

Trinity Broadcasting Network

Quarterly Report

April, May, June 2010

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.

UNEMPLOYMENT

CIVIC AFFAIRS

PUBLIC AFFAIRS

YOUTH

ENVIRONMENT

HEALTH CARE

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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UNEMPLOYMENT

PR10-013	30:00	15:00	L	PA/O	04/01/10	12:00 PM
					04/05/10	10:30 AM
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Mary Mekelburg, Ministry Leader for Crossroads Career Network that meets at Gateway Church, and Host Jackie Kahlhamer discuss job-seeking. Those who are unemployed may have to consider a new career. Jobs are now more technical and software/hardware orientated. Extra support when job seeking is very important. Mary talked about branding yourself, resumes and the use of web-based technologies for job searches. Larger companies are going to contract employees, so it may be a good time to become an entrepreneur. Job-seekers need to be prepared when having an interview- have a 30 second elevator speech, etc. Searching for a job is a full-time job. Networking is an important of the job search.

PR10-04	30:00	15:00	L	PA/O	04/09/10	12:00 OM
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Senator Scott Fitzgerald, of the 13th Senate District, and Host Jackie Kahlhamer discuss the Wisconsin Jobs Now Agenda. The state has lost many jobs, especially in the light manufacturing sector. Most of these are probably not coming back. Jobs lost at larger manufacturers have a ripple effect on smaller ones. Right now the state's high tax burden limits economic growth and incubation. Sen. Fitzgerald would like to see more cutting edge strategies for employers. There is a need to be assertive to lure businesses to the state. The Wisconsin Jobs Now agenda brought together members of Legislature and employers, so that the Legislators could listen to the employers. The next budget cycle will be very difficult. Unemployment packages assist, but not fix the situation. It will take drastic moves to get the private sectors' confidence in the economy back.

PR10-015	30:00	15:00	L	PA/O	04/16/10	12:00 PM
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Host Jackie Kahlhamer talks with Mike Exum about unemployed farmers. Mike is the Future Fields Community Services Specialist for the Dept. of Agriculture, Trade and Consumer Protection. Farmers are hurting from the economic downturn. When some of them have to leave farming, they do not receive unemployment checks and often need retraining assistance. Leaving farming can be very emotional- the farm may have been in the family for generations. The stress of losing a farm can include court cases, a lack of cash flow, etc. Trying to find a job in the midst of these can be challenging. Most farmers will find they have an array of transferable skills that will benefit a new employer. Farmers, who had been their own boss, will now have to work for a boss, and this can be challenging. Mike has seen successful transitions from the farm to a job.

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PR10-019	30:00	15:00	L	PA/O	05/14/10	12:00 PM
					05/15/10	02:30 AM
					05/17/10	10:30 AM
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					05/20/10	02:30 AM

Kathy Fies, Business Manager for Nova Services, and Host Jackie Kahlhamer discuss helping youth become employed. Nova Services received a grant that includes stimulus funds to help youth ages 14 – 25 obtain employment, by helping them to acquire skills and the tools they need to seek employment- which they are often lacking. Youth need to know that trying to find a job today is much different than it was 3-4 years ago. They need different skills and need to lean heavily on networking. Volunteering is a huge component of getting a job today. It helps develop work experience. A youth with a job is less apt to be a delinquent. The number of jobs available is better than it was, but jobs for youth are still challenging to come by. Many of the youth jobs have gone to adults, who are working to support their families.

PR10-021	30:00	15:00	L	PA/O	06/04/10	12:00 PM
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Steve Stanislawski, Journey House Urban Careers Institute Director and Host Jackie Kahlhamer discuss workforce development and job placement. High unemployment is a concern in the area he serves, with 55% living under the poverty level. There are good jobs available within walking distance, but they are more technical in nature and require more education. Education is key to getting a job. Many of the participants in the Urban Careers Initiative lack even the skills to get a minimum wage job. Language barriers and the lack of a networking for job hunting affect the population. Soft skills are often lacking. UCI works with employers to find out their needs. Steve talked about having placed people into jobs this year. A big demand for hospital workers is expected. Reducing unemployment is necessary for neighborhoods to be healthy. Courses are offered to prepare participants for a job.

