

Trinity Broadcasting Network

Quarterly Report

July, August, September 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.

CIVIS AFFAIRS

ECONOMY

HEALTH

EDUCATION/SCHOOLS

SUBSTANCE ABUSE

FAMILY

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
CIVIC AFFAIRS						
PR10-026	30:00	15:00	L	PA/O	07/02/10	12:00 PM
					07/06/10	02:00 AM
					07/08/10	02:30 AM
					07/09/10	12:00 PM
					07/10/10	02:30 AM
<p>Host Jackie Kahlhamer talks with Waukesha County Executive Dan Vrakas about Waukesha County. The County is a leader in the state and nationally. It has an exemplary sheet record and a Triple A bond rating. The 2011 budget is being worked on. Providing high quality services and running as efficiently as possible are very important. Strategic planning tells the county what they are to be and how to most affectively achieve the goals and vision. It is critical to keeping costs down. The Human Services Dept. is second only to Public Safety in the amount of money spent. Partnering with the community, churches and faith-based groups to address alcohol and domestic abuse issues can help turn lives around. The county was able to save significant energy expenditures by implementing ways to cut those costs. They were able to save on road salt and concrete costs by using innovative ideas. Their 911 Dispatch Center is state of the art which utilizes technology to maximize response to calls. It is important that new ideas are allowed to be heard and put into use when possible.</p>						
PR10-031	30:00	15:00	L	PA/O	08/13/10	12:00 PM
					08/14/10	02:30 AM
					08/16/10	10:30 AM
					08/17/10	02:00 AM
					08/19/10	02:30 AM

Brian Field, Dodge County Highway Commissioner and Host Jackie Kahlhamer talk about Dodge County highways. Brian discussed the department's budget. A highway building expansion project is expected to be completed this fall. All equipment will be able to be housed and protected from the elements. The county road system is in fair to good shape. Brian discussed current road projects. Every year they try to replace some of their fleet- rust is a major problem. The building expansion should help to combat that. Priority in road projects is done by using logic, considering safety features and the condition of the roadway, and looking at traffic volume. Dodge County has 540 miles of county highways- the second largest number in the state. When road work is being done, and the road is closed, travelers who do not live there, or have no business there, are not to be traveling the road. Safety for the travelers and working crews are of concern. Fines can be issued for traveling on a closed road. Drivers spotting unsafe road conditions should consider calling the sheriff's dispatch. It is getting more challenging every year to have a budget with no levy increase. The highway department's focus has changed from total roadway reconstruction to smaller stretches being rehabilitated.

<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>
PR10-037	30:00	15:00	L	PA/O	09/17/10	12:00 PM
					09/20/10	10:30 AM
					09/21/10	02:00 AM
					09/23/10	02:00 AM

Host Jackie Kahlhamer talks with Dan Vrakas, Waukesha County Executive, about Health Care Reform. Mr. Vrakas believes we currently have top of the line health care in this nation and that this is a frontal assault against it. It will raise costs and taxes and is a move towards socialized medicine. This country is about the free market and enterprise. He hopes it will be repealed. Waukesha County is self-insured. They promote employee wellness and have not had a price increase for non-exempt employees. For union employees there was only a 2% cost increase. New federal mandates are clearly a violation of the 14th Amendment and will be costly to businesses. In addition, all businesses will be required to file 1099 for all transactions over \$600. This will increase the need for tax agents. Mr. Vrakas agrees that everyone should have health insurance and that the free market is the best way to provide it. The issues of why health care is so expensive needs to be addressed and worked through. Health Savings Accounts help consumers make wise decisions. These will not be available under Health Care Reform. Washington should not dictate a one-size-fits all and the states should be able to determine how they want to handle health insurance.

ECONOMY

PR10-026	30:00	15:00	L	PA/O	07/02/10	12:00 PM
					07/06/10	02:00 AM
					07/08/10	02:30 AM
					07/09/10	12:00 PM
					07/10/10	02:30 AM

Philip Fritsche, Executive Director of the Beaver Dam Chamber of Commerce, and Host Jackie Kahlhamer talk about tourism. In 2009, Dodge County saw \$78 million dollars come to local businesses as a result of tourism. The county ranks 39 in the state for tourism dollars being spent there. Thousands of jobs are supported by tourism. Communities must have a diversified economy in order to weather a downturn. People are staying closer to home and taking less expensive trips and more day trips. There needs to be active promotion to draw tourists. An expansion of tourism in Beaver Dam would be good. There is not a lot of investment right now or expansion. Many mom and pop businesses are holding their own and hopeful for a turnaround.

