

ISSUES / PROGRAMS

April, May and June, 2005

1. I--Listeners wanted information about area job openings.
P--WCKB aired a 5 minute report of local job listings, provided by the Dunn office of the North Carolina Employment Security Commission, each Monday at 12:45pm.
2. I--Listeners needed information on Social Security benefits, services and requirements.
P--WCKB aired a 5 minute report, provided by the Fayetteville office of the Social Security Administration, each Tuesday at 12:45pm. A topic listing is attached.
3. I--Listeners wanted to know about problems and issues faced by senior citizens.
P--WCKB aired a 5 minute report, provided by the Johnston County Council on Aging, each Wednesday at 12:45pm. A topic listing is attached.
4. I--Listeners needed information about getting and staying healthy.
P--WCKB aired a 5 minute report, provided by the Harnett County Department of Public Health, each Thursday at 12:45pm. A topic listing is attached.
5. I--Listeners wanted to hear about programs and services offered by the Extension Service.
P--WCKB aired a 5 minute report, provided by the Harnett County Cooperative Extension Service, each Friday at 12:45pm. A topic listing is attached.
6. I--Listeners wanted information about credit, budgeting and finance.
P--WCKB aired "Money Help Minute," a 1 minute report provided by Myvesta.org (formerly Debt Counselors of America), each Sunday at 7:20am. A topic listing is attached.
7. I--Listeners wanted to know about recent health research.
P--WCKB aired "Duke MedMinute," a 2 minute report provided by the Duke University News Service, each Sunday at 7:22am. A topic listing is attached.
8. I--Listeners wanted information on issues faced by home schooling families.
P--WCKB aired "Home School Heartbeat," a 2 minute report provided by the Home School Legal Defense Fund, each Sunday at 7:24am. A topic listing is attached.
9. I--Listeners wanted advice on issues facing today's families.
P--WCKB aired "James Dobson Family Minute," a 1 minute report provided by Focus on the Family, Monday through Friday at 1:30pm. A topic listing is attached.
10. I--Listeners wanted current information on various health, financial, scientific, social, and general interest subjects.
P--WCKB aired an 8 to 10 minute interview, produced by station personnel, each Sunday at 10:50am. Information on interview topics and guests is attached.
11. I--Listeners expected station participation in local charities and events.
P--WCKB aired remote broadcasts and special interviews, and participated in several events. A list of these events and broadcasts is attached.

SOCIAL SECURITY REPORT (April - June, 2005)

4/05/05	Shiryl Evans	Tax season reminders
4/12/05	*****	Taxes owed on SS benefits / SS online retirement
4/19/05	*****	Older Americans Month celebrates long term living
4/26/05	*****	Know the work requirements for disability benefits
5/03/05	*****	PSA: Medicare Part D / Tax information / Disability insurance / SS retirement planner
5/10/05	*****	Q & A: Retirement / Disability
5/17/05	*****	Help available for costs of Medicare's prescription drug program
5/24/05	*****	Understanding SS's disability program
5/31/05	*****	SS info for new businesses & for foreign travelers
6/07/05	*****	SS website / SSI / SS statements / SS & low birth weight infants
6/14/05	*****	Q & A: General / Survivors
6/21/05	*****	Q & A: SSI / Medicare
6/28/05	*****	New Medicare coverage for prescription drugs

COUNCIL ON AGING REPORT

(April - June, 2005)

4/06/05	Kimberly Tilghman	How do I know if my parents need help?
4/13/05	Community resources check list
4/20/05	Health professionals, patients & caregivers
4/27/05	Involving the whole family in caregiving
5/04/05	Long-distance caregiving
5/11/05	Managing the stress of caregiving
5/18/05	C.O.A. information
6/01/05	Help for allergy sufferers
6/08/05	Family caregivers support program
6/15/05	C.O.A. information
6/22/05	Crime prevention
6/29/05	Rights for tenants

HEALTH DEPARTMENT REPORT

(April - June, 2005)

4/07/05	Debra McAllister	Public Health Month
4/14/05	STD Awareness Month
4/21/05	STD Awareness Month
4/28/05	STD Awareness Month
5/05/05	National Women's Health Week
5/12/05	Denise Newkirk	Osteoporosis
5/19/05	Osteoporosis
5/26/05	Osteoporosis
6/02/05	Walking
6/09/05	Tuberculosis
6/16/05	Tuberculosis
6/23/05	Prostate health
6/30/05	Prostate health

EXTENSION SERVICE REPORT

(April - June, 2005)

4/01/05	Lynn Lambert	4-H youth development programs
4/08/05	*****	4-H youth development programs
5/06/05	Wanda Hardison	Winter clothing storage
5/13/05	*****	Winter clothing storage
5/20/05	*****	Reducing summer energy costs
5/27/05	*****	Resolving family conflicts
6/03/05	Jennifer Walker	Feasibility study for value-added food processing center
6/10/05	Jennifer Walker	Feasibility study for value-added food processing center
6/17/05	Jennifer Walker	Feasibility study for value-added food processing center
6/24/05	Jennifer Walker	Feasibility study for value-added food processing center

MONEY HELP MINUTE*(April - June, 2005)*

- 4/03/05 Borrowing from retirement savings
- 4/10/05 Store credit cards
- 4/17/05 Addicted to credit
- 4/24/05 Coping with medical bills
- 5/01/05 Vehicle repossession
- 5/08/05 Where is your money really going?
- 5/22/05 Good debt vs bad debt
- 5/29/05 Prioritizing debts
- 6/05/05 Credit scores aren't just for credit
- 6/12/05 Credit card rewards programs
- 6/19/05 Do deals on foreclosed homes really exist?
- 6/26/05 Loaning money to friends or family

DUKE MEDMINUTE*(April - June, 2005)*

4/03/05	Dr. Dan Blazer	More testosterone testing needed
4/10/05	Dr. Howard Eisenson	Gradual weight gain adds up
4/17/05	Grey Brown	The healing power of writing
4/24/05	Wesley Burks	Fighting food allergies
5/01/05	Claudia McCormick	Safe Kids Week
5/08/05	Dr. Julie Woodward	That tattoo may not be "4Ever" (tattoo removal)
5/15/05	Dr. Robin Vann	A breakthrough for cataract patients
5/22/05	Elisabetta Politi	Raising vegetarian kids
5/29/05	Dr. Eric Postel	Protecting your eyes from summer sun
6/05/05	Dr. Larry Goldstein	Stroke victims need treatment fast
6/12/05	Dr. Terrill Bravender	Radical weight-loss methods backfire
6/19/05	Dr. Samuel Katz	Vaccine for teens
6/26/05	Prof. Dennis Thiele	Adding iron to the world's diet

HOME SCHOOL HEARTBEAT

(April - June, 2005)

