

Trinity Broadcasting Network

Quarterly Report

October, November & December 2012

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.

YOUTH

ENVIRONMENT

PUBLIC SAFETY

CIVIC AFFAIRS

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>
PR12-34	30:00	15:00	L	PA/O	10/01/12	10:30 AM
					10/02/12	01:00 AM
					10/04/12	02:30 AM
					10/04/12	10:30 AM
					10/05/12	12:00 PM
					10/06/12	02:30 AM
					10/09/12	02:00 AM
					10/11/12	03:00 AM
					10/18/12	03:30 AM

Lina Zanghi, the Coordinator for Cribs for Kids in Dodge County, and Host Jackie Kahlhamer talk about helping infants sleep safely. Parents who live in Dodge County and fall within income guidelines can receive a free crib for their infant. Safe sleeping for infants includes back sleeping, in their own cribs, using a firm mattress, having nothing in the crib, not overdressing the baby and not smoking in the house. These guidelines are important to reduce the risk of SIDS. Cribs should not be over 10 years old, not recalled and should have all their parts. It is important to take heed what the baby's Doctor recommends.

PR12-34	30:00	15:00	L	PA/O	10/01/12	10:30 AM
					10/02/12	01:00 AM
					10/04/12	02:30 AM
					10/04/12	10:30 AM
					10/05/12	12:00 PM
					10/06/12	02:30 AM
					10/09/12	02:00 AM
					10/11/12	03:00 AM
					10/18/12	03:30 AM

Dianna Forrester, Tobacco Control Specialist for the Tobacco Free Community Partnership for Dodge, Jefferson & Waukesha Counties talks with Host Deisree Hoard about reducing tobacco use among youth. Youth tobacco use is a huge public safety issue. Dianna states that the tobacco industry has new strategies to get youth addicted. Some of the tobacco products look very similar to candy and mints. New tobacco products are completely dissolvable. They can be put under the arm or even between the toes to dissolve. It is illegal to sell tobacco products to youth. FACT is a peer to peer group where they are taught about tobacco strategies. Another program does compliance checks with retailers. There are rewards for clerks who don't sell to youth. If a clerk does sell, they will have to pay a fine. There needs to be continued education about the effects of tobacco and the life-long health issues caused by it.

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PR12-38	30:00	15:00	L	PA/O	10/22/12	10:30 AM
					10/23/12	01:00 AM
					10/25/12	02:30 AM
					10/25/12	10:30 AM
					10/26/12	12:00 PM
					10/27/12	02:30 AM
					10/30/12	02:00 AM
					11/01/12	03:00 AM
					11/08/12	03:30 AM

Ruth Lindegarde PhD, President of NAMI Dodge County, discusses youth mental health with Host Jackie Kahlhamer. Although youth mental health symptoms may be similar to adults, where to get help and how to deal with it are different. ADHD and Autism are considered to be mental health issues. Autism can prohibit children from interacting well in school. The child should be seen by a doctor to determine if a physical problem is causing the issues. If not, than a referral can be made to a child psychiatrist. There are not many around in rural areas. Some counties have less services available in rural areas and travel will be needed. It may be a process to determine which medication works. A support group can help parents find resources, help develop a crisis plan and people can get help from others dealing with the same types of situations.

PR12-39	30:00	15:00	L	PA/O	11/05/12	10:30 AM
					11/08/12	02:30 AM
					11/08/12	10:30 AM
					11/09/12	12:00 PM

Host Desiree Hoard talks with Patrick Vanderburgh, Executive Director of Milwaukee Rescue Mission and Aurelia Brown, Director of Joy House, about helping homeless youth. Homelessness affects youth tremendously- it affects their whole environment. Prior to it they may have experienced domestic violence, drug activities in the home, relocation from another city or even losing a home through fire. They will need to have their basic and immediate needs met. Lives need to be put back together. Homelessness takes away the normal application of life for youth. A Milwaukee Public Schools law requires that students be transported to their current school when homeless. It is very important for children to focus on their education, have their friends and structure. Sometimes the homeless shelter can be a healthy place for youth. They can interact with other children. Hope is very necessary for families in the shelters, so that they can move on and succeed. Donations of food, clothing & other items can be dropped off there.

PR12-41	30:00	15:00	L	PA/O	11/26/12	10:30 AM
					11/30/12	12:00 PM

Linda Oberbrunner, the Wisconsin District Director of the Evangelical Child & Family Agency discusses unplanned pregnancy support with Host Desiree Hoard. Mothers and fathers dealing with unplanned pregnancies often are fearful and confused. Calls even come in from youth while on their lunch breaks at school. They are afraid to tell their parents. The decision for these parents to either raise their child or put the child up for adoption is very difficult. A non-judgmental approach is given to help them by presenting options. This helps the parents to make their decision without pressure. Working with the family and school personnel helps to support the parents(s) with their decision. If adoption is chosen, the biological parents are able to choose who they want as the adoptive parents. The biological parents may experience grief and loss issues and need support when dealing with these.