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PR10-027	30:00	15:00	L	PA/O	07/12/10	10:30 AM
					07/13/10	02:00 AM
					07/15/10	02:30 AM
					07/16/10	12:00 PM
					07/17/10	02:30 AM

Christian Tscheschlok, the Executive Director of Economic Development/Washington County (EDWC) and Host Jackie Kahlhamer discuss economic development in Washington County. Business attraction, existing business development and startups are what comprise the three-legged stool of economic development. Only existing businesses had had net positive job action. According to a 2009 existing business survey, the #1 concern is how to access new markets, workforce and talent attraction. Taxes and healthcare were also concerns of the businesses. The EDWC has their first ever 3 year-year plan. It is focused on growth companies and also looks at an economic gardening component. Economic gardening can help businesses find new marketing opportunities, which is a challenge they are facing. Most jobs are created by Stage 1 and 2 businesses. A Stage 2 business is a young business that has moved forward enough to look at another level of expansion. Growth companies are on the cutting edge of cultivating niche opportunities and need to bring on staff quickly. Economic gardening is one of a specific set of tools offered to smaller businesses to help them explore new marketing opportunities. Communities need the ability to attract and keep talent. Businesses need to be able to tap into new market opportunities. Developing a niche market can open doors for businesses to prosper.

PR10-028	30:00	15:00	L	PA/O	07/19/10	10:30 AM
					07/20/10	02:00 AM
					07/23/10	12:00 PM
					07/24/10	02:30 AM

Host Jackie Kahlhamer and Kristie Buwalda, the Executive Director of the Waupun Area Chamber of Commerce, talk about Waupun's economy. A strategic planning process was done recently and it was decided that the chamber could be the voice of local business by focusing on the following four: advocacy, promotion, networking and education. Compared to other cities, Waupun is financially sound, civic wise. Businesses are doing okay. Four out of the top five are pretty much recession proof- Dept. of Corrections, health care, senior care and schools. Individual businesses are having their own struggles. Tourism is an area that has a large potential for growth in the city. A year round, multi-purpose trail that would connect the county park on the west end with the Horicon Marsh on the east side is being considered. This could help retail become infused. Focusing on the city's unique assets can be beneficial for tourism. Shopping locally keeps more dollars in the community. Smaller markets can be challenging because of their size. But customer relationships are easier to develop. Businesses can tweak what will work in their community. The need for economic development is always at the top of what is done. Eighty percent of revenue generated comes from existing businesses. There needs to be the balance of not neglecting them, while still recruiting for new ones. The Chamber's role is business retention.

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PR10-031	30:00	15:00	L	PA/O	08/13/10	12:00 PM
					08/14/10	02:30 AM
					08/16/10	10:30 AM
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					08/19/10	02:30 AM

Lisa Marshall, with the Wisconsin Department of Tourism Public Relations, and Host Jackie Kahlhamer talk about the economic impact of tourism in the state. Tourism is one top three industries in the state. Twelve billion dollars are spent every year on travel and tourism sustains 286,000 full-time jobs. It provides diversity and stability in employment. Traveler spending did drop last year. A modest recovery is expected this year, with an even further recovery expected in 2011. The economy has changed the way people travel. Trips tend to be of a shorter distance and stay. Tourists are spending less and looking for value. The Travel Green Wisconsin program is one where businesses commit to reducing their environmental footprint and offer green travel options. Wisconsin is the first state which has a state agency promoting traveling green.

HEALTH

PR10-027	30:00	15:00	L	PA/O	07/12/10	10:30 AM
					07/13/10	02:00 AM
					07/15/10	02:30 AM
					07/16/10	12:00 PM
					07/17/10	02:30 AM

Host Jackie Kahlhamer talks with Bob Werner, Co-Founder of The Becky Werner Meningitis Foundation, about Meningitis. Meningitis is an infection of the fluids in the spine and brain which gets into the bloodstream and shuts down organs. It can be a bacterial or viral infection. Typically it is the bacterial strains that are the most dangerous. A vaccine is available that addresses 4 out of the 5 bacterial strains present in the U.S. The disease is spread through oral fluids, such as by sharing food, drinks or lip gloss. One in five to six carries the bug in their throats. Most immune systems are able to battle it, unless the system is compromised. Symptoms are very similar to flu symptoms. There can be a sharp pain in the back of the neck or a purple or red rash. But there are not always these symptoms. Early diagnosis and treatments are key to fighting it. It is important to not share food and drinks. The vaccination is not on the shot schedule. A parent must request it. Vaccination is the only way to prevent the spread of Meningitis. There is one bacterial strain that does not respond to the vaccine.