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Host Jackie Kahlhamer talks with Mr. Chris Crawley, Executive Director of People Helping People (RISE Milwaukee is their primary concept.) Jobs for the unemployed and underemployed is the topic. A lack of education, jobs leaving the area and a significant downturn in the national economy all affect the people he serves. Deficits to becoming gainfully employed include not being tooled for the 21st Century/Information Age, lack of soft skills and skills needed to engage the labor market. Many don't know what it means to work and to show up on time every day. Also lacking is an understanding of how to have a proper relationship with a supervisor and with co-workers. Resume and application skills and functional things to keeping a job are lacking. Mr. Crawley discusses an "empowerment phase" where participants are taught leadership skills and how to teach and mentor others. Entrepreneurship is a critical element to moving forward, especially for those who are re-entering society after prison and find it difficult to get a job. It is critical to see them become successful so as to not enter into recidivism, which is very costly to society.

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					06/15/10	02:00 AM
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Ken Grant, the Director for the Dept. of Workforce Development Office of Veterans Services, and Host Jackie Kahlhamer discuss helping veterans become employed. The unemployment rate for younger vets is considerably higher than for non-veterans. Some are coming back from deployment to find employers gone or having lay-offs. Some vets are coming back disabled and may need help to get a job. Resumes and interview skills may need updating. Outreach stations have increased in order to help vets. The Dept. is also doing veterans job fairs. Employers find that vets are excellent employees who are skilled, dedicated and have leadership qualities. There are some tax advantages to hiring a vet. Vets are encouraged to call for help in job searching.

CIVIC AFFAIRS

PR10-013	30:00	15:00	L	PA/O	04/01/10	12:00 PM
					04/05/10	10:30 AM
					04/06/10	02:00 AM
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Host Jackie Kahlhamer talks with Ed Madere, City of Waupun Interim Administrator, and Host Jackie Kahlhamer about City of Waupun issues. Waupun is in very good financial shape due to frugal and prudent spending over the last several years. Regarding the city budget, the council has been careful to consider the economic conditions facing residents. They were able to keep taxes flat and maintain city services. The city has a large amount of tax exempt properties, including several prison properties. State shared revenue and property taxes bring in enough to help the city have a low property tax rate. Main Street is to be reconstructed in 2015. Money needs to be put aside, while not cutting down on other projects that need to be done. The state is mandating a stormwater quality cleanup, so the city is considering putting in a pond. The city is exploring the purchase of 250 acres from the state prison. This acreage would provide a great opportunity for economic development. Economic development is a priority for the city. A healthy downtown is an important part of this.

PR10-014	30:00	15:00	L	PA/O	04/09/10	12:00 PM
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Host Jackie Kahlhamer and Senator Scott Fitzgerald, 13th Senate District Senator and State Minority Leader, talk about Legislative session issues. He talked about some of the bills passed including the combined reporting bill that changed the way the Dept. of Revenue collects taxes from corporations in the state. New tax money (5 billion) and stimulus dollars filled the hole in income tax collection. The income tax dollars are dropping off and they are already at a deficit position. Sen. Fitzgerald talked about possible legislation to address global warming. This is very controversial. One side thinks it will set Wisconsin as a leader in these initiatives and the other see it as being too extreme and that it will cause utility rates to rise and create more bureaucracy. Sen. Fitzgerald believes this bill would almost position the state to not be competitive. He talked about the use of stimulus dollars, which are borrowed dollars. Regarding the next budget cycle- he believes you can't tax your way out and that the size of government must be reduced. The government takeover of health care puts us in a non-competitive position globally. It is premature to know how it will play out for employers and people. The state needs to get an aggressive stance to jumpstart things and show that the state is a good place to do business in. Slashing the corporate tax rate may be a possible way to do that.