- 4/03/05 The FIRE principle of education
- 4/10/05 Who needs the high school transcripts
- 4/17/05 Making transcripts reflect homeschool flexibility
- 4/24/05 How do homeschoolers fare in the workplace
- 5/01/05 Incorporating business skills into your curriculum
- 5/08/05 Respecting workplace hierarchies
- 5/15/05 The Christian idea of vocation
- 5/22/05 Summer school
- 5/29/05 Imaginative vacations
- 6/05/05 Elite education & modern American leadership
- 6/12/05 Christians & elite education
- 6/19/05 Kids to college...the challenge
- 6/26/05 Finding answers

SPECIAL BROADCASTS / COMMUNITY EVENTS

(April - June, 2005)

- April 29 WCKB broadcast live from Harnett County Relay for Life, raising money for and awareness of cancer. (4:30pm - 7:45pm)
- May 26 WCKB broadcast live from the RSVP Senior Citizens Fair; seniors had access to information on issues and businesses affecting them. (10:00am - 2:00pm)
- June 3 WCKB broadcast live from Johnston County Relay for Life, raising money for and awareness of cancer. (6:00pm - 8:30pm)

TRACK SHEET



P.O. Box 998
 Colorado Springs, CO 80901
 Phone: (719) 531-3300 Fax: (719) 531-3302



APRIL 2005
 Total Tracks: 78

TRACK

"JAMES DOBSON FAMILY MINUTE" Promo (:30 each)

- 1 A Minute Well Spent
- 2 Marriage Hotline



"JAMES DOBSON FAMILY MINUTE" Features (:60 each)

3	April 1	Curtailing Misbehavior	Dr. James Dobson/Dr. Bill Maier
4	April 4	Making Mealtime Pleasant	Dr. James Dobson/Dr. Bill Maier
5	April 5	Recognizing Depression	Dr. James Dobson/Dr. Bill Maier
6	April 6	Hormones and Your Husband	Dr. James Dobson/Dr. Bill Maier
7	April 7	Evaluating Your Life Before It's Over	Dr. James Dobson/Dr. Bill Maier
8	April 8	When a Child Says "I Hate You..."	Dr. James Dobson/Dr. Bill Maier
9	April 11	Delaying the Empty Nest	Dr. James Dobson/Dr. Bill Maier
10	April 12	Conflict and Compromise	Dr. James Dobson/Dr. Bill Maier
11	April 13	Two Outa Three	Dr. James Dobson/Dr. Bill Maier
12	April 14	A Man's Job and His Ego	Dr. James Dobson/Dr. Bill Maier
13	April 15	Abstinence	Dr. James Dobson/Dr. Bill Maier
14	April 18	We Influence Others	Dr. James Dobson/Dr. Bill Maier
15	April 19	Don't Punish the Bed Wetter	Dr. James Dobson/Dr. Bill Maier
16	April 20	How to Handle Group Pressure	Dr. James Dobson/Dr. Bill Maier
17	April 21	The Test of Love	Dr. James Dobson/Dr. Bill Maier
18	April 22	Singles	Dr. James Dobson/Dr. Bill Maier
19	April 25	Communicating with Your Wife	Dr. James Dobson/Dr. Bill Maier
20	April 26	Why He's Not Saying Much	Dr. James Dobson/Dr. Bill Maier
21	April 27	Depression: Mind, Body and Spirit Connection	Dr. James Dobson/Dr. Bill Maier
22	April 28	Guilt and the Single Parent	Dr. James Dobson/Dr. Bill Maier
23	April 29	Prize and Keys	Dr. James Dobson/Dr. Bill Maier

"FOCUS ON THE FAMILY" Generic

- 24 Life Worth Living (AC) (:30)
- 25 Life Worth Living (Inspo) (:30)
- 26 The Things That Don't Change

"FOCUS ON THE FAMILY WEEKEND MAGAZINE" Generic (:30)

- 27 Host With the Most



"ADVENTURES IN ODYSSEY" Daily Promos (:30 each)

28	April 1	Live at 25
29	April 4	Between You and Me
30	April 5	Aubrey's Bathrobe
31	April 6	The Toy Man
32	April 7	For Trying Out Loud
33	April 8	Benefit of the Doubt
34	April 11	American Revelation - I
35	April 12	American Revelation - II
36	April 13	For the Fun of It
37	April 14	The Pact - I
38	April 15	The Pact - II
39	April 18	Do or Diet
40	April 19	Room Enough to Grow
41	April 20	BTV: Behind the Scenes
42	April 21	Basset Hounds
43	April 22	It's All About Me
44	April 25	Case of the Disappearing Hortons
45	April 26	The Defining Moment
46	April 27	Mystery at Tin Flat
47	April 28	Hindsight
48	April 29	All Things to All People

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MAY 2005
Total Tracks: 71

TRACK

"JAMES DOBSON FAMILY MINUTE" Promo (:30 each)

- 1 Minute by Minute
- 2 Donna's Too Busy

"JAMES DOBSON FAMILY MINUTE" Features (:60 each)

- 3 May 2 Will and Spirit
- 4 May 3 Get Them Through It
- 5 May 4 Euthanasia: A Gradual Deception
- 6 May 5 Helping the Frustrated Mother
- 7 May 6 A Salute to Mothers
- 8 May 9 Slow it Down
- 9 May 10 Low Self-Image and Failure
- 10 May 11 Emotional Needs of a Married Woman
- 11 May 12 Let Them Cry it Out
- 12 May 13 Avoiding the Mid-Life Crisis
- 13 May 16 Hitting Puberty
- 14 May 17 Domestic Violence
- 15 May 18 Nature of Today's Culture
- 16 May 19 Absence of Community
- 17 May 20 Waiting 'Til Marriage
- 18 May 23 Children and Responsibility
- 19 May 24 The Lure of Infidelity
- 20 May 25 We All Have Needs
- 21 May 26 Who's Responsible for Sex Education?
- 22 May 27 Adult Kids Living at Home
- 23 May 30 God and Country
- 24 May 31 Parents Are on the Hook

"FOCUS ON THE FAMILY" Generic

- 25 What is Truth? (AC) (:30)
- 26 My Journey to Salvation (:30)

"FOCUS ON THE FAMILY WEEKEND MAGAZINE" Generic (:30)

- 27 Relaxing Weekend

"ADVENTURES IN ODYSSEY" Daily Promos (:30 each)

- 28 May 2 Here Today, Gone Tomorrow? - I
- 29 May 3/4 Here Today, Gone Tomorrow? - II & III
- 30 May 5 My Girl, Hallie
- 31 May 6 Called On in Class
- 32 May 9 The Girl in the Sink
- 33 May 10 Seeing Red
- 34 May 11 Black Clouds
- 35 May 12 Silver Lining
- 36 May 13 Pink Is Not My Color
- 37 May 16 Something Blue - I
- 38 May 17 Something Blue - II
- 39 May 18 Living in the Gray - I
- 40 May 19 Living in the Gray - II
- 41 May 20 Eggshells
- 42 May 23 The Taming of the Two
- 43 May 24 The Mailman Cometh
- 44 May 25 Teacher's Pest
- 45 May 26 Stubborn Streaks
- 46 May 27 Bernard and Saul
- 47 May 30 Nothing But the Half Truth
- 48 May 31 Split Ends