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PR10-028	30:00	15:00	L	PA/O	07/19/10	10:30 AM
					07/20/10	02:00 AM
					07/23/10	12:00 PM
					07/24/10	02:30 AM

Dr. Julia Wright, Director of Hospital Medicine at UW Health and Overseer of the Beaver Dam Community Hospital Hospitalist Program, and Host Jackie Kahlhamer talk about the Hospitalist Program. The program is a new direction for health care which changes the model of delivery for hospital care. A hospitalist works exclusively in the hospital with inpatient care. Most are internists. They work as part of a team and are available around the clock. They are cost advantages to the way care is delivered and they are aware of effective medical costs. The hospitalist is the lead physician in the patient care plan. Patients possibly may no longer see their primary care physician; most communication will be done doctor to doctor. After being released, the patient will return to their primary care physician. Having a hospitalist on staff means that tests and medications can be ordered immediately, which is especially helpful for patients on weekends and evenings. Hospitalists work together with the family and the patient.

PR10-030	30:00	15:00	L	PA/O	08/03/10	02:00 AM
					08/05/10	02:30 AM
					08/07/10	02:30 AM
					08/09/10	10:30 AM
					08/10/10	02:00 AM
					08/12/10	02:30 AM

Host Jackie Kahlhamer talks with Ivette Alvarado, Licensed Professional Counselor/Marriage & Family Therapist about depression and anxiety. Chemical levels in the brain are low in those suffering depression. Symptoms can include sleep disturbances, mood swings and others. Depression/anxiety can have biological, physiological and social reasons for occurring. Sixty percent of those with depression/anxiety will see a clergy member before their primary care physician. It is recommended that there is an extended support system for those with depression/anxiety. Therapy may include learning how to cope with stresses in life. Medication may be needed. Exercise, proper eating and sleeping are natural things that can be helpful. Ivette has seen people overcome depression/anxiety. They no longer feel hopeless, helpless and depressed.

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PR10-033	30:00	15:00	L	PA/O	08/27/10	12:00 PM
					08/28/10	02:30 AM
					08/30/10	10:30 AM
					08/31/10	02:00 AM
					09/02/10	02:30 AM

Heidi Weiss, Church Health Services Mayville Clinic Coordinator, and Host Jackie Kahlhamer discuss caring for the medically underserved. The clinic in Beaver Dam had been seeing an increased need in the Mayville area and it was determined a clinic in the city was needed. Heidi discussed the eligibility criteria for those seen at the clinic. The patient's financial situations, access to health care insurance and poverty rate are considered. Urgent and emergency care are not provided. If a patient needs specialty care, a referral is given to a specialist who is willing to provide services free or for a nominal fee. CHS works to take care of the whole person, including psychological, social and spiritual well-being. Patients are given a health binder with their medical information. This helps give them a vested interest in their health. It is important for patients to know someone cares about them. Professional volunteers are vital to the success of the clinic. Volunteer clergy will meet with patients and help them spiritually.

PR10-038	30:00	15:00	L	PA/O	09/27/10	10:30 AM
					09/30/10	02:30 AM

Host Jackie Kahlhamer talks with Amie Goldman, Chief Executive of the Health Insurance Risk Sharing Plan (HIRSP), about the new health-risk plans. A new temporary federal high risk pool was put into place, until new health care reform changes come about in 2014. There are federal and state pools available for those who need a high-risk plan. Both cover those with pre-existing conditions. HIRSP enrollment is growing. Premiums actually are lower than they were 5 years ago. Wisconsin was allocated 73 million dollars for the new federal plan, which could serve 8500 people until 2014. The plans provide very good health care coverage. New next year will be mental health parity and no cost sharing for preventative services. Premiums and deductibles differ according to individual plans. 2014 will be a year of significant changes in health care. HIRSP will be working out the details to best manage the transition.