<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>
PR12-45	30:00	15:00	L	PA/O	12/20/12	12:00 PM
					12/27/12	10:30 AM

Host Desiree Hoard talks with Jesse Alba, Assistant Chief of Operations for the City of Waukesha Fire Dept., about emergency care for special needs youth. Patient At Risk is a web based data program where parents can input the special health care needs of their children. Emergency personnel may be dispatched and not be aware that the child in need may have special needs. For example, if a child is on a ventilator then they cannot deliver normal medications. Knowing what to expect helps emergency personnel be more prepared. The website is secure. Parents will receive an email notification anytime their child's information has been accessed. It is very helpful for emergency personnel to know where special needs kids in the community are and if they would have to bring along special equipment. This helps the transition from home to emergency personnel to the emergency room be seamless.

FAMILY/YOUTH

700	Club	CBN	1:00:00	5:00	REC	PA/O/E	10/03/2012	02:00 PM
NewsWatch								
#100312								

CBN News Reporter, Mark Martin, reports the United States is the number one producer and distributor of illegal pornography. It's a multi-billion dollar industry, and you may be surprised by what's behind the hard core business boom. While innocently surfing the net, your child can come face to face with a sexually explicit pop-up ad. If parents don't know what to look for or how to protect their kids online, a click of the mouse can usher in a nightmare. The young aren't the only victims. Adults also become intensely addicted while porn executives become incredibly wealthy. Simply clicking on a pop-up ad fills the pockets of the porn industry without the Internet user even buying anything. Internet safety experts say a strong defense at home is the only way to stop this immoral cash flow. Families need to block content and establish safety rules for kids and adults. This can be done through filtering and monitoring software and through accountability partners. Four out of five 16-year-olds now regularly access the illicit material online, and more than half of divorces name Internet pornography as a primary reason for the breakup of the marriage.

700	Club	CBN	1:00:00	5:00	REC	PA/O/E	12/03/2012	02:00 PM
NewsWatch								
#120312								

CBN News Reporter, Paul Strand, reports when it comes to pornography, no one is immune. It affects men and women of all ages. Today, teenagers are bombarded with these images like never before through the Internet. They're growing up in a world awash in X-rated material. It's a \$97 billion business every year, making more than top tech companies Amazon, Apple, Microsoft, Netflix, eBay, Google, and Yahoo combined. Roughly 12 percent of the world's websites, 4.2 million of them, offer the illicit material. About 2.5 billion pornographic emails whiz through cyberspace everyday - a whopping 8 percent of all the world's daily emails. Possibly most astounding of all, 67 percent of men and 49 percent of women now say porn is acceptable. As for young people, the average age they first see it is now 11 years old. Ninety percent of those 8 to 16 years old say they've viewed it online. Many are now becoming addicted. It's an addiction that could ruin their future lives. Every second, 28,258 people are looking at X-rated material online. Every second, people are spending \$3,075 on such material. This hyper-sexualization is hitting just as hard inside the Church as out. It's ruining the way many young men now look at women. Studies show it's making many men and women almost incapable of enjoying sex with their real-life partners. So the teens of today in a world where pornography is available almost anywhere, anytime, need to realize they may be risking their own future marriages.

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ENVIRONMENT PR12-35	30:00	15:00	L	PA/O	10/15/12	10:30 AM
					10/16/12	01:00 AM
					10/18/12	02:30 AM
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					10/19/12	12:00 PM
					10/20/12	02:30 AM
					10/23/12	02:00 AM
					10/25/12	03:00 AM
					11/01/12	03:30 AM

Host Jackie Kahlhamer talks with Paul Klein, Aquatic Invasive Species Coordinator for Washington County Planning and Parks Dept., about invasive species control. Non-native species come in and cause harm to the environment, economy and recreation. They can create a mono-culture and keep out native species. Non-natives come in through ballast waters from the shipping industry. They have no natural enemies here. Non- native species can also be introduced by the bait and by the landscaping industries. They can become so invasive and dense that fish can't live in the water. Prevention is the only way to address the problem. Once a non-native gets a stronghold it can't really be eradicated. Boaters must not transfer any water to another body of water. They need to carefully pressure wash their boats or let them dry for 5 days. Discarded landscaping plants should not be placed in a body of water. Education is key to making people aware of invasive species.

PR12-37	30:00	15:00	L	PA/O	10/29/12	10:30 AM
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					11/02/12	12:00 PM
					11/03/12	02:30 AM
					11/08/12	03:00 AM

Bill Boettge, President of the Beaver Dam Lake Improvement Association and Host Jackie Kahlhamer discuss the lake. The lake does not have a master plan for it and the wetlands around it. It is the 16th largest lake in the state and has some unique issues. It is shallow, 7 feet at its deepest, and is manmade. Data was gathered for months and a survey to surrounding property owners was sent out. This will be used to develop a Lake Management Plan. It is currently on the Impaired Waters List and is not meeting federal standards. There are high algae and phosphorus counts.

PR12-39	30:00	15:00	L	PA/O	11/05/12	10:30 AM
					11/08/12	02:30 AM
					11/08/12	10:30 AM
					11/09/12	12:00 PM

Host Desiree Hoard discusses alternative fuels with Lorrie Lisek, Director of Wisconsin Clean Cities. Alternative fuels reduce emissions, which is better for air quality. This makes for cleaner air for communities. Education about alternative fuels is very important for everyone. The Midwest is becoming the happening place for new emerging technologies regarding alternative fuels. The infrastructure for alternative fuels has not been readily available but is increasing. Businesses and municipalities are looking to save money as gas & fuel costs go up. There is more usage of alternative fuels. Lorrie recommends that drivers avoid idling, making better choices about trip planning, car pooling, walking & biking. If someone is looking to buy a new vehicle, they might want to consider an alternative fuel vehicle.