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PR10-022	30:00	15:00	L	PA/O	05/28/10	12:00 PM
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					05/31/10	10:30 AM
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Brookfield Mayor Steven Ponto, and Host Jackie Kahlhamer discuss the City of Brookfield. The level of taxation is a top priority for the city. The city has had a relatively low rate. Residential rates account for 70% and commercial for 30% of the tax burden. This helps to keep the rate lower since commercial sites use less services. Transportation is also a top priority. The city focuses on improving intersections versus widening roads. Development has been largely built up and the city needs to focus on targeted areas for redevelopment. The city is considering personnel costs and if certain positions need to be filled after someone leaves. To maintain services and reduce costs, government entities may need to consider sharing services. Brookfield uses the county dispatch for police and fire. This saves the city 1.3 million per year. The city's economy is critically important and they have a record of having a sound economy. The Bluemound Road corridor is expected to recover as the economy recovers. The city saw some tax revenue decrease last year. Hotel revenue was down and there were fewer building permits issued. Investment income was down. Things are gradually picking up and looking better. The city is hoping to attract new businesses.

PR10-024	30:00	15:00	L	PA/O	06/18/10	12:00 PM
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Host Jackie Kahlhamer and David Titus discuss Child Welfare Regional Care. Mr. Titus is the Dodge County Human Services and Health Dept. Director. Mr. Titus believes that sharing services with other counties needs to increase and expand to other county departments. Sharing services stretches tax dollars and broaden services. Child Welfare Regional care will help provide services for vulnerable children. There are issues that need to be looked at, which arise when sharing services. Transportation is a key issue for rural counties. Other counties are eager to engage in sharing services, but it is proving to be a difficult concept. It is not very common in the state. Funding is a concern. Common ground and trust are needed to make it work.

PR10-025	30:00	15:00	L	PA/O	06/24/10	03:00 AM
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Mayville Mayor Jerry Moede, and Host Jackie Kahlhamer talk about the City of Mayville. The biggest concern of the city is the financial situation, which is not very stable. There will be a very tight budget for the next several years. Last year the budget operated in the black for the first time in 12 years. The city had to cut 2 police officer positions. The city may not always replace those who retired/are retiring. Mayor Moede believes the financial setback can be overcome, but it will take time. Setting a budget and staying within it is necessary. They will try to avoid more cuts. Public safety is a big focus and important to maintain in the city. The city owns the golf course and TAG Center. These are important assets that are reasons for people to move to Mayville.

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PUBLIC SAFETY

PR10-015	30:00	15:00	L	PA/O	04/16/10	12:00 PM
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					04/22/10	02:30 AM

Rusty Kapela, Warning Coordinator Meteorologist, National Weather Service Weather Forecast Office for Milwaukee/Sullivan, and Host Jackie Kahlhamer discuss severe weather. Severe weather most often occurs in the spring, in the late afternoon. Rusty discussed the difference between watches and warnings for severe weather and safety measures in the event of either one. Also discussed was what not to do in the event of severe weather. Severe weather discussed included thunderstorms, tornados, floods and flash floods. It is recommended to have a home disaster kit. Trained weather spotters hold a very important part in putting the missing pieces together of what Doppler radar can not spot.

PR10-017	30:00	15:00	L	PA/O	04/30/10	12:00 PM
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Host Jackie Kahlhamer talks with Kim Marggraf, the Executive Director of the American Red Cross- Washington County Chapter, regarding disaster preparedness. There are various types of disasters that could occur here in southeastern Wisconsin. There are usually only moments to respond and get to safety. We should be prepared as best we can and practice with our families. Kim discussed what should be in a disaster supplies kit and an evacuation kit. A first aid kit would be part of that. Families, as well as neighborhoods, should have a designated safe place where they would meet after a disaster occurred. It can be easy to put off being prepared- no one thinks it will happen to them and there is some time and expense involved in the preparation. Being prepared can avoid many challenges that can occur after a disaster. Having a community that is trained and prepared to assist in a disaster can save lives and financial cost. These communities tend to recover faster.