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<i>Health/Mental Health</i>						
700 Club NewsWatch #082510	CBN 1:00:00	6:00	REC	PA/O/E	08/25/2010	2:00 PM
<p>Lori Johnson, CBN News Reporter, says Medical experts are learning several lessons from last year's swine flu pandemic. Despite fears of a world-wide crisis, while many people contract the flu last year, relatively few died from it. The World Health Organization announced the official end of the Swine Flu, or H1N1, pandemic during the first week of August. But what about this year? Pediatricians are warning parents against developing a false sense of security. The swine flu is expected to return and parents are being urged to take the necessary precautions. This year's flu vaccine will arrive in doctor's offices in just a couple of weeks. Experts hope to avoid what happened last year when the government purchased 160 million doses of the H1N1 vaccine, but nearly half of those 70 million doses, were never used, and will now have to be destroyed. The reason for the disconnect is that flu vaccine production is much slower than the speed of the illness itself. So, with many people travelling by airplane these days, that last year's outbreak of H1N1 spread faster in six weeks than the past two pandemics, in 1957 and 1968, did in six months. The World Health Organization classified H1N1 as a Phase 6 pandemic -- the highest level -- based on how widespread it was. But it turned out to be not that severe, only a low-level category 1 in terms of how deadly it was. Still, that could have worsened at any time. Most flu vaccines, including last year's H1N1 vaccine, are manufactured by growing the flu virus in a chicken egg. But scientists want to do away with this painstaking method because it takes months to get the job done. There's also no way to protect against the deadly Avian Bird Flu. Within two years, most flu vaccine companies will likely convert from growing the virus in eggs to growing it in cells, which is faster. Within ten years, they'll likely make flu vaccines using a molecular approach that doesn't require any growing of a virus at all. Development of a universal flu vaccine is underway. The new vaccine is one that will protect against all strains of every type of flu. The new vaccine may be available in the next five years. So while the Swine Flu pandemic was much ado about nothing to some people, others see it as a dress rehearsal for the next pandemic that might be much more severe.</p>						
Doctor to Doctor #263	28:30	28:30	REC	PA/O/E	7/06/2010	11:30 AM
<p>Dr. Caroline Leaf talked about dreams. We always dream when we are sleeping. Glial Cells sort out and organize our thinking for the next day. It can bubble over into consciousness which then causes dreams. Dr. Eric Braverman talked about heart disease. It is known as a silent killer. Some warning signs are raised blood pressure, high cholesterol, big belly and family history. Eating right, losing weight and sleep will help heart disease. Dr. Stefan Flink talked about nutrition. People should be getting the nutrients they need from the food they eat. Calcium can be found in dark greens and vegetables rather than milk. It's important to increase raw fruits and vegetables because they contain a lot of enzymes and nutrients.</p>						

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Doctor to Doctor #264	28:30	28:30	REC	PA/O/E	07/13/2010	11:30 AM
<p>Dr. Bob DeMaria talked about detoxification. We are exposed to toxins every moment of the day in the air, water and food. The liver acts as a filter to help eliminate the toxins in the body. It's important to avoid sodas, sugar and canned food. It's important to eat pears, plums and apples. Dr. Ace Anglin talked about high arches known also as Cavus foot. It can cause a person to jolt when walking, rigidity, stress fractures and calluses or corns. It's important to wear proper shoe, insole and shock absorbing material. Dr. Valerie Solomon talked about health maintenance. It's important to get physical exams which include blood work and emotional evaluation. It's important in preventive health to also eat right and exercise.</p>						
Doctor to Doctor #265	28:30	28:30	REC	PA/O/E	07/20/2010	11:30 AM
<p>Dr. Dino Prato talked about diabetes. A person dies every 10 seconds from this disease. There is type 1 and Type 2. It's important to monitor glucose levels, to not stop taking medications, eat more fruits/vegetables, good quality protein and less refined foods. Dr. Rick Barrett talked about spine health. The brain sends signals down the spinal cord and throughout the body. If it is out of alignment, it can cause nerve impingement syndrome and pain. Decompression therapy and other treatments are available to help. Dr. Hale Akamine talked about how to be happy. It is possible to be positive during difficult challenges. It's important to have good friends, optimism, appreciation and purpose that is not self centered.</p>						
Doctor to Doctor #266	28:30	28:30	REC	PA/O/E	07/27/2010	11:30 AM
<p>Dr. Gerard Guillory talked about probiotics. It is a beneficial bacteria in the intestinal tract that helps to digest food appropriately. A lack of good bacteria can cause irritable bowel syndrome, inflammatory bowel syndrome and Chron's disease. It's important to take a good probiotic supplement. Dr. Thomas DiStefano talked about injectable treatments. Rooster Comb that is injected into knees to stimulate cells that helps to promote fluid in the knees. Platelet Rich Plasma is injected into the injured area. It's a person's own blood that has had the platelets separated out from the blood. Dr. Jeffery Crowhurst talked about heel pain. It is an inflammation of the tendon from the plantar aspect or the bottom of the foot. High arches, flat foot, walking and exercise can cause it. It's important for it to be examined and to look at the patient's history.</p>						
Doctor to Doctor #267	28:30	28:30	REC	PA/O/E	8/3/2010	11:30 AM
<p>Dr. Christopher Chen talked about your mood and how it impacts the heart. Depression increases your risk for a heart attack by 50-70%. Signs of depression are reduced interests, lack of sleep, low energy, agitated and irritable. Exercise, sunlight, laughter and music are all ways to help improve your mood. Jessica Setnick talked weight gain during pregnancy. A healthy weight gain is between 15-25 pounds. It's important to focus on having a balance diet and getting plenty of the nutrients the baby will need. Dr. David Hawkins talked about emotional abuse. A person can be sweet, caring and gentle one minute then angry, mean and controlling the next. It's often called the Dr. Jekyll and Mr. Hide. It's important to acknowledge that it's happening, talk to someone, stop enabling and take action.</p>						

