state law requires the use of appropriate car seats. It is best to keep the child in the car seat for as long as possible and then move on to the next size. Also important is to follow manufacturer's guidelines as they are all different. She finds that car seats are often improperly used. Gretchen does a recall check when car seats are brought for a placement check. It is very important to send in the registration so that notification can be sent in the event of a recall. Drivers can receive a ticket if a child is not in a car seat. Car seats are responsible for saving the lives of 9,000 children. All children under the age of 13 should be in the back seat and not by an air bag. Continuing education about car seats is important, as are the resources to be able to supply them to families who qualify.

PR11-20	30:00	15:00	L	PA/O	05/13/11	12:00 PM
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Host Desiree Hoard talks with Lynne Miller about encouraging reading. Lynne is a B.A.R.C.C. Read Team member and she was joined by her team member Oreo. Oral reading can be stressful for children. Reading to a real dog sitting next to them eases the children. The dog does not judge or correct. Reading out loud is especially beneficial to children who need to develop special social skills. It gives increased confidence. Some children do not read at home and need to be given opportunities to make reading fun. Reading to a dog is more fun than being in front of a digital voice. It brings improvement in skills, speaking and reading.

<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  PR11-16	30:00	15:00	L	PA/O	04/15/11	12:00 PM
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					04/21/11	11:00 AM
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Host Tyler Mader talks with Leslie Williams about sustainability. Leslie is the Waukesha County Hazardous Materials Coordinator. The general definition of sustainability is to be operating to meet current needs and to be future thinking and conserve. Natural resources are dwindling, especially mentioned was the dwindling supply of fresh water. Managing and conserving energy, and dealing with toxic waste need are important to address. Some of the major concerns of the county include its energy use in buildings and water conservation due to the city of Waukesha having to use water from a deeper aquifer that has radium in it. The County is in the forefront of having a formal sustainability plan. The sustainability now practiced is done within the confines of county government's usage of resources. They have considered many different aspects of conserving and have put into practice many ways to conserve. There are things people can do personally to be more green and often they are easy to put into practice

PR11-21	30:00	15:00	L	PA/O	05/20/11	12:00 PM
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Mick Skwarok, Education Specialist for the Dept. of Agriculture, Trade and Consumer Protection, and Host Desiree Hoard discuss the Emerald Ash Borer. Mick gave a background understanding of how the EAB arrived in Wisconsin and the devastation it causes to ash trees. The state has a lot of ash trees in both forested and urban areas. Locally, infestations were found in several counties. Quarantines are in effect for affected areas. This includes not moving firewood or anything that could move the EAB. There are some pesticides that will protect or bring back an infected tree. Three little parasitic wasps are set to be released in Newburg. These attack the larval and egg stage of the EAB. It will take 4-6 years to know if it is successful.



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PR11-23	30:00	15:00	L	PA/O	05/27/11	12:00 PM
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					06/09/11	03:00 AM

Lorrie Lisek, Director for Wisconsin Clean Cities, and Host Ivette Alvarado talk about reducing dependence on petroleum. The use of electric vehicles is increasing. The infrastructure needs to be in place for alternative fuels, so that vehicles can refuel. It needs to be as easy as possible for the consumer and progress is being made. There needs to be a way that people think generationally- that what they do now will impact the next generation- such as using public transportation, not idling vehicles and being conscious of what they are doing. Education and outreach are necessary to bringing this change about. Also interviewed was Laura Richard, Program Associate for Wisconsin Clean Cities, discussing alternate fuels. The use of alternate fuels by fleets is increasing. The displacement of petro by fleets is great. Switching to compressed gas has a lot of benefits. Laura talked about other forms of alternative fuel. Many companies realize they need to be on the wave of alternative fuels usage. Some infrastructure is in place and it is expanding. The increased use of alternative fuels will have a significant effect on our local environment. Southeast Wisconsin is in a non-attainment area. The reduction of the use of petro will have a big difference.