PR10-017	30:00	15:00	L	PA/O	04/30/10	12:00 PM
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LuAnne Salmon, a Self- Defense Instructor at the Kettle Moraine YMCA, and Host Jackie Kahlhamer discuss women's self-defense. It is important for women to present themselves in a way that they don't look like potential victims. Attackers are looking for someone that can be easily overcome. LuAnne does not advocate that women carry weapons. Rather, she states they have 6 weapons they have all the time- 2 hands, 2 feet, a head and a voice. If a woman has to strike out, she must do it hard, effectively, use her voice and get the attacker down in 5-10 seconds. Women need to listen to their intuition and not discount it. Often they want to avoid embarrassment. Better to be embarrassed than to be a victim. Women need to know they can be empowered to defend themselves and they must be convicted that they are worth fighting for. Role playing helps prepare for an event where they may have to defend themselves.

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PR10-018	30:00	15:00	L	PA/O	05/07/10	12:00 PM
					05/08/10	02:30 AM
					05/11/10	02:00 AM
					05/13/10	02:30 AM

Dodge County Sheriff Deputy Mike Matoushek, and Host Jackie Kahlhamer talk about recreational safety. Deputy Matoushek is the Recreation Officer for the Sheriff's Dept. The Dept. wants to have a proactive approach to safety. They work closely with the DNR and other groups. Deputy Matoushek discussed different types of safety equipment and practices for types of recreation such as ATV use, boating, snowmobiling, etc. Operating while under the influence is a very big issue. Unsafe use of recreational vehicles is a concern. Safety classes are encouraged and are required for youth. Unsafe and/or drinking operators present a public safety issue. Officer Matoushek also patrols the county parks. Safety should always be the #1 focus for self and others.

PR10-035	30:00	15:00	L	PA/O	06/24/10	03:00 AM
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Host Jackie Kahlhamer talks with Lois Augustson, Church Health Services Director of Parish Nursing, about home safety. Homes are not always as safe as we believe they are. Falls and injuries in the home can cause serious injuries or death. Inadequate railings and banisters are often the cause. Poisoning, burns and improperly stored firearms are also home hazards. Lead paint is a very serious concern. Wisconsin is #5 in ranking for high lead poisoning in children and adults. Lead poisoning can have negative effects on intellect, behavior and health. Lead paint can be safely removed from homes by certified contractors. Wisconsin is a red zone state for radon. It is an odorless, colorless gas that can cause lung cancer. Testing for radon is the only way to know if there is a high level in a home. If there is, then radon remediation is recommended. Medication and chemicals should be properly and safely stored and disposed of. It is recommended to go through the home with a checklist to determine where safety can be improved.

YOUTH

PR10-016	30:00	15:00	L	PA/O	04/23/10	12:00 PM
					04/24/10	02:30 AM
					04/26/10	10:30 AM
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Rafeal Andrews, President of the Minority Christian Coaches Association (MCCA), and Host Jackie Kahlhamer discuss helping youth become leaders. Inner-city youth often lack positive role models and a father figure. Many of the children have fathers who are in prison. There is a cycle of continued poverty. By promoting physical fitness to youth, they encounter positive role models (coaches.) It is also very important for the youth to realize they have leadership potential. Being involved in sports helps youth to develop several different positive character traits. Their parents are encouraged when they see their children succeeding and that the poverty cycle can be broken. Youth begin to realize their potential and develop a health awareness and how food and fitness affects them. They also realize that they can go to college. It is important to offer youth (after-school) programs. Their parents are not yet home from work and it helps youth to avoid getting into trouble.