Dr. James Dobson/Dr. Bill Maier
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JUNE 2005

Total Tracks: 72

TRACK

"JAMES DOBSON FAMILY MINUTE" Promo (:30 each)

- 1 A Kiss Is Still a Kiss
- 2 A Sound Investment

"JAMES DOBSON FAMILY MINUTE" Features (:60 each)

- 3 June 1 Behavior and Consequence
- 4 June 2 A Defiant Nature
- 5 June 3 Clearly Defined Priorities
- 6 June 6 Reconciling Authority and Love
- 7 June 7 The Problem With Dating
- 8 June 8 The Rocket Girl
- 9 June 9 Benefit of Premarital Counseling
- 10 June 10 Living Together Doesn't Work
- 11 June 13 Strong Willed/Compliant Children
- 12 June 14 Overcoming Addictions
- 13 June 15 The Balance of Love and Discipline
- 14 June 16 The Root of Self Concept
- 15 June 17 Father and Son
- 16 June 20 Who Wins It?
- 17 June 21 Adolescent Insecurity
- 18 June 22 Differing Assumptions
- 19 June 23 Reduce Your Guilt
- 20 June 24 A Difficult Future
- 21 June 27 Old Haunts
- 22 June 28 Church and Family — Working Together
- 23 June 29 The Seeds of Adolescence
- 24 June 30 Boundaries and Discipline



Dr. James Dobson/Dr. Bill Maier
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Dr. James Dobson/Dr. Bill Maier
Dr. James Dobson/Dr. Bill Maier
Dr. James Dobson/Dr. Bill Maier

"FOCUS ON THE FAMILY" Generic

- 25 Fill Up Your Love Tank (:30)
- 26 Fill Up Your Love Tank (:30)

"FOCUS ON THE FAMILY WEEKEND MAGAZINE" Generic (:30)

- 27 Theories



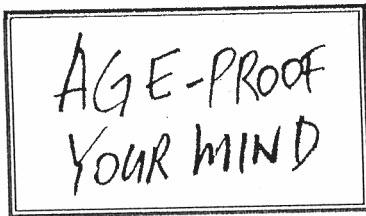
"ADVENTURES IN ODYSSEY" Daily Promos (:30 each)

- 28 June 1 Something's Got to Change
- 29 June 2 No Way Out
- 30 June 3 No Way In
- 31 June 6 The Day Ambrosia Stood Still – I
- 32 June 7 The Day Ambrosia Stood Still – II
- 33 June 8 The Day Ambrosia Stood Still – III
- 34 June 9 The Day Ambrosia Stood Still – IV
- 35 June 10 Sounds Like a Mystery
- 36 June 13 Think on These Things
- 37 June 14 Fairy Tal-E-Vision
- 38 June 15 Stars in Our Eyes
- 39 June 16 Sunday Morning Scramble
- 40 June 17 Potential Possibilities
- 41 June 20 Call Me If You Care
- 42 June 21 True Calling
- 43 June 22 And That's the Truth
- 44 June 23 A Lamb's Tale
- 45 June 24 A Glass Darkly
- 46 June 27 The Coolest Dog
- 47 June 28 Present Long Ago
- 48 June 29 The Price of Freedom
- 49 June 30 The Day Independence Came

DO YOU CONSTANTLY...

- Misplace your glasses?
- Blank out on the names of close friends?
- Waste precious time circling the parking lot to find your "lost" car?

If so, you are probably plagued by the lingering question: "Am I just forgetful or am I losing my mind?" You can test your blood pressure, glucose, and cholesterol levels. But you, like most aging Americans, have had no way to test your memory—and save your mind from degeneration. Until now. You can detect signs of memory loss or mental deterioration and help slow it down or prevent it—before it's too late—with the revolutionary program in...



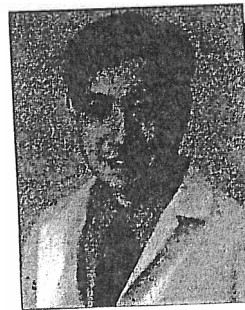
In this groundbreaking book, Dr. Zaldy S. Tan, director of The Memory Clinic at the Beth Israel Deaconess Medical Center and Harvard Medical School Division on Aging, unveils a proactive plan that takes aim at Alzheimer's and dementia—once thought to be unpreventable—while there is still time. Dr. Tan's unique Memory Stress Test allows you to assess your mental strengths and weaknesses, and his all-new 60-minute brain workout

(CONTINUED ON BACK FLAP)

is designed to help you sharpen specific brain functions, from concentration to attention span to recall.

AGE-PROOF YOUR MIND is packed with the latest in cutting-edge research as well as practical tips for keeping your brain healthy. Learn:

- How you remember and why you forget
- Ten simple steps to a healthier mind
- How controlling inflammation can help you prevent memory problems
- The role of antioxidants like vitamin E in promoting your mind's health
- The latest treatment for Alzheimer's and promising information on a vaccine for this disease
- Essential diet, exercise, and stress reduction programs that will help improve your mental fitness.



Timothy Kennard

ZALDY S. TAN, MD, MPH, is the director of The Memory Clinic at the Beth Israel Deaconess Medical Center and Harvard Medical School Division on Aging. He is also a researcher at the MIT AgeLab and a research investigator at the Framingham Heart Study.

JACKET ART AND DESIGN BY MARY ANN SMITH

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BEST SELLER
10502

lottie

From: "Dottie DeHart" <dehartdottie@aol.com>
To: <lotties@wckb780.com>
Sent: Wednesday, March 23, 2005 3:20 PM
Subject: Story Idea: Ludicrous Lawsuits and What They're Costing America

* For a review copy of the book, *The Lawsuit Lottery: The Hijacking of Justice in America*, or to speak with author Douglass Lodmell, please contact Dottie DeHart, Rocks-DeHart Public Relations, at (828) 459-9637 or reply to this email.

Ludicrous Lawsuits and What They're Costing America

Attorney Douglass Lodmell, co-author of the new book *The Lawsuit Lottery*, says our civil justice system is no longer worthy of its name. He exposes the outrageous truth about our dysfunctional tort system--and issues a plea for grassroots change.