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Doctor to Doctor #268	28:30	28:30	REC	PA/O/E	8/10/2010	11:30 AM
<p>Dr. Eric Braverman talked rest and remember. There are four components to memory. They are verbal, visual, immediate and working memory. Lack of sleep will result in memory decline. Low doses of inositol or melatonin will help you to sleep as well as exercise and tryptophan. Dr. Bill Williams talked about cosmetic dentistry. A bad smile can result in a lack of confidence and opportunities. Choosing the right smile depends on the person and the structure of the person's face, gums and teeth. A smile analysis, which consists of a 21 point exam, will help determine the best smile. Dr. Sheryl Strom talked about our immune system. It is a defense system that helps us against infection. It's important to keep our immune system healthy by eating the right food and getting the nutrients our bodies need.</p>						
Doctor to Doctor #269	28:30	28:30	REC	PA/O/E	8/17/2010	11:30 AM
<p>Dr. Donna Novak talked about backpack injury prevention. Children are carrying eleven tons of weight in their backpack each year resulting in pinched nerves, back and shoulder pain. Straps should be 2 inches wide, light when empty, lumbar support and should be worn on both shoulders. Dr. Lisa Akbari talked about styling aids that can cause hair loss. Avoid nylon bristle brushes, combs with broken teeth, rubber bands and hot rollers. Make sure all curling or flat irons have a smooth surfaces and temperature control. Kay Spears talked about weight management. High body fat and low muscle mass can lead to many chronic health conditions. It's important to eat 4 to 6 small meals a day that include protein, carbohydrates and healthy fats. Avoid dieting and make sure to include exercise.</p>						
Doctor to Doctor #270	28:30	28:30	REC	PA/O/E	8/24/2010	11:30 AM
<p>Dr. Bob DeMaria talked about food as medicine. It's important to eat cruciferous vegetables such as broccoli, cabbage and cauliflower. They contain DIM which helps the liver filter estrogen out of the body. Avoid recycle plastic #7 and sugars. Dr. Teresa Carlson talked about systemic diseases that affect the eyes. Diabetes can cause problems with the blood vessels inside the back of the eye. Retinal Detachment is also another problem that can cause blindness. Autoimmune diseases can cause inflammatory cells which can affect the tissue in the eye. Yearly eye exams are important to maintain eye health. Dr. Carl Schmidt talked about sports drinks. They are often harmful to the body because they contain high fructose corn syrup, are highly acidic and can leech minerals such as calcium from the body. It is best to just drink water.</p>						
Doctor to Doctor #271	28:30	28:30	REC	PA/O/E	8/31/2010	11:30AM
<p>Dr. Asa Andrew talked about beating fatigue. Many times it is caused by people being anemic, which is a lack of oxygen into the body cells. Blood tests like a MMA and TIBC can determine iron levels. You can eat red meat and dark, leafy green vegetables to help. Dr. Thomas DiStefano talked about shoulder pain. It affects the rotator cuff resulting in not being able to raise it, move, sleep or even work. It's important to have an exam, strength test and x-ray to determine the course of treatment. Dr. William Steward talked about a healthy lifestyle. People need to be proactive in the management of their health. This includes a eating the right foods, exercise, positive attitude and less stress.</p>						

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Doctor to Doctor #272	28:30	28:30	REC	PA/O/E	9/07/2010	11:30AM
<p>Jessica Setnick talked about quilt after eating. It's important to look at food as more/less nutritious rather than it making a person good or bad. It's important to change your eating to match your lifestyle. Look at regret rather than quilt and do something different the next time. Dr. Deepak Mehrotra talked about vaccines. They are weakened virus or bacteria that help the body produce antibodies. DTP, Polio, HIB, Hepatitis B & A, Rotavirus vaccine, Pneumococcus and MMR are some of the important vaccines. Dr. Ace Anglin talked about foot fractures, which are often very painful. They are often a result of trauma, poorly lit or dark areas or repetitive activities. It is often diagnosed through an x-ray, MRI or CAT scan. The foot is often immobilized to allow it to heal.</p>						
Doctor to Doctor #273	28:30	28:30	REC	PA/O/E	09/14/2010	11:30AM
<p>Dr. Don Colbert talked about Insomnia. There are primary and secondary insomnia. It can cause heart disease. Type 2 diabetes, obesity and increase infections. It's important to have habits that promote sleep like regular bed time, block out light and make your bed a haven of rest. Dr. Susan Cole talked about Bio-Identical Hormones. Women often experience menopause symptoms such as hot flashes, night sweats, difficulty sleeping, irritability and moodiness. Synthetic hormone replacement therapy can help reduce the symptoms by replacing necessary hormones in the body. Dr. Karen Bierman talked about job loss. It can bring an array of emotions such as happiness, relief, shock, denial, depression, panic and hope. A person can begin to feel sick, not sleep well, drug abuse and isolation. Professional may be sought to help work through the stages of grief.</p>						
Doctor to Doctor #274	28:30	28:30	REC	PA/O/E	09/21/2010	11:30AM
<p>Dr. Teresa Carlson talked about dry eyes. The surface of the eye is most affected. The skin on the eye can become chapped and flake off. It can occur because of the wind, computer usage, overhead fans and air ducts. Eye drops can help keep the eye moist. Dr. Dino Prato talked about cancer. It's all around us and prevention is a key to battling it. Eating healthy, losing weight naturally, exercise, detoxification can help prevent cancer. A key is testing which can lead to early diagnosis and treatment. Dr. Dale Peterson talked about bone health. The most two common conditions are Osteopenia, which means weak bones, and Osteoporosis, which means porous bone. It often affects women more than men and can result in back pain and hip fractures. Healthy lifestyle, vitamins, minerals and exercise such as walking can help strengthen bones.</p>						