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					04/27/10	02:00 AM
					04/29/10	02:30 AM

Hans Gochenaur and Host Jackie Kahlhamer talk about helping youth succeed. Hans is the Youth for Christ Beaver Dam Campus Life Director, Beaver Dam High School Head Cross Country Coach and also the Assistant Track Coach. Today's youth have many more opportunities available to them, if they chose to take them. Along with the positives, there are many more negatives choices they also have. There is a need to help them decipher between the two and to steer them down the right path. Youth are very often not cognizant of the fact that the choices they make today will affect their tomorrow. They need adults to help guide their decisions. Every teen needs at least one adult who invests in them with their time, effort and energy. If a youth trusts an adult, they will listen to the person. Affecting the life of one youth affects many others. Teens look for trust, time and unconditional love in relationships they have with an adult. Adults don't have to be hip- they just need to listen and not judge immediately. A mentoring relationship will see a tremendous effect on the life of the teen. It is tough helping kids who are starting to go down the wrong path. The earlier intervention takes place, the easier it is to get the youth back on track. Youth need to be surrounded with positive people.

PR10-022	30:00	15:00	L	PA/O	05/28/10	12:00 PM
					05/29/10	02:30 AM
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Host Jackie Kahlhamer discusses adoption with Sue Hubbell, the Executive Director of Bethany Christian Services. A birth mother in a crisis pregnancy may chose adoption because she wants stability for her child that she will not be able to provide. Only 1% in a crisis pregnancy chose adoption for the baby. It is extremely important to keep in mind the child's best interest in adoption- to find a good family for the child. Sue discussed domestic and international adoptions. At the core of adoption is loss- adoptive families may be facing infertility, birth parents are facing a difficult decision and the adoptee (when older) and knows he/she is adopted, has no connection to the biological family. It may be more beneficial for the child for the birth and adoptive parents to have a more open adoption.

PR10-023	30:00	15:00	L	PA/O	06/18/10	12:00 PM
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Kathy Hetzel, Dodge County UW Extension Family Living Educator, and Host Jackie Kahlhamer talk about childhood obesity. Childhood obesity has increased over threefold in the last 30 years. Factors contributing to it may start out prenatally. Attributing also to it include the eating of more fatty, sweetened and processed foods, less physical activity, increased screen time and less sleep. Kathy talked about the different health risks obese children face. Obese children are likely to become obese adults who face the same health risks, which are magnified. Children getting 10.5 hours of sleep per night, engaging in family meal times and getting less screen time are ways to help lesson obesity. Kathy discussed approaches for combating childhood obesity- material incentives, social norms and environmental. The goal is to see the rate of childhood obesity decrease to the same level as 30 years ago, which is 5%.

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ENVIRONMENT

PR10-018	30:00	15:00	L	PA/O	05/07/10	12:00 PM
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					05/13/10	02:30 AM

Host Jackie Kahlhamer and Liz Herzmann, DNR Assistant Naturalist, discuss the Horicon Marsh. The marsh is a major stopover for migrating birds. Because of past procedures, the DNR must use a lot of management tools such as water manipulation and cattail burns. The marsh is not the same as it was 150-200 years ago. There is a relationship between the marsh, migrating birds and the health of our local environment. A main goal of the Horicon Marsh International Education Center is to teach the public about the marsh. It is important to teach youth about the environment. Youth, being our future, need to appreciate and respect it. People should use common sense to be good stewards of the marsh, such as picking up trash and not destroying habitat. Little things make a difference.

PR10-019	30:00	15:00	L	PA/O	05/14/10	12:00 PM
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Mick Skwarok, Education Specialist for the WI Dept. of Agriculture, Trade & Consumer Protection, and Host Jackie Kahlhamer talk about the Emerald Ash Borer. All of the state is at risk of this beetle, which kills ash trees. It moves in firewood, wood and nursery stock. It can spread naturally, but rather slowly. The beetle has some natural enemies, but not in numbers enough to affect the population. A number of counties are under quarantine and cannot move wood into a non-quarantined county. The borer is attracted to trees that are already stressed, but they will also attack a healthy tree. It is safest to buy certified firewood. A summer survey, with traps in every county, will be done. There are some pesticides that can help, but nothing is 100% effective. There are more unknowns than things they are certain about regarding the borer. It is important for the public to be educated about this and report any suspected infestations of the borer.

