

Community Affairs Issues Addressed January 2005

Station: WBMM

Aired: January 2, 9, 16, 23, 30

Time: 2:30P Sunday

Program: Inside View TRT: 28:30

Issues and guests:

Have you thought about how exercise and healthy eating affect your bone health? It might not even be on your radar screen but it should be. Osteoporosis is our focus on this edition of Inside View.

Doctor Jennifer Dillaha educated us on this silent condition. Thirty years ago weak bones and osteoporosis were thought of as a natural part of aging. Today doctors know that is not the case. It's not just a condition that affects your grandmother. The onset of Osteoporosis starts as early as childhood depending on the amount of calcium you consume and how much exercise you get. It continues into your teens when building bone mass is critical. The problem is too many Americans aren't aware of the seriousness of osteoporosis or low bone mass. The Surgeon General found it important enough to release a first ever report on our nation's bone health recently.

Exercise and plenty of calcium offer a great defense against developing this disease. Early prevention as the key to building healthy bones that will last you a lifetime. Physical Therapist and Certified Trainer Edward Drangle showed us some easy exercises to develop good bone health. Registered Dietician Celia Harkey showed us some calcium rich recipes. We discovered it builds your bones, prevents and treats osteoporosis and reduces your chances of breaking a bone throughout your life. A pretty good trade off - all for just a few servings of calcium a day.

Here are some helpful websites and phone numbers for you to find out more about Osteoporosis:

Bone Health & Osteoporosis

www.surgeongeneral.gov

1-866-718-BONE

www.nof.org/prevention/exercise.htm

www.3aday.org

www.nationaldairycouncil.org

1-800-406-MILK

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Inside View February Edition 2005

On this edition of Inside View we focus on building steps to a solid future. That could be hard to see in Southeast Asia where more than 200,000 people in 11 nations are dead from the tsunami. Relief agencies warn of more deaths to come from epidemics caused by poor sanitation. Millions of adults and children are homeless. But hope is in sight. People across the world continue to respond overwhelmingly to victim's needs and to their request not to forget them. In our conversation with Geologist Jeff Connelly we talked about the chances of another natural disaster of this magnitude and what impact it could have on the United States. Alan Gibson with the American Red Cross also joined the discussion to give us a better perspective of where victims of this natural disaster and the world go from here. For more on what tsunami survivors need most and how you can help them rebuild their lives click onto:

<http://earthquake.usgs.gov/bytopic/tsunami.html>

www.redcross.org

www.christianchildrensfund.org

Rebuilding your life takes place in every day choices as well. With the start of the New Year have you wanted to rebuild your credit but you don't know how? Your credit history can make or break you when you're trying to convince lenders you're a good risk. Consumer Credit Counselor Linda Tucker joined us with these steps to build solid credit.

Steps to Solid Credit

- Get a copy of your credit report
- Correct any incorrect information
- Pay down/off balances
- Don't apply for more credit
- Make payments on time
- Pay more than the minimum

For more information click on to: www.helpingfamilies.org

And whether its steps to solid credit or steps for a healthy heart, it all begins with consistency and commitment. Cardiovascular disease kills more men and women in the United States than any other disease. The good news is you can take charge of your health and form healthy habits that will add years to your life. Heart Health Educator Vickie Wingfield joined me with some great information on how to have a healthy heart at any age.

Age 25 - Develop new healthy habits

- Dump the cigarettes
- Play more-spend time with your friends
- Get moving

Age 35 - Pay attention to weight gain

- Take steps to keep excess weight off
- Stay out of the "fad diet" loop
- Build muscle
- Manage stress

Age 45 - Look at the Estrogen effect

- Estrogen levels
- Soy products
- Manage your stressors

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WBMM 1Q 05 PUBLIC AFFAIRS ADDRESSED

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Guests and Issues addressed

It's time to get ready! ... Ready for tax season... Ready for the rapidly changing weather this time of year.. And ready for healthier and heftier food guidelines? That's right... who would have thought we need to eat MORE food in a day where Obesity has become an epidemic in the United States but those are the latest findings in the new U-S diet guidelines. We'll have more on that in a moment.

First have you prepared your taxes yet or are you putting them off until the last minute? A-A-R-P District Volunteer Coordinator Lydia Plant is one of 32,000 volunteers at 9000 sites nationwide who can help you prepare your taxes for free! She talked with us about the best way to simplify your records, red flags the IRS watches for, and the free filing that is available through the IRS website this year. For more help on your taxes visit these websites or call the 1-800 number below.

AARP Tax Help

www.aarp.org/states

1-800-829-1040

IRS

www.irs.gov

Its severe weather awareness month and no wonder, you look outside today and it may feel like a warm spring day but by the time you get off work, the weather could have changed to dark skies and chilly temperatures. All perfect ingredients for a severe storm. National Weather Service Meteorologist John Robinson talked with us about reality versus perception when it comes to severe weather conditions and how to best prepare you. Storm Chasers Scott Blair & Jason Politte provided us with some awesome severe weather video. Some of the things we discovered are floods actually kill more people than tornadoes do and that lightning injures more people than tornadoes do every year. 2004 was a bad year for tornadoes throughout the United States. It looks as though we could see a decent amount of severe weather this year as well. For more on how to help secure yourself and your family visit the website below.

www.nws.noaa.gov/om/severeweather/index.shtml

Then all you have to do is look in the fad diet section of your bookstore to see people are preoccupied with how to lead a healthy lifestyle. New U-S diet guidelines this year support eating even more healthy foods going from 5 to 9 servings of fruits and vegetables every day. Is this realistic or is it setting people up for failure? Registered Dietician Christine Holland talked with us about these guidelines. She says the key is eating the right foods and looking at these guidelines as the optimal guide for the best health. For more information on how you can utilize these new guidelines in your diet visit the website below.

2005 Dietary Guidelines

www.healthierus.gov

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