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EDUCATION/SCHOOLS						
PR10-029	30:00	15:00	L	PA/O	07/26/10	10:30 AM
					07/27/10	02:00 AM
					07/30/10	12:00 PM
<p>Jenny Wagner, Moraine Park Technical College (MPTC) Tech Prep Associate, and Host Jackie Kahlhamer talk about Tech Prep, which allows High School students to earn college credits. Students are able to get a head start on college by taking associate and technical level courses in high school. Helping students become better prepared for college can be very beneficial in time and financial savings. Students enter college more aware of the rigor of college courses. Students who have had college courses in high school are less likely to need remedial courses in college and graduate at higher rates. Some high school students may find they will want to change their major as a result of the tech prep classes.</p>						
PR10-029	30:00	15:00	L	PA/O	07/26/10	10:30 AM
					07/27/10	02:00 AM
					07/30/10	12:00 PM
<p>Katy Yindra, MPTC College Advancement Partner, and Host Jackie Kahlhamer discuss college credit transfers. Transferring credits saves time and money for students who want to get a 4-year college degree after attending technical college. There has been a concern that Wisconsin has fewer Bachelor Degree holders and this helps to address that. There are private colleges and UW Colleges that accept the credit transfers. Technical college credits are less costly than 4-year colleges, thereby saving the student money when they can transfer credits. Students who desire to learn more can do what is called career laddering and advance their education.</p>						
PR10-034	30:00	15:00	L	PA/O	09/03/10	12:00 PM
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					09/07/10	02:00 AM
					09/09/10	02:30 AM
<p>Jeremy Biehl, Hustisford School District Administrator, and Host Jeanne Risse discuss the school district. The district's budget is affected as most- expenses are rising faster than revenues. In the past few years they had to cut into their fund balance to fund programs and staffing. The district may be seeing a 15% cut in state aid. Enrollment has been steady and may even be going up. Open enrollment has brought in students from other districts. While as a small district they don't offer as many opportunities as a large one does, there are benefits to being small. Students don't get lost in the shuffle. Small district challenges mean there are not as many sport offerings, but those who want to participate, can do so. A changing global society affects education. Students must be taught to be critical thinkers, with skills and abilities to be problem solvers. It is important for students to know how to find answers. The district keeps the staff up to date on current and future trends. Providing a strong foundation is necessary. Even while a small district has limited offerings, motivated students will succeed. Mr. Biehl has talked with larger districts and is confident that Hustisford has technology that is the same as the larger districts.</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>
PR10-037	30:00	15:00	L	PA/O	09/17/10	12:00 PM
					09/20/10	10:30 AM
					09/21/10	02:00 AM
					09/23/10	02:00 AM

Host Jackie Kahlhamer talks with Venner Alston about global thinking. Venner is the Executive Director of Alston's Preparatory Academy. Every child has a destiny and needs to see themselves as being connected to the global community. Children coming out of the educational system are often ill-equipped in universities and the workforce. Education needs to help children function at their fullest capacity. Children's mindsets need to be broadened beyond their neighborhoods. They often see a lack of success stories and the understanding that they have great capabilities. The school helps children get a dream and then take steps to achieve it. Parental involvement is the missing key in education. Parents must be engaged as partners. Parents are needed to help awaken vision and destiny in their children. Schools need to make parents feel welcomed. A new generation of global thinkers can ultimately help make neighborhoods and communities better places.