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PR12-43	30:00	15:00	L	PA/O	12/10/12	10:30 AM
					12/13/12	10:30 AM
					12/14/12	12:00 PM

Liz Hermann, Natural Resources Educator for the Horicon DNR and Host Jackie Kahlhamer talk about drought and the Horicon Marsh. This summer there was little rain and high temperatures. This resulted in fish kills and a botulism outbreak. It may take a couple of years to see the outcome of how the drought affected everything. Fall bird migration was somewhat affected due to low water levels. Recent rains did bring some improvement. There are some benefits to the drought. It exposed mudflats. This allows for native seeds to be exposed and germinate. This will provide a huge buffet for the wildlife. A lot of snow this winter and rain in the summer would be helpful. Although, it may not be enough to recharge the system.

PR12-44	30:00	15:00	L	PA/O	12/17/12	10:30 AM
					12/20/12	10:30 AM

Host Patti Hutton talks with Dr. George Stone, MATC Instructor of Natural Sciences, about renewable energy. Renewable energy sources include wind and thermo energy. These are constantly being renewed, unlike fossil fuels. They are non-threatening to the environment. Wisconsin does not have fossil fuels and spends billions of dollars to import fuel. Dr. Stone believes it would be best to invest in renewable sources that exist in the state. It would be good for the economy. Sustainability provides resources for future generations. Businesses practicing it reduce overhead and expenses. He believes renewable energy is the way of the future.

PUBLIC SAFETY

PR12-40	30:00	15:00	L	PA/O	11/19/12	10:30 AM
					11/29/12	10:30 AM

Host Desiree Hoard and Tod Pritchard discuss cyber security. Tod is the Emergency Preparedness Coordinator for WI Emergency Management. Cyber scams affect all of us. It is important to not use the same passwords for different accounts. If a cyber criminal can hack in, he can get into all other accounts if the same password is used. Never give personal information in response to an email that purports to be from a bank or other business, even if it appears to be legitimate. Auction fraud is another form of internet crime. Don't send money overseas or direct wire it. Scammers weave stories in order to get people to give out personal information.

PR12-40	30:00	15:00	L	PA/O	11/19/12	10:30 AM
					11/29/12	10:30 AM

Tod Pritchard, the Emergency Preparedness Coordinator for WI Emergency Management and Host Desiree Hoard talk about preparedness, which is being ready for any possible emergency. These can include weather, toxic spills, etc. Only about 40% of the people plan for an emergency. They should have a plan and supplies in the event of one. A kit should be kept in the home and in the vehicle. An emergency weather radio is highly recommended. People often forget about their pets and prescription medicine in an emergency. Enough medicine for 3 days should be kept in a kit that can be grabbed on the way out of the house. Tod discussed what to have in a winter car kit. Taking a first aid course is a good idea. A simple first aid kit should be kept in the vehicle. Fifth grade students are being taught how to make an emergency plan and starter kit to take home. This will hopefully help encourage parents to start their own kit.

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PR12-41	30:00	15:00	L	PA/O	11/26/12 11/30/12	10:30 AM 12:00 PM

Host Jackie Kahlhamer talks with Beaver Dam Fire Chief Alan Mannel about water safety. When there is a water emergency, dive teams must be called in from outside the county. This is a shortcoming that is being looked into by a committee with other local county departments. The training commitment for a diver is very high. Evidence recovery in water bodies is also part of diving. Specific equipment is necessary and these are very size specific to the individual. Divers may be going into environmental hazards such as farm and retention ponds. It would cost five to six thousand dollars per diver. Ropes, rigging and a boat are needed. The Fire Dept. has finances available from the City of Beaver Dam, but they should not be solely responsible for the cost. It is absolutely imperative for citizens to be diligent when they are around water. Children should wear life jackets. People often overestimate their swimming abilities as they age. Precautions should be taken around the home, pools and lakes. People often underestimate the power of moving water- it is very powerful.

PR12-42	30:00	15:00	L	PA/O	12/03/12 12/06/12 12/07/12	10:30 AM 10:30 AM 12:00 PM
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Peter Pochowski, Executive Director of the Wisconsin School Safety Coordinators Association and Host Jackie Kahlhamer discuss school safety. School security has increased over time. Reasons include manmade and natural disasters. Schools are being more and more utilized as emergency shelters in the event of disaster incidents. Wisconsin Act 309 requires all schools to have a crisis plan. The plan must have input from fire, police and medical personnel. There is an emphasis on bullying and more clarity on the issues of student records and the law. Schools will be required to have 2 emergency drills per year. Schools are taking bullying very seriously. Peter believes Act 309 will help schools be safer.