PR10-020	30:00	15:00	L	PA/O	05/21/10	12:00 PM
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					05/24/10	10:30 AM
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Host Jackie Kahlhamer talks with Carl Schwartz about protecting birds. Carl is the Coordinator for Bird City Wisconsin. Birds are an indicator of the health of our local environment and are more sensitive to environmental concerns. They need many of the same things people need- space, a place to live, food, water, etc. Birds eat insects. Reducing the use of pesticides is important for the health of birds. Carl talked about communities becoming part of Bird City Wisconsin. Keeping cats indoors is important. They live longer and they take a fearsome toll on the wild bird population. Taking a proactive approach will be beneficial to the future of urban bird populations.

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Suzanne Wade, Water Star Coordinator, and Host Jackie Kahlhamer discuss the Water Star Community Program. The program looks to recognize municipalities which are doing a great job protecting their water. They go above required regulations to protect this valuable resource. Many times we hear but the negatives, but it is important to recognize the positives. Suzanne discussed a particular situation where development actually improved water quality. Some water improvement measures can be costly, so a municipality must weigh this out. Municipalities may want to consider applying for grants. It is important for civic leaders and citizens to work together for good water quality.

PR10-024	30:00	15:00	L	PA/O	06/18/10	12:00 PM
					06/19/10	02:30 AM
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					06/24/10	02:30 AM

Host Jackie Kahlhamer and Dan Duchniak, Waukesha Water Utility General Manager, discuss water and Waukesha. The city must develop a new water supply to come in compliance with the radium standard. The current aquifer cannot be replenished because of a containment issue. The farther down it is being drawn, the more contaminants there are. The city, after having done extensive research, has concluded that the best new water source for them is Great Lakes water. They must get approval from all the 8 states which are part of the Great Lakes Compact. Their application will be submitted to the state of Wisconsin and an environmental statement will be processed and forwarded to the other states. Waukesha is a leader in the Midwest for water conservation practices. Lawn sprinkling can only be done at certain times. They use an inclining rate block structure, whereas the more water you use, the higher your rate. This encourages conservation. Dan discussed other conservation methods used at City Hall, cutting their usage by 11%.

HEALTH CARE

700	Club	CBN	1:00:00	5:00	REC	PA/O/E	04/21/2010	2:00 PM
NewsWatch								
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Lori Johnson, CBN News Reporter, says The NCAA's Division 1 Legislative Council voted April 13 to require all athletes to be tested for the sickle cell trait -- no matter their sport, race or gender. The measure now goes to the board of directors and is expected to pass. Sickle cell anemia is a fairly well-known disease, however, sickle cell trait is different. Many people don't even know they have it and can go through life without any symptoms. But combined with rigorous exercise, it can be deadly. Unlike sickle cell anemia where both hemoglobin genes are abnormal and produce mostly dangerous, sickle-shaped blood cells, people with the trait have only one abnormal hemoglobin gene and their blood cells are mostly a healthy, round-shape. But when people with the trait intensely exercise, their round blood cells can take on the sickle shape, become sticky and clog blood vessels. Resting corrects that, returning the cells to their round shape. Complications from sickle cell trait is the number one cause of death for college football players. It's been linked with 10 on-field deaths in the last decade. None were during games, but instead happened during rigorous training. The NCAA recommended member schools test for the trait, but then went one step further and voted to require all Division 1 schools to test athletes for the trait. Currently only 64 percent of colleges screen for the trait and do so voluntarily. Beginning August 1, all athletes in NCAA Division 1 schools will be required to either: Take a blood test to screen for sickle cell trait. Prove they already had the screening. Opt out of the screening by signing a waiver releasing their school of any liability. Hospitals in every state screen all newborns for sickle cell trait. Yet, parents often don't read the results of those screenings or forget them when their babies grow up. One in 12 African Americans carry the trait, but people with Spanish, Greek, Italian, Asiatic Indian and Mediterranean ancestry are also affected. While some players never survived sickle trait complications, their deaths raised awareness about the condition that will likely prevent others from suffering the same fate.