Phoenix, AZ (March 2005)--A man receives \$5 million in a malpractice lawsuit because his North Carolina dentist pulled his wisdom tooth a little too exuberantly. A Texas woman gets \$780,000 for tripping over her own toddler in a local furniture store. A nineteen-year-old Los Angeles youth wins \$74,000 plus medical expenses from a neighbor who drove over his hand--while he was stealing her hubcaps. Incredible? Yes. Depressing? Yes. True? Unfortunately, yes. Most of us just shake our heads at these stories. *How did America's legal system get to this point? we wonder. What kind of damage is being done to our country? And what can we do about it?*

In their new book *The Lawsuit Lottery: The Hijacking of Justice in America* (World Connection Publishing, 2004, ISBN: 0-9754339-0-3, \$15.95), brothers Douglass S. Lodmell and Benjamin R. Lodmell take a stab at answering these questions. The authors are, themselves, members of the legal profession--they run the asset protection firm Lodmell & Lodmell, P.C.--so they have a front row seat for the injustices wrought by America's dysfunctional tort system.

"Our civil justice system is broken," says attorney Douglass Lodmell. "It is costing our country trillions upon trillions of dollars and breeding a sense of self-serving entitlement on one hand, and a cynical, paralyzing fear on the other. On an individual level, it's destroying people financially. When a ninety-two-year-old widow can lose her life savings because her great-grand nephew crashed a car she lent him, well, something is seriously wrong. That's why Benjamin and I wrote this book. We want to expose the truth and, hopefully, spark enough outrage that people will push for change."

The authors describe *The Lawsuit Lottery* as a "social commentary that attempts to shed light on the hijacking of justice in America by the world's costliest tort system." It is a relatively short read that packs a powerful punch. The book is filled with fascinating facts and statistics on the gigantic get-rich-quick lottery that our justice system is fast becoming. **(EDITOR: See tip sheet following this release.)** And it also suggests urgent reforms that can restore our right to say "justice for all" with a straight face.

Here are just a few insights from *The Lawsuit Lottery*:

- **How we've gotten from there to here.** Once upon a time, America possessed one of the

Blast Sen. 4-10-05
10502

prospect of at least 10,000 medical malpractice torts a year and the continuation of soaring insurance premiums, one can readily imagine the unimaginable--a meltdown of a health care system that once was the envy of the world," write Lodmell and Lodmell. They go on to weave a sobering web of facts and figures that illuminate the career-threatening money problems physicians face, problems that inevitably trickle down to their patients. Obstetricians are hit especially hard.

"In Washington State, a full-time family physician not engaged in obstetrics or surgery pays \$9,768 a year, or about one-fourth the \$37,449 premium paid by a doctor who also delivers babies. Meanwhile, the annual premium for a full-time obstetrician runs almost 40 percent higher--as much as \$51,878 for a policy with a mere \$1 million limit . . . A small hospital in the rural Arizona border town of Bisbee had to close its maternity ward because the hospital's obstetricians couldn't afford \$88,000 a year in insurance premiums. Since then, several women have had babies delivered while en route to the nearest hospital--sixty miles away."

• **But what can we do about it all?** Lodmell and Lodmell end their book with a plea for reforms that can be elevated above the polarizing rhetoric or politics, ideology and greed. They offer a collection of ideas that have been compiled and distilled from many interested and authoritative sources. A few examples:

- * Limit contingency fees charged by lawyers. Better yet, ban their use altogether.
- * Ban the "no loser pays" feature that encourages filing dubious lawsuits.
- * Cap punitive and non-economic damages for un-measurable "pain and suffering."
- * Reform the way that financial liability is apportioned among multiple defendants; if, for instance, you're 5 percent at fault, you shouldn't have to pay 50 percent of a judgment just because you have deep enough pockets to do so.
- * Expand federal jurisdiction to include multi-state class action lawsuits, with provisions that prevent shopping for tort-friendly courts and ban the consolidation of unrelated claims.
- * Place greater law school emphasis on ethics in the practice of law.

Of course, as the authors point out, the best hope for reform of the U.S. tort system is through grassroots citizen reform--by fundamental changes in those public attitudes that have become infected by the growing sense of victimization and entitlement that fuels the *lawsuit lottery* today. We must all raise our voices in protest of what our once-great justice system has become . . . and to do that, we must remind ourselves of the true cost of our lawsuit mentality.

"We all pay for the lawsuit lottery," says Douglass S. Lodmell. "We pay through higher insurance premiums and taxes. We pay when we lose our job because our employer has been sued out of existence. We pay when we can't find a doctor because high malpractice insurance costs have driven them out of town. And, increasingly, we pay with our anxiety that we may be the next target--after all, many, if not most, of the 70,000 civil lawsuits filed every day in America target small business owners and middle-to-upper income Americans with less than \$1 million in net worth.

"What can you, the individual, do?" he concludes. "Well, you can write your local political representatives. Write a letter to the editor. Denounce greed. Teach your children, by example, the virtues of personal accountability and social responsibility. And always remember that speaking out against the lawsuit lottery mindset is speaking up for a better, safer, friendlier, more civilized America."

lottie

From: "lottie" <lotties@wckb780.com>
To: "Kristie Sarchi" <Ksarchi@newmancom.com>
Sent: Friday, April 08, 2005 10:19 AM
Subject: Re: [NEWMANPR] APRIL GUESTS AVAILABLE FOR INTERVIEWS

Hi Kristi...

I'd like to do this one! Set me up, please.

Lottie

"RESCUING YOUR TEENAGER FROM DEPRESSION: Why It May Not Be "JUST A PHASE" by Norman T. Berlinger, M.D., Ph.D

- Throughout, Dr. Berlinger offers helpful self-assessment questions, checklists, and real-life examples. He also shares words of wisdom from parents on a range of issues, from dealing with a teen's violent outbursts to strengthening a family's sense of community. Complete with sensitive advice for divorced parents and expert guidance on staying the watch against relapses, especially while easing a teen through the transition to college life, RESCUING YOUR TEENAGER FROM DEPRESSION is a welcome resource for all parents who fear that their child's transformation into a raging, frenetic, pessimistic adolescent may not be a harmless passing phase.

*B'cuz Sun, 4-17-05
16502*

lottie

From: "Kylie Jackson" <smallbusinessrescue@rcn.com>
To: <lotties@wckb780.com>
Sent: Tuesday, April 12, 2005 4:41 PM
Subject: Guest: Sue Your Boss

Timely guest for Public Affairs Interview listeners

Dear Lottie:

Can you—should you—ever sue your own boss?

May 1 is Law Day, a national commemoration of what makes our democratic way of life so meaningful: the rule of law.

Book an interview with Richard A. Solomon, Esq., a national expert on how citizens can tap into one of the least-understood but most important legal institutions we have for fighting injustice: small claims court.

Mr. Solomon will tell Public Affairs Interview listeners:

- What it takes to win in small claims court WITHOUT an attorney
- 3 things you should never do in court, and
- How to enforce the court's ruling, so that you actually get paid

Richard A. Solomon, Esq., received a J.D. from Georgetown University Law Center. He is the author of the book, "Winning in the New York Small Claims Courts" (Rescue Media Press) and is an Adjunct Professor at the Business Institute of Long Island University. To see clips of his media appearances, please visit SmallClaimsBook.com.

To book an interview, please contact me at your convenience.