PR12-42	30:00	15:00	L	PA/O	12/03/12 12/06/12 12/07/12	10:30 AM 10:30 AM 12:00 PM
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Host Jackie Kahlhamer talks with Carl Guse, Treasurer of the Dodge County Emergency Response Team (DCERT) about emergency response support. The group assists many public safety agencies in the area. Assistance may be needed with traffic crashes, fires and other incidents. It is important to keep traffic moving and keeping the scene safe for all persons involved. Their help is needed if an incident is prolonged or other factors are involved. Members are trained according to Traffic Incident Management standards. It can be difficult for law enforcement to bring in enough people to direct traffic. DCERT members can do that and it allows for law enforcement to focus on the incident and do what they must do. Drivers need to cooperate with DCERT signage and detours. Winter weather driving was discussed. Slowing down and paying attention is important.

CIVIC AFFAIRS

PR12-43	30:00	15:00	L	PA/O	12/10/12 12/13/12 12/14/12	10:30 AM 10:30 AM 12:00 PM
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Tom Kennedy, Mayor of Beaver talks about the City of Beaver Dam with Host Jackie Kahlhamer. Certainty and stability are important to the residents of the City. Mayor Kennedy talked about the 2013 budget. There were no major cuts, employee lay-offs or furloughs. In 2013, the city will continue to work on building the infrastructure to the land they purchased. They hope to have it done by summer. They hope to have light manufacturers come there. Equally as important is to retain current local businesses. The Mayor's position has now become a 3 year term. The City enacted this a few months back. Mayor Kennedy has listening sessions with the public on two days every month. This allows citizens to come and voice their concerns. Mayor Kennedy feels there is some lack in the area of single family new housing growth.

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PR12-44	30:00	15:00	L	PA/O	12/17/12 12/20/12	10:30 AM 10:30 AM
<p>Host Jackie Kahlhamer discusses the need for a new water supply with Dan Duchniak, the Waukesha Water Utility General Manager. Dan explained why the city's water supply is at a critical point. The biggest issue they are facing is radium in the water. They are under court order to come into compliance with the radium count by June 2018. A lot of alternatives have been looked at. The most reasonable option would be to use Lake Michigan water. They would plan to return all the water used back to the Lake. Waukesha could get lake water in compliance with the Great Lakes Compact because they are in a straddling community of the water basin. There must be unanimous agreement from all the Great Lakes Governors. Applications have been made to numerous government entities. They are in the process of developing an environmental impact statement and hope to have an answer by mid 2013. The time frame for the infrastructure to be done is 5 years, so a solution is needed. They believe they are making a strong case and meeting goals.</p>						
PR12-45	30:00	15:00	L	PA/O	12/20/12 12/27/12	12:00 PM 10:30 AM
<p>Brian Field, Dodge County Highway Commissioner and Host Desiree Hoard discuss the Dodge County Highway Dept. and winter weather. Brian gave an overview of the department's budget. About 2 million of that is for winter weather events. During winter weather, Brian recommends minimizing travelling and allowing more time when having to travel. A large number of accidents could be avoided if drivers simply slowed down. He talked about preparing by having vehicles ready for winter and by having certain items in the vehicle in the event of an emergency. Everyone should have a good scraper and brush to properly clean off windows. Drivers should not follow a snowplow too closely. If travel is necessary during winter weather, it is a good idea to let someone know where you are going and what route you will be taking. Drivers should follow defensive driving techniques.</p>						
PR12-46	30:00	15:00	L	PA/O	12/31/12	10:30 AM
<p>Host Desiree Hoard and Waukesha County Executive Dan Vrakas, discuss Waukesha County. Cty Exe. Vrakas gave an overview of the 2013 budget. Spending was reduced 3.8% and had to be prioritized. Public safety and health & human services are very important. The county has been able to partner with nonprofit agencies to provide services in an efficient manner. Waukesha County has the lowest spending per capita in the state. There is no county sales tax. They utilize lean technologies to operate efficiently. The Waukesha West Bypass Project was discussed. The county has worked with other governmental agencies, resulting in a well-planned partnership between them. Pros and cons were discussed. Citizens want public safety, good transportation and low taxes. It is important to leave a legacy for future generations. Citizen input is very important.</p>						
PR11-46	30:00	15:00	L	PA/O	12/31/12	10:30 AM
<p>Host Desiree Hoard talks with Lt. Mark Millard of the Brookfield Police Dept. about community involvement. There are a number of programs that promote public safety, such as Neighborhood Watch, Business Watch, Crime Stoppers, etc. Tight budgets affect what can be offered in the community. Determining what to offer is done by assessing what is most wanted the community. Citizens make calls and demands, and the police chief meets monthly with the schools. Through these, concerns are made known. The police do not operate in a vacuum. The Police Reserves are volunteers who help the police by doing things that promote public safety. People need to be aware of their environment. A suspicious vehicle or anything out of order should be reported to the police. They would rather find out nothing is wrong than find out a crime had occurred and no one with suspicions reported it. Public safety must be a joint effort between citizens and police to be effective. It is vital for citizens to stay active to avoid apathy. For example, to keep Neighborhood Watches active, neighbors could meet together socially to get to know each other and to know who lives where. This is very helpful information to know how to determine if something seems out of place.</p>						

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ELECTORAL AFFAIRS

PR12-35	30:00	15:00	L	PA/O	10/15/12	10:30 AM
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					10/18/12	10:30 AM
					10/19/12	12:00 PM
					10/20/12	02:30 AM
					10/23/12	02:00 AM
					10/25/12	03:00 AM
					11/01/12	03:30 AM

Deanna Boldrey, Mayville City Clerk, discusses the fall election with Host Jackie Kahlhamer. Deanna talked about polling locations, hours, registering to vote & absentee voting. At this time a photo ID is not required to vote. Voting for those in nursing homes, the hospital or overseas was discussed. Voting turnout is expected to be 80% of registered voters. Election officials have been properly trained and have looked at possible scenarios. This will assure that the election process is ready to proceed and function smoothly.