PR11-25	30:00	15:00	L	PA/O	06/03/11	12:00 PM
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State Senate Majority Leader, Senator Scott Fitzgerald, and Host Jackie Kahlhamer talk about the environment and legislation. Wisconsin has been at the forefront of appreciation of its natural resources. Sen. Fitzgerald talked about the difference between environmentalists and conservationists. Conservationists feel it is more important to be stewards of the land rather than continuing to have legislation passed that ultimately has a drop dead stance on issues. He discussed some of the controversy the DNR has garnered. He believes the Secretary Stepp will find a balance in protecting the environment while allowing business to flourish. Businesses need to get timely answers about environmental issues. Businesses are not looking to work around statutes, but to get a direct answer from the DNR. A healthy environment is good for Wisconsin businesses. Tourism is a major component of the state's economy and it would be a poor move to compromise our natural resources.

PR11-22	30:00	15:00	L	PA/O	06/10/11	12:00 PM
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Wendy Woyczik, Wildlife Biologist at the US Fish & Wildlife Services, and Host Jackie Kahlhamer talk about wildlife and wind turbines. Wendy had been involved in monitoring the effects of the turbines on sandhill cranes. It was found that the cranes avoided some areas by the turbines. It is unsure whether this is due to crop rotation or the turbines. While the overall bird death population was low, what was surprising was the large number of migratory bat deaths attributed to the wind turbines. The information from the survey will be used to create a model to predict future turbine placements around the country where there will be the least amount of disturbance to wildlife. Bats are great insect feeders and they eat a lot of mosquitoes. The bats may have been so intent on the insects that it caused them to not be able to migrate safely through the turbines.

<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>
<b>SUBSTANCE ABUSE</b>						
PR11-16	30:00	15:00	L	PA/O	04/14/11	02:30 AM
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					04/15/11	12:00 PM
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Mary Simon, the Executive Director of The Council on AODA of Washington County and Host Tyler Mader discuss reaching adolescents. A goal is to delay alcohol usage among youth for as long as possible. Alcohol is one of the first drugs used by teens and even preteens. It is readily accessible and is a cultural concern in the state. Wisconsin rates #1 in binge drinking in the country. Other drugs of concern are tobacco, marijuana, prescription drugs and heroin. Mary talked about developmental assets. The more a youth has, the less likely they are to engage in risky behaviors. Showing kids that they can have fun without using drugs is done through various programs. A research based curriculum is used in schools to help students make healthier decisions. Outside of school, the work is to change the culture- to - that it is cool not to use, versus, it is cool to use. Parental support is important. Parents sign a contract that they will not host underage parties with alcohol and drugs. Every person can be part of helping children to make a right decision. Part of the challenge is the cultural norm. Adults may think, they used, so why is it so bad? There is now more known about how brain development is affected by alcohol and drugs.

PR11-17	30:00	15:00	L	PA/O	04/22/11	12:00 PM
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					04/26/11	01:30 AM
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Host Tyler Mader discusses the Social Norms Campaign with Debb Lins. Debb is the Beaver Dam Unified School District Alcohol, Tobacco and other Drug Abuse (ATODA) Prevention Coordinator. She discussed the latest results available from the annual Youth Risk Behavior Survey, which is given to 6<sup>th</sup> through 12<sup>th</sup> graders. She talked about the misperceptions students have about substance abuse. These can range from believing it is okay to do it to feeling ostracized if not doing it. The Social Norms Campaign has an immediate and a long-term focus. Addressing teen drinking, driving and then using data over time to show that "not everyone is doing it" are part of the campaign. Results of the survey show that binge drinking has decreased in the last few years. Parental involvement will be an important component to the success of the campaign. Addressing bullying and (negative) peer pressure are messages that must be given continuously in as many forms and to as many people as possible.