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>
700 Club NewsWatch	CBN 1:00:00	6:00	REC	PA/O/E	06/16/2010	2:00 PM

#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 #250	to Doctor	28:30	28:30	REC	PA/O/E	4/06/2010	11:30 AM
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Dr. LaJoyce Brookshire talked about how to stay well. It's important to drink plenty of water, use the bathroom when needed and to go to bed without the television. It's also important to eat 3-5 organic fruits and vegetable each day. It's important to eat foods that fuel our body and to maintain an alkaline level. **Dr. Dino Prato** talked about weight loss. In order to have successful weight loss, it is important to look at our emotional connection to food. We need to view food as a healing, transforming and giving us health. High food quality is important along with increasing fruits and vegetables. **Dr. Carl Schmidt** talked about Vitamin K. It is important to help with cellular functions, strong bones, blood vessels and intestinal track. It is also found to reduce the risk of cancer. It can be acquired through greens such as spinach, cabbage and turnips. It can also be taken in a supplement form.

Doctor #251	to Doctor	28:30	28:30	REC	PA/O/E	4/13/2010	11:30 AM
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Dr. Scott Hannen talked about having a underactive thyroid. Symptoms could be loss of energy, loss of concentration, severe constipation, weight gain and severe depression. It's important to avoid Goitragens food, take supplements, get plenty of exercise and avoid refined sugar and processed food. **Dr. Lisa Akbari** talked about hair loss. Follicular Epidermis Alopecia is when the scalp loses the ability to push the strand through. Short hair syndrome is when the hair gets to a certain point and stops growing. It's important to get a proper examination. **Dr. Marilyn Elliott** talked about having allergies to common food such as milk and eggs. It can cause headaches, high blood pressure, stomach problems and depression. It's important to be seen by a doctor to determine the allergy.

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Doctor to Doctor #252	28:30	28:30	REC	PA/O/E	4/20/2010	11:30 AM

Dr. Rita Hancock talked about bondage to food. Symptoms can be thinking about food too much, always dieting and avoiding social events because of overeating. Eating disorders have to do with control issues. Admit you have a problem, let go of control and only eat when you are hungry. **Dr. Ace Anglin** talked about corns and calluses. Corns are on top of the toes and calluses are on the bottom or ball of the foot. It's important to wear proper shoes, use pads and orthotic insoles. In extreme cases, surgery may be required. **Dr. Robert Gear** talked about TMJ. It is when the jaw hinge does not open or shut equally. It can cause swelling, inflammation and headaches. It's important to make sure the skull and the 1st/2nd Vertebrae are aligned to help with TMJ.

Doctor to Doctor #253	28:30	28:30	REC	PA/O/E	4/27/2010	11:30 AM
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Dr. Bettye Alston talked about being a healthy person. You should look at your hair, eyes, skin, hands, feet and legs to determine if the inside of your body is healthy. You should not be bloated, constipated or have diarrhea. It's important to eat healthy foods and to stay hydrated. **Dr. Bob DeMaria** talked about female hormones. There can be too much estrogen and a vitamin B deficiency. High levels of copper mean low levels of zinc. Drink plenty of water, daily exercise, eat plenty of protein, avoid sugar and get plenty of sleep. **Dr. Randy Brinson** talked about Inflammatory Bowel Disease. There is Ulcer Colitis, which is inflammation on the surface of the colon. Then there is Crohn's Disease, which is inflammation all the way through the colon. Medications and surgery are options for treatment.

Doctor to Doctor #254	28:30	28:30	REC	PA/O/E	5/4/2010	11:30 AM
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Dr. Gene James talked about reducing body fat. Extra calories consumed are stored in the body as fat. It's important to reduce the amount of calories being taken in. Exercise, drinking plenty of water and eating more fruits and vegetables can also help. **Dr. Carl Schmidt** talked about the sweetener Stevia. It is 300 times sweeter than sugar and does not have any calories. This sweetener does not have the toxic side effects as artificial sweeteners and does not increase your appetite. **Dr. Shalanda Grey** talked about breast cancer screenings. Mammograms, self-exams and clinical exams are all important tools for detecting breast cancer. It's important to talk to your doctor about our age and family history to determine the best choices.