Warm regards,

Kylie Jackson
Director of Publicity
Small Business Rescue, Inc.
Lawrence, NY
E-mail: rescuemedia@juno.com
Website: SmallClaimsBook.com

P.S. Mr. Solomon will also tell your audience how to AVOID getting hauled into small claims court and having to defend a frivolous claim!

*Richard's office 516-371-4924
code 917-553-4900*

Legalaidnc.org

*B'cast Sun. 5-1-05
10502*

For more information, please contact:
Amy Summers at 813-881-0862 or amy@pitchpublicity.com
Pitch, Inc.

Moody, Depressed & Angry Is It Just in Her Head?

PMS now affects eight out of 10 women.

Hormonal Harmony

Estrogen can have the following effects on the female body:

- Promotes fat storage and weight gain
- Promotes fluid retention
- Decreases bone loss, and will not stimulate new bone growth
- Increases emotional sensitivity
- Causes breast tissue to develop and grow
- Inhibits sex drive

Progesterone has the following effects that can counterbalance estrogen hormones:

- Has a diuretic effect which mobilizes fluid, decreasing swelling
- Enhances the action of thyroid hormones, increasing metabolism
- Stimulates the production of new bone, protecting against osteoporosis
- Increases the sex drive
- Inhibits breast tissue overgrowth, preventing fibrocystic breast disease
- Protects against breast cancer and uterine cancer
- Elevates mood
- Promotes pregnancy

Irritable? Bloated? Depressed? Angry? Do you have eating binges or mood swings? Do you feel like jumping out of your skin? It could be premenstrual syndrome, or PMS, then again, it might not be.

The key to treating PMS, experts say, lies in correctly diagnosing it and getting the correct treatment.

Research has estimated that PMS affects as many as eight out of 10 women. And recently, both diagnosis and treatment of PMS have witnessed vast improvements.

*“Women need to know that what they are feeling is not just in their heads, that they aren’t going crazy,” says **Dr. Helen Pensanti, M.D.**, author of “**Better Sex for You**” and many other books on women’s health. “There is an effective therapy that is available and is bioidentical to the hormone all women produce every day.”*

In industrial nations like the United States, progesterone levels are dropping to zero by the time some women reach 35. This can cause an imbalance of the progesterone and estrogen ratio. Doctors now refer to this as “estrogen dominance,” which can lead to the development of swollen breast tissue, weight gain and decreased libido and can cause emotions to run high. Dr. Pensanti says women are experiencing estrogen dominance because of xenoestrogens.

B'cuz Jen. 4-24-05
10502

For more information, please contact:
Amy Summers at 813-881-0862 or amy@pitchpublicity.com
Pitch, Inc.

The field of xenohormones is relatively new. Xeno literally means all pervasive. Some of the 100,000 registered chemicals for use in the world have hormonal effects in addition to toxic and carcinogenic effects. These chemicals mimic estrogen. Also there are synergistic effects which are known to occur but are largely unexplored.

“Plastic water bottles, nail polish, shampoos and even “ant spray” seeping down into our water tables end up in our drinking water. These are all examples of xenoestrogens,” says Dr. Pensanti. “We can’t stay away from them, but we can do something to balance them in our body.”

One way is to use natural progesterone that is bioidentical to the progesterone produced in the female body. Dr. Pensanti recommends women rub this phyto progesterone cream on their skin for 10 days during the month, which she says will reduce mood swings, food cravings and all the “psychodrama” that happens the week before the period begins (in 80 percent of cases).

“There are many diseases that are driven by too much estrogen including ovarian cysts, fibroid uterus, endometriosis and fibrocystic breast disease,” says Dr. Pensanti. “No one should have to suffer There is an effective treatment.”

Questions for the Doctor

1. Tell us about your expertise in women’s health specifically relating to PMS?
2. Is PMS a real issue with most women? How did physicians treat PMS in the past?
3. What causes severe cases of PMS? What is estrogen dominance?
4. What are xenoestrogens and how do they affect us in today’s environment?
5. Do xenoestrogens mainly affect women’s health or men too?
6. What types of disease can occur by having too much estrogen in your system?
7. How can a woman balance out the estrogen dominance in her body?
8. Where can women find bioidentical phyto progesterone?

About the Doctor

Helen Pensanti, M.D., has been a leading authority on women’s health issues for more than 25 years. She completed her Medical Internship at Prince George’s Hospital in Cheverly, Md., and then completed one year of OB-GYN at Maryland General Hospital in Baltimore, Maryland. Dr. Pensanti began private practice in 1985 in Orange County, Calif., as a General Practitioner, concentrating on Gynecology and had the largest PMS Clinic in Southern California. Dr. Pensanti has been a guest on hundreds of radio stations across the country for the past 15 years. She is an author of several books and hosted the nationally syndicated, “*Doctor to Doctor*,” health show on Trinity Broadcast Network for 15 years.

For more information, go to www.askdrhelen.com - or call 714-542-8333.



March 29, 2005

TO: Radio & Television News Media Outlet
FROM: W. Lethcō Wrenn, Recruiter *lw*
SUBJECT: Public Service Announcement

Please announce the following PSA as often as possible through May 1, 2005. If there are any questions, please contact me at 1-800-573-9966. Enclosed is information about Tarheel Challenge, a *non-profit* statewide tuition-free alternative program for at risk youth sponsored by the N. C. National Guard. Thank you for your continued support and consideration given this request.

Public Service Announcement

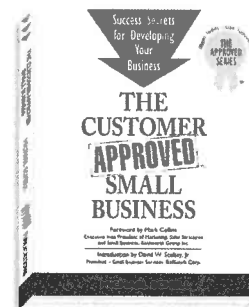
Tarheel ChalleNGe is now accepting applications through May 30 for its July 2005 class. The Academy is a tuition-free, 22-week residential program for males and females, ages 16 – 18, who have dropped out of school or currently having difficulty succeeding in a current school environment. Call 1-800-573-9966 for more information.

*B'cast Sun, 5-8-05
1050z*

David Scobey

Suggested Questions Based on "7 Biggest Mistakes Business Owners Make"

1. David, you are the President of the Small Business division at BellSouth. Tell us a bit about your involvement with the new Approved Series book *The Customer Approved Small Business*?
2. Studies suggest that 70% of small businesses don't have a business plan and that this is the biggest reason small businesses fail! Why do they not have a business plan?
3. It's been said that hiring the right staff can make or break a company; is this true? Are there tried and true techniques you use at BellSouth to hire the right staff? What kind of training does BellSouth provide?
4. Another big mistake some business owners make is not showing their staff enough genuine appreciation. What do you mean by genuine appreciation and what do you do at BellSouth to make your staff motivated and want to stay with you?
5. You can lose time and money, maybe even your business, by diving in the deep end before testing the waters. How does BellSouth test the waters before rolling out new products and promotions?
6. Sales is a big part of the success of a business, and according to the book you should be able to pitch the essence of your business in a single sentence. How important do you think this is? How do you do it at BellSouth? Can you REALLY do it in ONE Sentence?
7. When making important business decisions, what do you gain by asking these two questions "What is the cost of doing it?" and "What is the cost of not doing it?"?
8. Most people can relate to this one. Going to a restaurant getting fabulous service and great food and on your next visit, the service is terrible, the food is late and when you finally get it, it's cooked completely different than the last time! How can business owners let this happen to their customers? How does customer service impact revenue at BellSouth?
9. You say in your introduction that BellSouth uses some of the selling strategies mentioned in the book. What kind of strategies are they and how have they impacted your organization?
10. If I wanted to start my own successful business tomorrow and I made one of these 7 mistakes, is there one in particular that would sink it?