<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>
PR11-18	30:00	15:00	L	PA/O	05/06/11	12:00 PM
					05/07/11	02:30 AM
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					05/10/11	02:00 AM
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Host Tyler Mader talks with Jim Pearson, the Program Coordinator for The Addiction Resource Council of Waukesha, about prescription drug abuse. This form of drug abuse is the misuse of a prescribed drug in order to get high. For some reason teens think it is safe because it is prescribed by a doctor. Teens are swayed by peer pressure to fit in and abuse drugs. Most of the drugs are stolen from someone's medicine cabinet. Side effects can include respiratory problems, depression, decreased heart rate, etc. Parents may need to do a drug test, to intervene before addiction occurs. Jim talked about pharm parties and how especially dangerous it is to mix alcohol with the drugs. School stress is the #1 reason kids say they abuse. The best ways to combat the abuse is to educate. Parents need to be aware of what is in their medicine cabinet. Extracurricular activities are important for youth to be involved with.

PR11-18	30:00	15:00	L	PA/O	05/06/11	12:00 PM
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Claudia Roska, Executive Director of The Addiction Resource Council of Waukesha talks with Host Tyler Mader about addiction in the workplace. When an employer suspects that an employee may have an addiction issue, the best recommendation is that they look at the work behavior and address that. It can be very difficult for an employer to discuss their concern with the employee. Small businesses may not have the resources to address it. Employers can look at work behaviors not seen before and address those as a disciplinary action. It can be helpful for an employer to have involvement with an addiction resource program. This helps keep records out of the place of employment and keeps the employers interaction along the lines of work performance. Addiction can be one of the highest costs to employers, including lost work time, problems between employees and health care costs. Addiction pushes up the cost of health care. Employees may also be dealing with family members who have issues. A good employee assistance program is beneficial to employers and employees. Safety and workplace productivity need to be considered. Early intervention is best. An employee assistant professional can address addiction concerns correctly.

PR11-22	30:00	15:00	L	PA/O	06/10/11	12:00 PM
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Host Patti Hutton talks with Kurt Klomberg, Dodge County District Attorney about heroin. Use of the drug has been rising substantially in the last couple of years. It is extremely dangerous and destructive. Fueling it has been the rise of the abuse of prescription drugs. These are expensive and when in withdrawal, there is a trend to then use heroin, which has become cheaper to abuse. Heroin is physically addictive. There are some local fatalities caused by heroin. Heroin use has a cascading effect across law enforcement. A heavy user may need a couple hundred dollars per day for the addiction. This in turn leads to burglaries, thefts, armed robberies, forgery and ID theft. The Dodge County Multi Jurisdictional Task Force aggressively investigates drug related crimes and there is aggressive prosecution. Mr. Klomberg is intent on educating the public about the use of heroin in the county.

## HOUSING

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR11-21	30:00	15:00	L	PA/O	05/20/11	12:00 PM
					05/21/11	02:30 AM
					05/23/11	10:30 AM
					05/24/11	01:30 AM
					05/26/11	02:30 AM
					05/26/11	11:00 AM
					06/07/11	03:00 AM

Host Jackie Kahlhamer talks with Kathy Hetzel, Dodge County UW Extension Family Living Educator about first time home buying. Kathy is also involved with the Dodge County Home Buyer's Council. A first time home purchase needs to be carefully thought out. It may not be right for everyone. A difficult part has been that home values were not increasing as they previously were. Credit history is a critical component to receiving a home loan. Borrowers need to know what is on there and correct any mistakes. Kathy discussed what to take along to a lender when seeking a loan. A general guide to the cost of the home one can afford is 2.5 – 3 times the annual income. Another guide is that not more than 29% of income should go towards housing costs. Homeowners must consider maintenance and upkeep costs. A home inspection is a good idea before purchasing. A spending plan is critical to follow and to not buy extras on credit.