HEALTH

PR12-36	30:00	15:00	L	PA/O	10/08/12	10:30 AM
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					10/11/12	02:30 AM
					10/11/12	10:30 AM
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					10/25/12	03:30 AM

Host Jackie Kahlhamer talks with Dr. Matt Frahm, Chiropractor, about minimized toxins. Toxins are encountered in everyday life, from food, chemicals, etc. They can't be totally eliminated but exposure can be minimized. Toxins impact the body at the cellular level. A toxin in a deodorant could be safe if that was the only chemical we were being exposed to. We are exposed to many and there are cumulative effects on the body. Fibromyalgia and 95% of cancers are effects of too many toxins. Our bodies have detox systems- spleen, kidney and liver. When these become overwhelmed then symptoms of disease occur. The body can't eliminate toxin excesses from many different sources. It is important to become a label reader and chose products with the least amount of chemicals. Exercise and drinking water are necessary. The body is designed to heal itself. Eating organic is safer than eating conventionally grown foods. Toxicity issues are relatively new. We are affected by a chemical onslaught.

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					10/13/12	02:30 AM
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Dr Matt Frahm, Chiropractor, and Host Jackie Kahlhamer talk about stress and negativity. They are mental and emotional toxins. Negative emotions can manifest physical disease and vice versa. A conscious choice and effort must be made regarding how to deal with them. They can be an opportunity to grow and to help someone else who could be going through difficulties. Cells respond to subconscious thoughts. It is important to renew the mind with positive thoughts. Negative thoughts can keep us from achieving our goals. They can often go unrecognized and have a large effect on mental health. Mindset changes can be done one step at a time. It is a process to retrain the brain and not allow negative thoughts to snowball. Negative thoughts affect the heart and blood pressure. Putting together a strategic plan to overcome these thoughts is needed to go in the right direction.

PR12-38	30:00	15:00	L	PA/O	10/22/12	10:30 AM
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Host Jackie Kahlhamer talks with Ruth Lindegarde PhD, President of NAMI Dodge County, about adult mental health. Mental health affects the brain and symptoms usually have to do with thought processes and actions. People are not hiding it so much now and insurance companies cannot deny services. It is being treated sooner. Changes in behavior such as not keeping up with hygiene, being unmotivated, bouts of depression and/or mania and others can indicate mental illness. Sometimes when people do wait too long to get treatment, it can be because of the stigma that still is attached or because of not being able to get to the right people to get a diagnosis. Having a physician determine there is not a physical reason for the symptoms is important. Psychiatric help or counseling may then be necessary. While adults may not be able to be forced to get help (unless they have been declared incompetent,) there are methods to help them see the problem. Substance abuse may be a part of it. County services are very backed up. Support groups are very helpful. It helps to know there are others dealing with the same issues and to find out how they dealt with them successfully. Recovery can happen but it may be a long process.

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					11/03/12	02:30 AM
					11/08/12	03:00 AM

Host Jackie Kahlhamer talks about diabetic eye disease with Barbara Armstrong, Executive Director of Prevent Blindness Wisconsin and Dr. Dennis Han, Professor of Ophthalmology at The Medical College of Wisconsin. High blood sugar over time damages the retina. The result is vision loss. An increase is being seen because more people are becoming diabetic. There is no cure but it can be slowed down or stopped with treatment. A minimum of a yearly dilated eye exam is important. Prevention is the key. Diabetics must try to keep their A1c levels at 7 or less if possible. They must take the initiative to live right and save sight. There has been an 89% increase in diabetic retinopathy in the last decade.