B'c 2st Sem,
5-15-05,
10502

lottie

From: "Lorna Garano" <Lorna@newharbinger.com>
To: "Lorna Garano" <Lorna@newharbinger.com>
Sent: Tuesday, April 19, 2005 2:54 PM
Subject: May: Skin Cancer Awareness Month

May is skin cancer awareness month, and I've got the perfect guests for a show on this important topic: John and Mary Barrows are the authors of SUN PROTECTION FOR LIFE: YOUR GUIDE TO A LIFETIME OF HEALTHY & BEAUTIFUL SKIN (May 05; New Harbinger Publications). Here's just some of what they can offer your listeners:

- An understanding of how sun exposure heightens the risk of skin cancer;
- Information of the warning signs of skin cancer and a primer on the different kinds of skin cancer;
- The lowdown on which sunscreens, hats, and sun-protective clothing work and which don't.
- Everything they need to know about keeping children safe from sun.
- Information for keeping the sun from causing premature aging
- An engaging history of tanning trends in the US. Did you know that swimsuits came to resemble what they are today in the 1930s and 1940s because of wartime rationing of fabric?

SUN PROTECTION FOR LIFE includes a foreword by Perry Robbins, MD, the President of the Skin Cancer Foundation. TO SCHEDULE ONE OF THE AUTHORS AND/OR TO RECEIVE A COPY OF THE BOOK, contact me at:
Lorna@newharbinger.com or 510-652-0215, x107.

Lorna Garano
Publicity Manager
New Harbinger Publications
510-652-0215, x107
Lorna@newharbinger.com
5674 Shattuck Ave.
Oakland, CA 94609

*B'cast Sun, 5-22-05
10502*

lottie

From: <Gregg@eGregg.com>
To: <lotties@wckb780.com>
Sent: Tuesday, April 26, 2005 4:01 AM
Subject: Interview editor: Do fat people REALLY live longer???

Hi, Lottie --

My name is Gregg Stebben, I'm writing from PREVENTION magazine...deputy editor

John Hastings

...and by now, you and your listeners have surely heard last week's crazy news:

According to a study published in the *Journal of the American Medical Association*...

...modestly overweight people live longer than those who are fanatically fit.

And if that doesn't make you want to reach for more pizza and beer...

...we honestly don't know what will.

But could news like actually this be true?

Here at PREVENTION magazine, we think there are two sides to the story...

...and we also think it's important for your listeners to hear both sides.

In an interview, we can talk about this shocking new research from the *Journal of the American Medical Association*...

...and we can also talk about the new food pyramid, which was also announced last week.

Does this sound like a story that would interest your listeners?

If so, please see below for details -- or you can just hit "reply" or call me at (800) 347-6134 to book an interview.

Here's the story:

In a perfect world, pizza and beer would be healthy...

...and it would be illegal to eat spinach and sprouts.

But for years we've been told to eat lots of spinach and sprouts...

...and to skip the pizza and beer whenever possible.

Even last Tuesday's announcement of a new food pyramid offered few surprises...

...because it predictably suggests that we all eat lots of spinach and sprouts (along with other stuff like protein, dairy and oils).

But just a day after the new food pyramid was unveiled, the *Journal of the American Medical Association* dropped their bomb...

...that people who are modestly overweight have a lower risk of death than those of normal weight.

Do these two wildly-different views of a "healthy" diet leave you frustrated and confused?

B'cuz / Sun 5-29-05
1050m

4/26/2005

If so, here are some questions you can ask in an interview:

- Did the *Journal of the American Medical Association* really say last week that people who are overweight live longer than people who are fit?
- This sounds too good to be true...is it?
- If this is true, does it mean I can eat all the pizza and beer and burgers and soft drinks I want...and still be healthy?
- Do you think this study shows that some people are actually TOO SKINNY?
- Why did the thinner people in the study have a higher risk of death than the moderately overweight people?
- The researchers used something called the "BMI" to assess people's "fatness" – what is the "BMI," and how does it work?
- Didn't the USDA release a new food pyramid at about the same time the Journal of the American Medical Association made their announcement that people are overweight live longer than people who are fit?
- Did the *Journal of the American Medical Association* really say last week that people who are overweight live longer than people who are fit?
- Can you explain to us how the new food pyramid works?
- How is this new food pyramid different from the old food pyramid?
- The information from these two sources (the food pyramid and Journal of the American Medical Association) is so different...how do we know which to believe?

Does this sound like a story that would interest your listeners?

If so, just hit "reply" or call me at (800) 347-6134 to book an interview.

As you may know, PREVENTION magazine is the largest health magazine in the country and it reaches more than 11 million readers every month.

For more information on PREVENTION magazine, go to www.PREVENTION.com

I hope you will call me at (800) 347-6134 or hit "reply" to book an interview.

I look forward to talking with you soon.

Best regards,

Gregg

Gregg Stebben,
for PREVENTION magazine

Gregg@eGregg.com
(800) 347-6134

PS: Just so you know, I got your email address from Bacon's Information, Inc, MediaMap or Burrelle's/Luce - all three are media contact services and at least one has you listed as an appropriate contact for media advisories

lottie

From: "Lorna Garano" <Lorna@newharbinger.com>
Sent: Friday, April 29, 2005 7:20 PM
Subject: Loving Someone with OCD

Imagine having to wash in bleach before you could enter your house. That's what one man whose wife had an OCD-driven fear of contamination had to do. Now there's help for people like him. **LOVING SOMEONE WITH OCD: HELP FOR YOUR AND YOUR FAMILY** (May 05; New Harbinger Publications) is the first book to address the unique issues of spouses, siblings, and parents of those struggling with obsessive-compulsive disorder. Authors Karen Landsman, Ph.D., and Kathleen Rupertus, MA, MS are available for an interview. Here's just some of what they can offer your listeners.

- Case histories of families who've struggled with and overcome OCD together;
- A lay person's understanding of what the latest research tells us about the causes and treatments of OCD;
- A discussion of how portrayals of those with OCD in the popular media (shows like Monk; movies like "As Good as It Gets") affect real people with this illness;
- Strategies for stopping OCD from compromising the family's well being;
- An understanding of how accommodating OCD behaviors undermines the person suffering from them.