PR11-23	30:00	15:00	L	PA/O	05/27/11	12:00 PM
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					06/02/11	02:30 AM
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Host Ivette Alvarado and Jim Eigenberger, Senior Asset Manager for the Housing Authority for the City of Milwaukee discuss affordable housing. The Housing Authority has a component that helps qualified public housing residents purchase their first home. People must be responsible and ready to own a home. Required counseling classes are the biggest plus to being educated and responsible. Home ownership is a win-win situation. The houses are on the tax roll and owners have a financial interest in the house. They must occupy it. The Housing Authority is acquiring foreclosed properties to sell to first time homeowners. Credit reports must be pulled and cleaned up as needed. For those who do not have credit, it must be established. There cannot be a drive through mentality. The process can take 6 months or longer.

PR11-24	30:00	15:00	L	PA/O	06/17/11	12:00 PM
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Host Jackie Kahlhamer and Melissa Bublitz talk about affordable housing needs. Melissa is the Executive Director of the West Bend Housing Authority. Melissa talked about the different programs available for qualified applicants. There has been a vast increase in the number of calls and applications for housing assistance. Families who never needed assistance before now are finding themselves in need of it, often due to unemployment or underemployment. They have received calls from those facing foreclosure. Assistance may be available for that, depending how far into the process they are. The waiting time for rental assistance for qualified applicants can be from 6 months to 1 year. This means they may have to live in a place they cannot really afford. The Section 8 Voucher List was closed 6 months ago because the waiting period was 7 years. Homeless persons are moved to the top of the list. There are no vacant apartments.



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Shirley Peterson, Waukesha County Aging & Disability Resource Center Supervisor, and Host Jackie Kahlhamer discuss senior housing. Leaving a home can be very hard for some seniors, easier for others. It can be a time of loss and stress. Shirley discussed the different types of housing for seniors- senior apartments, assisted living, to nursing homes. It is very helpful for seniors to have along a family member or trusted friend when touring a facility. There is housing available for those with low income. Getting on a waiting list may be necessary. Each senior has different needs and finding a home that will be a good fit is important.

PR11-26	30:00	15:00	L	PA/O	06/24/11	12:00 PM
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Host Jackie Kahlhamer and Barb Hagedorn, Executive Director of the Dodge County Housing Authority, talk about affordable housing. The need for this seems to always increase. The housing voucher list was recently opened for 9 days. It had been closed for several years. There were a large number of applicants. Barb talked about the cost of rentals in Dodge County. The rent is costly for someone with low income. If a family is able to find a 3 bedroom home it is usually in an older, energy inefficient home. This drives up the cost of utilities. The Housing Authority recently purchased an apartment complex. They were awarded tax credits for the renovation of it. When finished, the apartments will be better insulated and quality materials will be used that will make them sustainable for a long time. Barb talked about eligibility requirements and the application process.

## ELECTORAL AFFAIRS

PR11-13	30:00	15:00	L	PA/O	04/01/11	12:00 PM
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					04/04/11	10:30 AM
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Kathy Nickolaus, Waukesha County Clerk and Host Ivette Alvarado discuss local spring elections. Kathy gave a general overview of what will be on the ballots, locally and statewide. To be eligible to vote, one must be a U.S. citizen and live in the local area where they will vote. Becoming a registered voter can be done at the Clerk's office or at the polls. They must bring along a proof of residence, such as their driver's license, utility bill, etc. There is a 10 day minimum residency requirement. Sample ballots can be checked out on the county website. Voter turnout is usually lower than in a partisan election. Kathy does expect a higher turnout due to recent events. Voters should be concerned about local elections- these officials are people that make decisions that impact everyday life. Election night results are posted on the website. Anyone interested in becoming a poll worker must meet some eligibility requirements. There is the possibility of recall elections occurring. Certain criteria must be met to have one.