HEALTH

Doctor #275	to	Doctor	28:30	28:30	REC	PA/O/E	10/02/2012	11:30 AM
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Dr. Eric Braverman talked about metabolism. The secret to metabolism is how you burn your calories. The most important organ in the burning of calories is your brain. Your brain burns twenty-five percent of your calories and directs your entire body. There are four core languages of the brain: dopamine is the language of energy and thinness, acetylcholine is memory, GABA is stability and non-addiction, and serotonin is serenity and sleep. You need to keep the chemical dopamine up to keep burning calories. Eating of a lot of sugar, carbohydrates, or fat, drinking alcohol, using marijuana or other drugs, will hinder the chemical effectiveness of dopamine. The key is nutrient-density to calories. When you drink a glass of green tea, Oolong tea, Rooibos tea, white tea or black tea, you have hundreds of nutrients and no calories. These teas are metabolic enhancers. If you are concerned with the amount of caffeine intake, simply use decaffeinated teas. Another key to burning more calories are fresh spices. They contain ORAC (Oxygen Radical Absorbance Capacity) that prevent you from burning out your metabolism. Fresh sage, marjoram oregano, rosemary, thyme, and basil often have more antioxidant or ORAC power than berries, fruits and vegetables. You can use dried spices as a backup. It is important to eat a variety of vegetables and fruits in a variety of rainbow colors to obtain proper hormonal balance. Another key is exercise which revs up your metabolism. Resveratrol, which is found in red grapes and red wine, is a metabolic enhancer. Compounds such as leptin, byetta, rhodiola, tyrosine, and amino acids such as phenylalanine, impact your brain, body and metabolism. Fish and fish oils are also important. Sleep allows your body to rebound and helps maintain metabolism. **Dr. David Cawley** talked about dental truths and myths. Myth #1 is no pain means there is no problem. Visit the dentist regularly. Waiting until you experience pain is the worst time to go the dentist. Truth #1: Many times, dental problems such as gum disease, gingivitis, bad breath; also called halitosis, and periodontal disease are silent health issues that can cause multiple tooth loss. Myth #2 is that dental products purchased over the counter or from TV ads are beneficial to your teeth. Truth #2 is just because you see it on TV does not mean it is safe for your teeth. Many products are not reviewed or approved by the American Dental Association. Myth #3 is that the dentist will hurt you. Truth #3 is that the dentist will care for your dental needs as painlessly as possible. **Dr. Jeffrey Crowhurst** talked about bunions, also called hallux valgus. Bunions are caused by the foot type a person inherits and is a common problem, even among people who do not wear shoes. People with bunions usually have a very flexible arch or a very flat foot. Symptoms of bunions are pain, numbness, and pain on the motion of the joint. You can relieve the pain by removing your shoes, applying a medicated salve over the bunion, using an anti-inflammatory medication, padding to relieve pressure, or wearing wider shoes. As a bunion gets worse, it becomes larger; making it more difficult to walk and to find wider shoes, which is when you should seek podiatric help. The podiatrist will diagnose the problem by looking at the joint function, the mechanics of the foot, and will take x-rays to examine the structure of the foot. As a bunion progresses, a wide angle between the metatarsal bone develops, causing the big toe joint to adapt to the new position which results in arthritic changes. Some treatments include special pads, anti-inflammatory medication such as ibuprofen or naproxen. When the nerve becomes involved sometimes a cortisone injection in the area of the inflammation can be very beneficial. Often arch supports and custom-made orthotics can relieve the pressure and slow the progression of the bunion. Surgical correction is performed as a last resort. There are several types of bunion procedures. A simple bunion is the removal of a portion of the bone. This is performed as an outpatient with a 3 to 6 week recovery time. A osteotomy, or surgical fracture, removes bump and places the bone in a more medial or inside position, fixating that fracture with a screw or a pin. This requires 4 to 8 weeks recovery time. Arthritic bunions may require bone fusion or a joint implant. Bunions rarely grow back, however, a small percentage do.

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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Doctor to Doctor #277	28:30	28:30	REC	PA/O/E	10/09/2012	11:30 AM
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Dr. Bob DeMaria talked about hormonal headaches. They can be caused by tension, a sluggish thyroid, toxins, medications, elevated estrogen levels, a compromised liver, stress and sugar. It is important to exercise, drink plenty of water, take calcium lactate and B vitamins, and get plenty of sleep. **Dr. Ace Anglin** talked about toning shoes, which are a type of walking shoe or sneaker. The midsole helps a person to propel themselves in a rocking motion. Toning shoes are not recommended for those with gait instability, a limp or arthritis, which can put a person at risk for slips and falls. Try a walking shoe instead; one with a flexible toe area, a rigid heel and an Achilles notch. Many toning shoes can cause Achilles Tendonitis, so stretching before any exercise regimen is important. **Dr. Gerard Guillory** talked about Vitamin D and Iodine deficiencies. Most people are deficient in Vitamin D and would not know it unless tested. It is linked to 16 types of cancer, high blood pressure, heart disease, diabetes, osteoporosis, multiple sclerosis and increased risk of heart attack. Vitamin D is actually a hormone and is synthesized from cholesterol. Vitamin D helps prevent respiratory infections, reduces your blood pressure, improves mood and aides sleep when taken as a supplement at night. A natural source of vitamin D is sunshine. Iodine deficiency symptoms are fatigue, cold, constipation, slow metabolism. It is associated with increased risk of breast cancer, fibro cystic breasts, and cysts on the ovaries. A good source of iodine is kelp or other sea vegetables.

Doctor to Doctor #278	28:30	28:30	REC	PA/O/E	10/16/2012	11:30 AM
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Dr. R. Michael Ronsisvalle talked about how to be a real man. The success of society depends on defining appropriate roles for men and men who understand their role. It is more than having the right car, job, income and image. The first priority is to lead and love others. **Dr. Christopher Chen** talked about a heart healthy diet. Avoid animal fat. Keep trans fat percentages close to zero by avoiding partially hydrogenated oil. Eat fruits and vegetables that are deep in color, such as blue, red, and purple. Avoid sodas. Eat less than 1,500 milligrams of sodium per day. Avoid white foods such as white rice, pasta, potatoes, sugar and bread. Take fish oil in the form of an omega 3 supplement. Eat fish, such as salmon, flounder, cod and catfish to reduce inflammation in the body. However, avoid fish that contain high amounts of mercury such as shark, swordfish and king mackerel. Eat dark chocolate with at least 70 percent cocoa. **Dr. Shalanda Gray** talked about breast cancer. It the most common form of cancer found in women. Breast cancer is a growth of abnormal cells in any part of the breast. Some risk factors include being a woman, aging, genetics, family history, personal history, post-menopausal hormone therapy, use of oral contraceptives, race, having dense breast tissue, inactivity, alcohol and tobacco use. Breastfeeding, physical activity, maintaining a healthy weight and screening can help prevent breast cancer.