Doctor to Doctor #255	28:30	28:30	REC	PA/O/E	5/11/2010	11:30 AM
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Dr. Dino Prato talked about chronic disease. It's important to think outside of the box and look at what's causing the disease rather than dealing with the symptoms. It's also important to learn about the disease and create a plan to either prevent or reverse it. **Dr. Rick Barrett** talked about how it's important to take care of the spine and spinal cord because it affects the nervous system. The nervous system is responsible for sending signals to all organs and throughout the body. It's important to have the spine checked to make sure everything is functioning properly. **Dr. Terry Overton** talked about knee injuries. The knee is a hinged joint made for stability not mobility. It is often injured depending on the sport. It is important, after an injury, for it to be tested for stability.

Doctor to Doctor #256	28:30	28:30	REC	PA/O/E	5/18/2010	11:30 AM
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Dr. Caroline Leaf talked about how your words can impact your mind. Speaking negative or positive words will feedback into your brain and affect the way the brain is wiring itself. We need to be conscious of what we say because negative thoughts can create toxicity in the brain. **Dr. Ace Anglin** talked about Tailor's Bunions. It is a deformity on the little toe caused by an abnormal growth of the bone outward towards the shoe. It can be painful depending on inflammation. Treatments include rest, ice, compression, elevation, medication and sometimes surgery. **Dr. Robert Gear** talked about blood vessels. There is life in blood because it carries oxygen and nutrients to the body. It's important that opening are not closed by bones twisting or waste matter. Poor diet, smoking, lack of activity can cause blockage. It's important to make lifestyle modifications to keep blood flowing.

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Doctor to Doctor #257	28:30	28:30	REC	PA/O/E	05/25/2010	11:30 AM

Dr. Eric Braverman talked about menopause. It can often result in weight gain, drying of hair, memory loss, insomnia, fatigue, bloating and bone loss. Ginseng and other natural extracts can be used to help restore youthfulness. **Dr. Honeycutt** talked about obesity. It's determined by having a body mass index 30 or greater. It can lead to diabetes, heart disease and high blood pressure. It's important to exercise, manage stress and eat right. **Dr. Clark Gerheart** talked about basic healthcare. It includes nutrition, clean water, control infection and prevent injury. It's important to have plenty of fiber, protein and water.

Doctor to Doctor #258	28:30	28:30	REC	PA/O/E	06/01/2010	11:30AM
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Dr. Gerard Guillony talked about inflammation. It can speed up our aging and be an increased risk factor for a heart attack. It's important to not eat trans or saturated fat and instead eat omega 3 fats. Eat foods with a low glycemic index and a high anti-inflammatory compounds. **Dr. Hale Akamine** talked about child discipline. When children are being disciplined they will try to change the situation, change you and then change themselves. Age appropriate time outs don't begin until the child is absolutely quiet. Parents should seek professional help if assistance is needed. **Dr. Lisa Akbari** talked about seasonal hair problems. The scalp and hair can become dehydrated resulting in itchy/tender scalp and split end. The hair needs to be hydrated. It's important to shampoo with a ph of 4.5-5.5 and moisturize daily.

Doctor to Doctor #259	28:30	28:30	REC	PA/O/E	06/08/2010	11:30AM
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Dr. Bob DeMaria talked about Trans fat or partially hydrogenated oils. It can cause confusion in the body which leads to inflammation. Then the cholesterol levels elevate to produce cortizone. Some healthier oils are flax seed, olive and coconut. **Dr. Malcolm Hill** talked about God's system of health. It's important to be proactive in regards to your health and not listen to false advertisements. Nutrition, exercise, water, sunlight, air, sleep and positive thinking are ways to improve your health. **Dr. Carl Schmidt** talked about water. There is distilled, reverse osmosis, and ionized water. It's important to check that the good minerals are not taken away with the bad. Minerals are important for functions in the body.

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