<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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## HEALTH/MENTAL HEALTH

700 Club CBN News Watch	1:00:00	6:00	REC	PA/O/E	06/16/2011	2:00 PM
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#061610

Lori Johnson, CBN News Reporter, says if you're trying to eat healthy, perhaps you have heard to stay away from processed foods. While that's great advice, it seems many people are confused about what exactly constitutes processed food. If you can't identify them, it's hard to cut processed foods out of your diet. And although most people know processed foods are bad for them, it's often unclear what makes them so dangerous to a person's health. Remember - processed foods are foods that have been altered from their natural state. Have you ever wondered why a pre-packaged food stays fresh for months, when the same food made from scratch grows moldy in just days? It's because food manufacturers use man-made ingredients that prolong a product's shelf life. Unfortunately, they may have the opposite effect on peoples' health. Trans fats are commonly found in commercially fried food and packaged foods, especially baked goods. But you won't see the phrase, "trans fat" in the list of ingredients. Instead, look for the word, "hydrogenated." And beware of labels claiming no trans fats. They're often still in there, because the Food and Drug Administration allows food with up to a half-gram of trans fat per serving to be labeled "trans fat free." The problem is, those servings can be small so we eat many servings, and those half-grams add-up. Vending machines are often loaded with processed foods. In addition to trans fats, they often contain too much salt, which can cause heart problems and creates a craving for even more salt. Another addictive ingredient you'll find in processed foods is high fructose corn syrup, which is linked to obesity and diabetes. Although high fructose corn syrup manufacturers contend it's nutritionally the same as sugar, others say it's worse. Also on the list are other syrups and sweeteners like dextrose, glucose, lactose and maltose. And speaking of chemical names, here's another one to watch out for: monosodium glutamate, or MSG for short. Food manufacturers like it because it adds flavor. But doctors dislike it because it causes high insulin secretion. Believe it or not, even white flour is a processed food. Its soft texture and mild taste is created by removing the most nutritious parts of the wheat berry, the bran and the germ. The starch leftover is digested too fast in the body and can lead to weight gain, diabetes, heart disease and cancer. By contrast, whole wheat flour includes the entire wheat berry, which is digested slowly, making us feel full longer. Although identifying processed foods and removing them from our diet isn't easy, it may be less troubling than dealing with the health problems they could create

Doctor #295	to Doctor	28:30	28:30	REC	PA/O/E	4/05/2011	11:30 AM
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**Dr. Eric Braverman** talked about brain health. Dopamine in the brain helps the body to keep going. Acetylcholine helps with attention and focus. Progesterone helps build GABA which provides stability. It's important to keep a balance in the brain by taking Fish oil and natural hormones. **Jessic Setnick** talked about healthier eating out. Restaurant portions are big as well as the plates. This can lead to over eating and feeling guilty. It's important to not be overly hungry when you go or feel like you have to finish all of your food. You can share your meal or eat only half and take the rest home with you. **Dr. Daniel Leeman** talked about Sinusitis and Rhinitis. Rhinitis is inflammation of the nasal cavity. Sinusitis is inflammation of the sinus cavity. Symptoms can be facial pain/pressure, lack of smell, teeth hurt and difficult breathing. An exam of the nose and culture may be performed at a doctor's office. Decongestants and nasal sprays can help relieve symptoms.

Doctor #296	to Doctor	28:30	28:30	REC	PA/O/E	4/12/2011	11:30 AM
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**Dr. Scott Hannen** talked about allergies and the liver. The liver filters our toxins in the blood and pushes them out. If the liver is unable to do this, it begins to produce histamine to flush everything out. This is when an allergic reaction can occur resulting in watery eyes, runny nose and sneezing. It's important the liver and digestive system is functioning properly. **Dr. John Fisher** talked about vertebral compression fractures. It is fractures in the spin often happening to the elderly population or post menopausal women. The main symptom is pain that is very debilitating. Treatment can be a back brace and bed rest to a vertebral augmentation procedure. **Dr. Ross Dorsett** talked about dementia. It occurs in 1/3 of adults over the age of 80. It's a loss of higher thinking or cognitive skills. A form of dementia is Alzheimer's disease. This is when the brain cells die off. It's important to get a thorough evaluation. Some drugs are available to slow down the progression.