SUBSTANCE ABUSE

PR10-032	30:00	15:00	L	PA/O	08/20/10	12:00 PM
					08/21/10	02:30 AM
					08/23/10	10:30 AM
					08/24/10	02:00 AM
					08/26/10	02:30 AM
					08/31/10	03:00 AM

Host Jackie Kahlhamer talks with Pastor Dave Katsma, New Directions Support Group Facilitator, about recovery from substance abuse. Alcohol and prescription drugs are some of the most abused drugs. The support group works to get down to core issues. It is just not about abusing drugs, but getting to the core issues underlying it. Some people can give up substance abuse, but still have addictive behaviors which manifest in other ways. Family members who are co-dependent enable and deny the problem in the family. Again, most of these are core issues that manifest in different ways. Recovery is an ongoing process and a long-term commitment. Forgiveness, denial and openness usually must be dealt with. Many who fall off the recovery path beat themselves up and it can take several times of trying to get back on before they are successful. The support group instills a sense of hope. It is important to be forward looking and to look where life can go. Support group members are peers. But they try to get some to connect as mentors. The group only meets once per week, but support is often needed during the week. Pastor Dave also talked about how the current economy is affecting people and more people are depressed, which in turns is causing some to turn to substance abuse.

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PR10-033	30:00	15:00	L	PA/O	08/27/10	12:00 PM
					08/28/10	02:30 AM
					08/30/10	10:30 AM
					08/31/10	02:00 AM
					09/02/10	02:30 AM

Curt Kindschuh, an Expert on Drunk/Impaired Driving, and Host Jackie Kahlhamer discuss that concern. Curt has had an extensive background in law enforcement and has seen the effects of poor choices made by people who operate a vehicle while impaired. Many are decent people who make a bad choice. Drinking too much alcohol, illegal drug use and fatigue can all be factors that contribute to impaired driving. Drivers can be impaired even if they are not legally drunk. Drunk drivers never think they are as bad as they are. Many are surprised to fail a field sobriety test. Curt believes there has been progress made over the years in regards to getting the message out that impaired driving is a very serious issue. Continued education is needed at all levels, even at younger ages. He believes tougher laws would have an impact and suggests that 1st time offenders should have to spend 3 days in jail.

PR10-035	30:00	15:00	L	PA/O	09/10/10	12:00 PM
					09/13/10	10:30 AM
					09/14/10	02:00 AM
					09/21/10	03:00 AM

Host Jeanne Risse talks with Claudia Roska about senior substance abuse. Claudia is the Executive Director of the Addiction Resource Council. Senior substance abuse is somewhat of a hidden problem. Seniors can be isolated and often not connected with caregivers or helpers in the area of substance abuse. There may be a late onset of the abuse. Someone may have been a social drinker and may retire or lose a spouse and then begin to abuse alcohol. It may not be seen, recognized and there may be denial. Alcohol is the #1 substance likely to be abused. The ability to process alcohol changes with age and the body cannot tolerate it as well. Prescription drugs are often stolen from seniors by someone who comes in their homes. As with alcohol, the body is less able to tolerate prescription drugs. Seniors can also have problems remembering if they took their drugs and this can result in accidental overdose. There is less likely to be screening for depression for the older population. Prescription drugs and depression can be a dangerous combination. Medicare does not reimburse for certain levels of substance abuse treatment. Treatment, such as group therapy, needs to have a focus seniors can relate to. Seniors may consider seeing their clergy for help in formulating a plan for treatment. To delay could be dangerous. Substance abuse interferes with judgment and accidents are more likely to occur, such as a fall, which can be very dangerous for a senior.

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PR10-035	30:00	15:00	L	PA/O	09/10/10	12:00 PM
					09/13/10	10:30 AM
					09/14/10	02:00 AM
					09/21/10	03:00 AM

Tyler Lybert, a Spokesperson for Your Choice- Live, and Host Jeanne Risse talk about a firsthand account of recovery. Tyler started abusing drugs at age 11. A lot of people offered him drugs and he accepted. He states that he did build up his addiction himself. He talked about how the abuse affected his life and those around him. He hit bottom and was facing criminal charges. He got into treatment at his mother's urging. He thought he could do it on his own, but found out he needed to be in treatment. Recovery has changed every aspect of his life- for the better. Lifestyles changes had to be made- leaving behind relationships with anyone who had anything to do with abusing. It is important to maintain a strong foundation while in recovery. Tyler speaks to youth about what he went through, as a means to helping them avoid taking the path he took. It is hard to maintain a sober lifestyle. If he hadn't abused in the first place, then he would not be on this harder path. Staying sober is the fun path and is easier than working to stay sober every day.