TO SCHEDULE AN INTERVIEW WITH ONE OF THE AUTHORS AND/OR TO RECEIVE A FREE REVIEW COPY OF THE BOOK, CONTACT LORNA GARANO:
lorna@newharbinger.com, 510-652-0214, x107.

Best, Lorna

Lorna Garano
 Publicity Manager
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 5674 Shattuck Ave.
 Oakland, CA 94609

Check out New Harbinger's Press Room:
<http://newharbinger.com/cgi-local/SoftCart.exe/pressroom.htm?E+scstore>

*Best Jul. 6-5-05
 10502*

lottie

From: <Gregg@eGregg.com>
To: <lotties@wckb780.com>
Sent: Tuesday, May 31, 2005 4:26 AM
Subject: Interview: MOSQUITOES!! Will you FIGHT BACK this summer???

Hi, Lottie --

Excuse the pun, but mosquitoes suck.

I mean, really...

...are we all going to stand by again this summer and let these pests ruin:

- All our summer **picnics?**
- All our summer **Little League games??**
- And all our summer **walks on the beach???**

Or are we going to say:

"I'm mad as #\$\$%^...and I'm not going to let myself get bit anymore!!!"

Here at ORGANIC STYLE magazine, we say "Enough is enough!"

We're throwing down the gauntlet, we're fighting back!!

And that's why we offer an article in our new issue called "BUGS, BE GONE!!!"...

...that's chock full of tips on how to get rid of mosquitoes from your house, your yard, and your life!

Does this sound like a story that would interest your listeners?

If so, please see below for details...

...or you can just hit "reply" or call me at (800) 347-6134 to book an interview.

Here's the story:

While we all know mosquitoes are really-annoying pests...

...but what most of us don't know about these little buggers is that:

- Typically, they **weigh less than 1/1,000th the weight of a single dime...**
- They can only **fly through the air at only 1 MPH...**
- And they **only live for two-to-three weeks.**

Yet in spite of all these limitations, mosquitoes spread many deadly diseases (West Nile virus, dengue, and malaria, to name a few) that **kill more than a million people each year...**

...and this makes mosquitoes the deadliest creatures on earth.

Helen Rogan
 (excd., ORGANIC STYLE)

5/25/05 Sent 6-12-05
 10:50
 5/31/2005

Now before you panic and start emailing all your friends about the latest virus that's on the loose...

...keep in mind that here in North America, the danger is way way way way way less serious than in other places around the world.

In fact, as far as a disease like the West Nile Virus is concerned:

- There were 88 deaths from the disease in 2004 in the US (proving that most mosquito bites DON'T lead to infection);
- And fewer than 1% of those people who became infected with West Nile ever developed a severe illness.

But even if West Nile ISN'T a major concern for us here in North America...

...mosquitoes are still a major pain.

So we ought to do everything we can do get rid of them...

...don't you think?

If so, here are some Mosquito-beating tips you can talk about in an interview with an editor from ORGANIC STYLE magazine:

Mosquito-beater tip #1:

Go on a search-and-destroy mission

To lay eggs, mosquitoes need water.

Or to be more precise, to lay eggs mosquitoes need **standing water** that's been there **at least four days**.

So your job is to search out every bird bath, every cat or dog's water dish, every potted-plant saucer, and every kiddie-pool in your yard and make sure the water in each gets changed at least every other day.

Mosquito-beater tip #2:

Clean those gutters

You know all those nice, wet leaves that're there clogging your gutters and storm drains?

You think they're nasty...

...but to mosquitoes, they're heaven sent.

And if you don't have time or the physical ability to rid your gutters of those leaves yourself...

...then call someone who can do it for you.

You can find gutter cleaners in the Yellow Pages under "Gutter Cleaners."

Mosquito-beater tip #3:

Mow that lawn

Adult mosquitoes like to rest on plants...

...so you can turn your yard into a "no-resting" zone by cutting your grass often, and pulling all the weeds.

Mosquito-beater tip #4:**Teach your neighbors how to be mosquito-beaters, too**

Even if you mow your lawn, pull your weeds, clean your gutters and remove every drop of standing water from your yard...

...it's not going to do much good if you're surrounded by neighbors with yards that are full of long grass, leaf-filled gutters, and old water-filled tires, potted-plant saucers, and birdbaths.

So why not share your new-found knowledge with your neighbors...

...and get them to mosquito-proof their yards, too?

Mosquito-beater tip #5:**Pop some vitamin B**

Or to be more precise, we should say pop A LOT of vitamin B.

Why?

Studies suggest that taking 25-to-50 milligrams of thiamin (vitamin B) reduces your chance of getting bitten...

...because the vitamin produces an odor on human skin that we can't smell, but which is thoroughly disagreeable to mosquitoes.

Mosquito-beater tip #6:**Avoid using "DEET"**

We hate to break it to you...

...but researchers at Duke University have found that frequent and long-term exposure to DEET may lead to:

- * Memory loss
- * Muscle and joint pain
- * Shortness of breath
- * Brain damage

That's why we can talk in this interview about many different non-toxic mosquito-repellent options, all of which are 100% DEET-free.

Mosquito-beater tip #7:**Treat your bites with meat tenderizer**

When you DO get bit by a mosquito...

...try one of these wacky tricks from the latest issue of ORGANIC STYLE magazine to put an end to the itching and swelling:

- **Meat tenderizer** will neutralize the itch-inducing allergen and reduce swelling;
- **Baking soda** mixed as a thick paste will help heal irritated tissues and relieve itching;
- **Tiger Balm or Vicks VapoRub** (or anything else with menthol in it) will QUICKLY make the itch go away;

- **An ice cube** on the bump will reduce both inflammation and itching.

Does this sound like a story that would interest your listeners?

If so, please hit "reply" or call me at (800) 347-6134 to book an interview.

As you may know, ORGANIC STYLE is a lifestyle magazine for women that offers features on food, entertaining, home decorating, health, travel, fitness, beauty, fashion and relationships, along with sumptuous design, lush photography, and smart, soulful writing.

This story is called "**BUGS, BE GONE!!!**" and it begins on page 115 of the latest issue of ORGANIC STYLE magazine.

To find out more about Organic Style magazine, go to <http://www.organicstyle.com>.

I hope you will call me at (800) 347-6134 or hit "reply" to book an interview.

I look forward to talking with you soon.

Best regards,

Gregg

Gregg Stebben
For ORGANIC STYLE magazine

Gregg@eGregg.com
(800) 347-6134

PS: Just so you know, I got your email address from Bacon's Information, Inc, MediaMap or Burrelle's/Luce - all three are media contact services and at least one has you listed as an appropriate contact for media advisories like this one. If you're not the right person to be receiving media advisories, please contact them to change your contact info. If you don't want to receive any more messages like this from me, please hit reply and let me know and I won't send you any more in the future. You can also contact me by mail at 1000 Johnnie Dodds Blvd, Suite 103-345, Mount Pleasant SC, 29464.