<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 #297	28:30	28:30	REC	PA/O/E	4/26/2011	11:30 AM

**Dr. Mike Ronsisvalle** talked about the traits of a happy marriage. It's important to fight fair. Instead of lashing out address the behavior. Believe the best about your spouse. Instead of thinking the worst about your spouse try focusing on the positive characteristics. **Dr. James Mittelberger** talked about advance care planning. It's making plans to address your medical care in the case you become incapacitated. Family and friends may not know how you would like to handle certain medical situations. Advance Directive is a legal document that you fill out explaining your wishes in different medical scenarios. **Dr. Glen Steele** talked about Convergence Insufficiency. It is the inability to follow a target all the way to the nose. It causes a difficulty in focusing on work that is close up. It can cause eye strain, headaches, blurred or double vision. It's important to get an eye and vision examination to determine the course of treatment.

Doctor to Doctor #298	28:30	28:30	REC	PA/O/E	5/03/2011	11:30 AM
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**Lisa Buldo** talked about acne. It can be caused by a buildup of bacteria in your intestine. A suppressed immune system can be caused by medications, processed food and chemicals. Eat clean food, avoid sugar, take a supplement daily, exercise, get plenty of sleep and clean skin daily. **Dr. Bronlynn Eberhardt** talked about teeth health. Bad teeth health can lead to stroke, heart disease, cancer and diabetes. It's important to floss, brush teeth regularly and to see the dentist on a regular basis. **Dr. Brian Nimphius** talked about neck pain. It often occurs because the muscles in the neck region become weak from not being used. These muscles are then susceptible to fatigue and injury. It's important to do certain exercises that will strengthen them as well.

Doctor to Doctor #299	28:30	28:30	REC	PA/O/E	5/10/2011	11:30 AM
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**Dr. Christopher Chen** talked about exercise. It helps to keep inflammation down, increases heart rate, decrease blood pressure and stress level. It increases circulation which helps to deliver oxygen to other parts of the body. Walking, swimming and cycling are great low impact exercises. **Dr. Bob DeMaria** talked about joint pain. Plantar Fasciitis can result in a heel spur. Tennis elbow and Carpal Tunnel syndrome can result in joint pain. It's important to drink plenty of water, limit sugar, increase flax seed oil and vitamin B6. **Dr. Carl Schmidt** talked about vitamin B. Every nutrient has a purpose to keep the body alive and functioning. B1 is good for mood, memory and attention. B2 helps with cells. B3 helps lower cholesterol. Whole grains or supplements are a great way to make sure you are getting enough B vitamin.

Doctor to Doctor #300	28:30	28:30	REC	PA/O/E	5/17/2011	11:30 AM
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**Dr. Marc Unterman** talked about Ischemic Heart Disease. It's when cholesterol plaque builds up inside the arteries and can cause a blockage. It can cause heart attacks, chest pain and weakened heart muscle. It's important to have a healthy lifestyle, exercise, quit smoking and consume foods low in fat and salt. **Kay Spears** talked about stress. It is a mental or physical event that causes a biochemical change in the body. It can cause increase heart rate, insomnia and fatigue. It's important to eat right, exercise, be forgiving to other and have an attitude of gratitude. **Dr. Mark Sheehan** talked about patient advocacy. It's anyone who looks out for the well-being of a patient and acts in accordance with the patient's interest. Nurses are the best patient advocates. Doctors should do better. It's important as an advocate to always ask questions.