FAMILY

PR10-030	30:00	15:00	L	PA/O	08/03/10	02:00 AM
					08/05/10	02:30 AM
					08/07/10	02:30 AM
					08/09/10	10:30 AM
					08/10/10	02:00 AM
					08/12/10	02:30 AM

Ivette Alvarado, Licensed Professional Counselor/Marriage & Family Therapist and Host Jackie Kahlhamer discuss online infidelity. An online affair is a secret, romantic involvement with someone other than the person's spouse. This can start out innocently, out of boredom or by visiting explicit websites and chat rooms. It is a tremendous threat to a marriage, just as a regular affair is. The injured partner must deal with violated trust and may become hyper-vigilant. The spouse involved in the online affair may be spending a lot of time on the computer and become disconnected with the family. Third party help may be needed to help the marriage be restored. The injured spouse may feel betrayed and insecure. There can be denial of the infidelity by the offender- a lot of work goes into covering it up and they look for opportunities to be online. Accepting responsibility opens the way for recovery. Getting an accountability partner, moving the computer to a visible area, using filters and therapy are ways to help overcome the infidelity. If there are children in the family, they are affected just as they would be with a regular affair.

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PR10-032	30:00	15:00	L	PA/O	08/20/10	12:00 PM
					08/21/10	02:30 AM
					08/23/10	10:30 AM
					08/24/10	02:00 AM
					08/26/10	02:30 AM
					08/31/10	03:00 AM

Host Jackie Kahlhamer and Clara Marx, a Dodge County Sheriff's Dept. Correctional Officer, discuss parenting while incarcerated. Clara had asked inmates what they wanted in classes and overwhelming they requested parenting classes. The hardest for inmates is the obvious- they don't have daily or physical contact with their children. A huge part of the program is helping the inmates realize they must have a positive attitude towards the mother of their children. Without that, she may not bring the children in to see the inmate. Inmates have a lot of time to sit and think about who they are and what is important to them. An incarcerated man can be involved with his children's upbringing, but again it is very important that they have a positive relationship with the mother. Inmates are encouraged to communicate- make phone calls and send letters to their children. Clara recommends honesty when telling children where their father is, and to explain that he made a mistake and must pay for it, but that does not mean he is a bad person. Men need to know they are important in the lives of their children, even while in jail. The classes with the inmates are always positive in nature.

PR10-034	30:00	15:00	L	PA/O	09/23/10	02:30 AM
					09/24/10	12:00 PM
					09/28/10	02:00 AM

Jamie Kratz-Gullickson, Executive Director of PAVE (People Against a Violent Environment) and Host Jackie Kahlhamer discuss how families are affected by violence. Violence in a family strips away the dynamics of a healthy family environment. Domestic violence is about power and control. The victim is often isolated and children may grow up thinking this is normal. Girls living in a violent home are two times more likely to be in a violent relationship and boys are two times more likely to become perpetrators. Siblings may exhibit violence against each other or engage in bullying. The children often have little self-worth. Jamie talked about red flags that could indicate there is violence in a home. Physical abusers can be very savvy and not leave telltale signs of abuse. Offering unconditional support to the victims is important. They have difficult choices to make. It often takes seven times for a victim to leave. Victims need to think about safety for themselves and their children. Jamie also talked about red flags in dating relationships and what to be really cautious about.

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PR10-034	30:00	15:00	L	PA/O	09/23/10	02:30 AM
					09/24/10	12:00 PM
					09/28/10	02:00 AM

Host Jackie Kahlhamer talks with Amy Polsin about supporting families who have children with mental health disorders. Amy is a Wisconsin Family Ties Parent Peer Specialist. Families are affected emotionally, socially and financially, often severely. There is still a stigma attached to mental disorders, things have come a long way but there is still a long way to go. Local support groups are very helpful. Parents often feel alone. When a diagnosis is given, there is no manual that tells parents what to do. Connecting with other parents who have similar experiences is very important. Parents often have to advocate for their children, so that they can get the best for their child. They will have to speak to many different professionals as they are looking for answers. It is helpful for parents to have extended support from someone who will listen and not judge them.

PR10-038	30:00	15:00	L	PA/O	09/27/10	10:30 AM
					09/30/10	02:30 AM

Host Jackie Kahlhamer talks with Jody Krainer, Director of New Health Services & Senior Services at the Milwaukee Center for Independence, about keeping elderly in their homes. Families need to look at the needs of their aging family member. To keep an elderly member in their home, resources, safety and quality of life need to be considered. It is important for family members to dialog with the aging person and set up checkpoints and a game plan while they are in their home. Doing research is important so they know how to get resources. Families (siblings) need to appreciate what each one brings to the table. Not everyone will be a caregiver. Each one's skills need to be appreciated. Siblings often disagree when they feel someone is not doing their share. Lots of baggage and history can also be brought to the table. Families tend to look at their loved one with lifespan eyes and see their parent for all they have done in their life, as opposed to seeing their needs now. Jody also discussed Family Care which is for those who qualify clinically and financially. Families looking for help should start with their local Aging & Disability Resource Center for information.