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interview
Dr Kenneth Taylor,
dir NC Emergency Mgt.

NEWS RELEASE
CONGRESSMAN BOB ETHERIDGE
NORTH CAROLINA

FOR IMMEDIATE RELEASE
DATE: June 1, 2005

Contact: Sara Lang
Phone: (202) 226-7855
Cell: (919) 523-4718

At Start of Hurricane Season, Etheridge Hosts Hurricane Forecasting Forum

RALEIGH – On the first day of the 2005 hurricane season, U.S. Rep. Bob Etheridge (D-Lillington) hosted a hurricane forecasting forum featuring local, state and national weather officials, hurricane researchers and emergency management officials, including the Director of the National Weather Service. "Hurricanes: Forecasting to Save Lives" featured a discussion of cutting-edge technology and research on hurricane forecasting, especially relating to inland flooding, and new warning systems to help save lives and communities.

"Today, the first day of hurricane season, marks the beginning of an anxious time for our state," Etheridge said. "North Carolina has faced more than its fair share of deadly hurricanes, like Hurricane Floyd, which showed the power of these storms on our inland communities. We have made significant progress in hurricane forecasting and inland flood forecasting since 1999, and it is my hope that today's group of experts will chart a course for another five years of innovation. Together, we can save lives."

⊛ The National Oceanic and Atmospheric Administration has predicted this will be another above-normal hurricane season. NOAA predicts that this season there will be between seven and nine hurricanes of which as many as five could become major hurricanes.

"Impacts from hurricanes, tropical storms and their remnants do not stop at the coast," stated retired Air Force Brig. Gen. David L. Johnson, director of NOAA's National Weather Service. "As we look at another highly active season starting today, preparation plans should consider that these storms carry severe weather, such as tornadoes and flooding, while moving inland. The very active season of 2004 was a sobering reminder that inland flooding can be the deadliest aspect of a tropical system."

⊛ North Carolina has seen more than its fair share of deadly and costly hurricanes. Last hurricane season, seven hurricanes and tropical storms hit North Carolina, leaving 50 counties under a State of Emergency and at least \$200 million in damages to businesses, towns and homes.

-MORE-

Rest Sun, 6/19/05
1050

ⓧ 733-5027 Renee Hoffman

919-733-3825

ⓧ As the head of the Department of Crime Control and Public Safety, Secretary Bryan Beatty is charged with preparing the state for hurricanes and overseeing the response. "Last fall's storms taught us that no part of North Carolina is immune from hurricanes and tropical storms." Beatty said. "That means everyone in the state needs to get their family emergency plan in place and their disaster supplies kit stocked and ready."

ⓧ Within the N.C. Department of Emergency Management, David Herlong has worked on developing the N.C. Flood Warning System, a real-time flood warning system to improve the protection of lives and property. This new program uses new digital flood maps combined with real-time data collected from rain and stream gauges to produce maps of the specific areas under threat of flooding.

Dr. Len Pietrafesa and Dr. Lian Xie from N.C. State University today announced a new forecasting method that they have developed to forecast the number of hurricanes likely to form in the Atlantic Ocean as well as the number likely to threaten the eastern seaboard. The new model, which is based on the temperature difference between the North and South Atlantic Ocean, predicts that two to three hurricanes are likely to strike the eastern seaboard.

Etheridge has worked to improve hurricane forecasting techniques since Hurricane Floyd ravaged North Carolina in 1999. The more than 50 deaths that occurred in North Carolina following Hurricane Floyd and the majority of the property damage occurred in inland communities due to flooding. In 2000, Etheridge brought together experts to consider the lessons learned from Floyd and developed legislation that was passed into law, the Tropical Cyclone Inland Forecasting Improvement and Warning System Development Act. Today's forum was an opportunity to chart the progress in hurricane forecasting that has been made since 2000 and to set a course for future improvements and innovation.

Other panelists included **Peter Gabrielsen**, Chief of Hydrologic Services for the Eastern Region of the National Weather Service, **Gary Stephenson**, Chief Meteorologist at News 14, **Elizabeth Gardner**, Meteorologist at WRAL, **Janice Jones**, Chief Meteorologist at WNCN, **Joanne Feldman**, Meteorologist WTVD and **Shaowu Bao**, a research associate at N.C. State University.

Great Guest #3 **JUDITH LOPEZ** Explains the Cause of the Modern Medical Mystery: Chronic Fatigue
 Author of *Immune Dysfunction: Winning My Battle Against Toxins, Illness and the Medical Establishment*, she will teach you audience how to overcome the illness by identifying the immune-suppressing elements in their environment, diet, and lifestyle. They'll also learn how CFS is related to other modern "mystery" diseases, Environmental Illness and Fibromyalgia. Judith is a knowledgeable, compelling speaker who will give your listeners a new perspective on Chronic Fatigue Syndrome, and a positive message of hope and recovery. Call (415) 388-2730 or email: millpondpress@aol.com




Here are five discussion points, followed by "why this is important" in parentheses:

1. Chronic Fatigue Syndrome is a growing epidemic in which many medical authorities do not believe.
 (Therefore many very sick patients are left without medical validation or social support.)
2. People with CFS are likely to be told that it is "all in their heads" or that it is a mystery disease with no reliable treatment.
 (Both are untrue; both leave the patient with no hope.)
3. Doctors are trained in the traditional diseases of the past that are caused by specific microbes, produce specific symptoms, and can be identified by laboratory tests. They often do not understand the pathological effects of a chemically altered environment.
 (CFS has a non-microbial origin, causes a multitude of possible symptoms, and there is no test. Without a test, you cannot be "really sick.")
4. CFS is a modern disease caused by toxic exposures in everyday life -environment, diet, even some recreational and prescription drugs - which damage the immune system.
 (A deficient immune system leaves the body vulnerable to opportunistic viral, fungal, and other infections that produce the symptoms of CFS.)
5. CFS can be successfully treated by identifying, and eliminating, the toxic elements in each person's life as well as by addressing serious opportunistic infections such as Candida (yeast infection).
 (Each person can find the path to recovery.)

Some possible interview questions:

1. What is Chronic Fatigue Syndrome?
2. Why is the medical world often confused by, or hostile to, CFS?
3. What is the relationship of CFS to Environmental Illness and Fibromyalgia?
4. What is the Candida connection?
5. What is the role of toxic substances?
6. Is there any evidence that CFS is contagious?
7. Is there any evidence that it is caused by a virus?
8. Why did CFS emerge so strongly in the late 20th century?
9. Why does this illness primarily affect women?
10. What kinds of treatment are effective?

And: the toll-free number where *Immune Dysfunction* can be ordered: 1-800-852-4890.

Thanks!


Best Sun, 6-26-05
 10502