Doctor to Doctor #279	28:30	28:30	REC	PA/O/E	10/23/2012	11:30 AM
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Dr. Eric Braverman talked about aging. Aging can be summarized in basic concepts such as oxidization, dehydration, inflammation, calcification, and poor circulation. As we age our body goes through various stages. It is important that we take care of our bodies to live a healthy life. **Dr. Kay Spears** talked about quality supplements. There are no FDA regulations for supplements. It is important to look for a Good Manufacturer Practices label (GMP-Certified), which indicates that it is regulated by the FDA and a third party company has tested the product. Be sure to take the proper forms of minerals. Fish oil should smell clean when you open the bottle. The biochemistry of the body is different for each person. It is important that you work with a healthcare practitioner to determine your needs. **Dr. Carl Schmidt** talked about sleep deprivation. A healthy pituitary gland and liver are key to a good night's rest. Potassium, magnesium and B-vitamins are important for adrenal function and works with the pituitary gland. Eat a clean diet. The liver is a filter. Drinking plenty of fluid from morning until 5 or 6 p.m. will help to eliminate waking in the middle of night. Drink two glasses of water before eating in the morning to get a good start on hydration. Being borderline hypoglycemic is an added stress on the adrenal glands. Eating a healthy snack with protein at bedtime can help the body function properly. Herbs known to promote relaxation are valerian, passion flower and chamomile. St John's wart is known to help the brain and mood. Amino acids such as tryptophan, theanine, and tyrosine can also be very beneficial to sleep.

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Doctor to Doctor #280	28:30	28:30	REC	PA/O/E	10/30/2012	11:30 AM

Dr. Don Colbert talked about heart disease. It is the number one killer in the United States. Often the first symptom is sudden death. Over 50 percent of people who have had heart attacks have normal cholesterol levels. The root cause of heart disease is inflammation which begins in our teen years by eating fatty meats, excessive sugars and the American standard diet. C-Reactive Protein is the marker of inflammation and most of the C-Reactive Protein comes from belly fat, or is made in the liver. It is important to ask your doctor to measure your high sensitive C-Reactive Protein level. To lower your C-Reactive Protein levels, follow an anti-inflammatory diet such as the Mediterranean diet that includes fruits, especially berries and pomegranates, vegetables, fatty fish and extra virgin olive oil. Grill, bake or stir fry your food at low heat to minimize inflammation. If over the age of 50, take a baby aspirin, 81 milligrams, every day to help prevent blood clots, heart attacks and strokes. Lose the belly fat through exercise and plenty of sleep. Eat dark chocolate to reduce inflammation. **Dr. James Mittelberger** talked about Palliative Care, which specializes in protecting people from their symptoms caused by medical treatments or serious illnesses. This type of care permits pain to be managed to provide comfort and allow quality of life to improve. Patients should discuss Palliative Care with their doctor as a way to help with symptom control. **Dr. Martin Finkelstein** talked about mind and body connection. When the nerves near the cervical spine experience trauma, such as a fall or stress, they can tighten up and lead to headaches, allergies and sinus problems. The mid back area of the spine affects the nerves of the mid back muscles, the scapula, the shoulders, as well as the heart and lungs. The low back area, called the lumbar spine, affects the nerves in the lower back, the nerves that go down our legs to our feet, as well as the digestive, reproductive and sexual areas. Pay attention to your body. Notice any symptoms you may experience and determine the source of the problem so it can be corrected.

Doctor to Doctor #326	28:30	28:30	REC	PA/O/E	11/06/2012	11:30 AM
					11/20/2012	11:30 AM

Dr. Bob DeMaria talked about healthy thanksgiving eating. It is important to read the labels on our food. Number 9 means it is organic. Number 8 means it has been genetically engineered. Any other number means it has been conventionally grown with herbicides and pesticides. Eat onions for a good source of sulfur. Minimize soda beverages. Consider a gluten-free diet. Don't drink water with ice cubes during meals. Steam your vegetables. Eat yams and sweet potatoes. Don't eat protein portions larger than your palm and 1/4" inch thick. Combine vegetables with protein. Use brown rice as a stuffing. Avoid drinking fluids with your meals. **Dr. Martin Findelstein** talked about destressing for the holidays. Visualize and write down the positive experience you hope to have before you go to your family gathering. At your next event have an appreciation exercise where everyone shares two things they appreciate about each person. Release all bad feelings and forgive. You will be healthier for it. **Dr. Hale Akamine** talked about overcoming holiday blues. To those for whom holidays are sweet: share God's love. To those for whom holidays are bitter, more so, share God's love. Allow people to come into your life.