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Doctor to Doctor #301	28:30	28:30	REC	PA/O/E	5/24/2011	11:30 AM
<p><b>Dr. Doreen Lewis</b> talked about Gluten Sensitivity. 40% of gluten is genetically modified and the body acts as if it is a poison. The body doesn't know what to do with it so it causes problems for the gut, GI and brain. It can also cause seizures, migraines and chronic headaches. There are different tests available to determine if a person has a gluten allergy. <b>Dr. George Alonso</b> talked about Influenza. It is a viral disease often occurring during the autumn and winter season. Individuals at a higher risk are seniors over 65 years of age, pregnant females and those with medical conditions. The flu vaccination as well as hand washing and proper coughing and sneezing etiquette are important to prevent it. <b>Dr. Abinash Achrekar</b> talked about quitting smoking. It is very difficult to quit because nicotine is highly addictive. Only 3-5% of individuals are successful if they quit cold turkey. It's important to make a plan, find resources such as nicotine patch or gum to help with withdrawals and have a support system.</p>						
Doctor to Doctor #302	28:30	28:30	REC	PA/O/E	5/31/2011	11:30 AM
<p><b>Eric Braverman</b> talked about how to have an abundant life. It is possible to look on the outside for problems on the inside. Balding men have a higher rate of Prostate cancer. A pigment change in the skin can mean skin cancer or skin damage. Gum disease can be linked to heart disease. It's important to get screened. <b>Dr. Nicole Gordon-Moton</b> talked about colon cancer. It is the 3<sup>rd</sup> most common cancer and the third most common cause of cancer related death. Risk factors are family history, increased age, obesity, chronic tobacco and heavy alcohol abuse. Screening should take place at age 45 for African Americans and 50 for everyone else. <b>Dr. David Cawley</b> talked about the fearful dental patient. This is the patient that has dental needs but doesn't go because of an extreme fear. There is an oral sedation that lowers the patient's anxiety level and makes it a pleasant dental experience. There is a general sedation that allows for difficult and longer procedures.</p>						
Doctor to Doctor #303	28:30	28:30	REC	PA/O/E	6/07/2011	11:30 AM
<p><b>Dr. Tonya Lyons Anderson</b> talked about dry socket. It's when the bone dries out and causes an infection after a tooth extraction. The blood clot is needed for the area to heal. It's important to not rinse, take any caffeine, and drink through a straw or smoke. A soft diet is recommended. <b>Dr. Randy Burden</b> talked about waist management. Excess weight is often due to not being active enough, eating lots of calories, medications and diseases. It's important to have a waist circumference less than 35 for women and 40 for men. It's important to have a healthy lifestyle and exercise. <b>Dr. Bernice Gonzalez</b> talked about Menopause. Menopause for women is generally between the ages of 48-52. It is when there is no menstrual cycle for a year. Symptoms can be decrease mental alertness, lack of endurance, exhaustion and depression. It's important to have levels checked. Exercise and supplements can help increase hormone levels.</p>						
Doctor to Doctor #304	28:30	28:30	REC	PA/O/E	6/14/2011	11:30 AM
<p><b>Dr. Ace Anglin</b> talked about Ingrown Toenails. They are caused by inappropriately cutting the nail. It can lead to infection which can cause redness, swelling and extreme pain. It's important to cut straight across, have clean and appropriate tools and wear proper shoe gear. <b>Dr. James Krystosik</b> talked about the pH system. It regulates the systems in the body. Our body is alkaline. The more acid in the body can lead to chronic diseases. It's important to exercise, drink plenty of water and avoid processed food. <b>Jannie Wolff</b> talked about nutrition labels. Make sure to check that it says 100% juice. Check the serving size and serving per container when reading the label. Total fats and sodium should be less than 5%. You want fiber and vitamin percentages to be high.</p>						
Doctor to Doctor #305	28:30	28:30	REC	PA/O/E	6/21/2011	11:30 AM
<p><b>Dr. Valerie Saxon</b> talked about Phenylalanine. It is an essential amino acid that can increase energy production, metabolism, alertness, assertiveness. It can also decrease anxiety, depression and inflammation. <b>Dr. Bill Williams</b> talked about Laser Periodontal Disease Therapy. There is a connection between the health of the gums and the rest of the body. Gum disease is caused by inflammation and can cause bleeding. Laser Periodontal disease is an effective treatment for the gums and to fight Periodontal Disease. <b>Dr. Dale Peterson</b> talked about food borne illnesses. Campylobacter, Salmonella, E Coli 157:h7 and Calicivirus can lead to nausea, vomiting, abdominal cramping, diarrhea and fever. When preparing food it's important to clean, contain, cook, chill and colonize.</p>						

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