<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 #347	28:30	28:30	REC	PA/O/E	11/27/2012	11:30 AM

Dr. Leonard Scott talked about what's new in dentistry. Invisalign is an invisible orthodontic appliance that fits over your teeth and moves your teeth as needed. It works just like traditional braces. Straight teeth improves your smile, provides better hygiene, and allows you to chew food properly. Laser dental surgery eliminates the need for an oral shot. Implants are the replacement of a tooth. A metal root is placed in the bone and the bone is allowed to integrate into the implant to secure it and a crown is placed on the root. Veneers are porcelain covers for the front of the teeth to give you a great smile. Each time you visit your dentist, get an oral cancer screening. The dentist will look for bumps or spots in the mouth that appear abnormal or that increase in size. If abnormalities are found, a biopsy will be performed; removing a portion of the tissue to be examined for irregularities. Not all tumors are cancerous. Some tumors are benign, which are non-invasive and will not kill you. The cancerous tumors are malignant and grow quickly. **Dr. Bryan Wasson** talked about sports and concussions. A concussion is a violent jarring or shaking resulting in a disturbance of brain function. The symptoms of a concussion injury are an altered level of consciousness, confusion, headache, nausea or vomiting, memory loss, seeing flashing lights, and lost time. Corpus Callosum is the area of the brain that allows the right and left sides of the brain to communicate. When a person is injured, one side of the brain is no longer able to communicate with the other side of the brain. Often it is difficult to process and retain information, and to concentrate. The Immediate Post-concussion Assessment and Cognitive Testing, developed by the University of Pittsburgh Orthopedic and Sports Medicine Divisions, allows a repetitive trauma patient to be evaluated to determine if their brain is responding functionally. A computer program uses various modules such as word discrimination, design memory, visual recognition, visual memory, symbol matching, color matching, and three letter memory. **Dr. David Hope** talked about diabetes. There are two types of diabetes. Type I diabetes occurs in children and is maintained by insulin shots for most of their life. Type II diabetes is adult onset diabetes. It usually occurs in the 40's and 50's. Symptoms are weight gain, fatigue, thirsty all the time, never seem to get full after eating, frequent urination, and high blood sugar levels. To combat diabetes, increase exercise to burn up extra sugar, lose weight to reduce body fat, and use medication to help maintain sugar levels. Monitor your sugar levels at the same time every day and keep a log, write down what you eat, and get support. If you control your sugar levels you will be just fine. Uncontrolled diabetes is one of the major causes of blindness, heart attacks, kidney disease, and peripheral vascular disease; which is poor circulation in fingers and toes. You can be in charge of your health.

Doctor to Doctor #283	28:30	28:30	REC	PA/O/E	12/04/2012	11:30 AM
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Dr. Bettye J. Alston talked about losing weight during the holidays. Eating thermic vegetables such as broccoli, green beans, squash, spinach, asparagus, cabbage, okra, eggplant, greens, mushrooms, onions, bell peppers, and bean sprouts, allows your body to burn more calories than it takes in. Enjoy fish and lean cuts of chicken, beef or lamb. Eat foods that are not high on the glycemic index and limit salt. **Dr. Craig Travis** talked about avoiding holiday stress. Economic difficulties, the death of a loved one, lack of time, visiting relatives, overeating, commercialism and materialism can cause stress. To cope, first acknowledge the stress. Have a strategy for dealing with the holidays. Plan your schedule, engage in healthy behavior; getting plenty of rest, drink lots of water and exercise. Keep important things in perspective. Focusing on what you have instead of what you do not have. **Dr. Martin Finkelstein** talked about the dangers of holiday food. Unhealthy processed and fried food clogs the body and weakens the immune and digestive system. Healthy carbohydrates, such as fruits and vegetables, are the healthiest foods to cleanse the bodies. The more fruits and vegetables you eat, the less you will crave the wrong foods. Proteins rebuild the body. Eat proteins such as chicken, turkey, or fish, particularly salmon, tuna and sardines that are baked or grilled. Avoid a lot of red meat and pork. Legumes and beans are also a good source of protein. It is good to eat eggs in moderation. Use healthy oils such as coconut oil and olive oil.

<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 #387	28:30	28:30	REC	PA/O/E	12/11/2012	11:30 AM

Dr. Bettye J. Alston talked about sugar-free holiday treats. **Dr. Malcom Hill** talked about preventing holiday stress. Stress means a situation that comes into your life that causes you to make a change. Stress has been linked to high blood pressure, heart attacks, strokes and diabetes. The five main stressors are depression, marriage, finances, job and children. There are many ways to reduce stress in your life. Live within your means. Walk or run for 20-30 minutes daily to create endorphins which are feel good hormones. Get 15-20 minutes of sunlight per day. Breathe fresh, outdoor air. Get at least 8 hours of sleep per night. Drink plenty of water. Eat a plant-based diet. Get a monthly massage. Get a chiropractic adjustment. Think positively and associate with positive people. Go to church. Pray and meditate daily. **Dr. Brian Nimphius** talked about health care vs sick care. Health care means being proactive by eating right, exercising and doing what is necessary to be healthy. Sick care is reactive. Seeking care in response to an illness, depending on chemicals and medication, and being fearful of a certain disease.