

## “Win The Weight Loss Battle”

### A WTLW Special To Help You Get Back Your Health

Spring weather has finally arrived! According to wellness coach Kerri Zurbuch by spring-time, due to “unrealistic expectations, stage of readiness, lack of support...or direction, most Americans” well-intentioned New Year’s resolutions to lose

**“... 66 percent of Americans are either overweight or obese...”**

weight have long-ago fallen by the wayside. Zurbuch is regularly featured on WBCL Radio Network’s Mid-Morning program. The Fort Wayne fitness expert will offer *TV-44* viewers advice on how to get back on the weight loss track as a guest on the *WTLW* Spring Special *Win the Weight Loss Battle*.

The half-hour program’s host and producer Christina Ryan Claypool was concerned by a recent *National Health and Nutrition Examination Survey* estimating that 66 percent of Americans are either overweight or obese, and that 17 percent of American children are struggling with childhood obesity. Therefore, working with *WTLW* Creative Specialist Wayne Getz as the chief videographer and editor, Claypool

interviews those who have struggled with weight issues like Lima residents 71-year-old Jean Ingle, her daughter Barb Lochner, and her teenage daughter Kristina.

“I’ve always struggled with trying to eat healthy, always struggled with trying to lose weight. I have off and on lost great amounts or small amounts or whatever,” said 49-



**Kerri Zurbuck**  
Wellness Coach

year-old Barb, whose weight once reached 307 pounds. If you watch the special, you will find out how both she and her mom have been able to lose weight through answered prayer.

However, it’s not only important to lose weight but to

keep it off. This is Kerri Zurbuch’s goal and she offers expert advice on retraining the mind to break the cycle of emotional eating. “Emotional eating is a huge issue, and if left unaddressed impacts long-term success in maintaining a healthy weight,” she explained. Lima chiropractor Dr. Tom Jicha agrees that retraining the mind is crucial, and he will share his personal advice on the special, as well.

In addition to Kerri Zurbuch and Dr. Jicha, Lima YMCA’s program and wellness director Josh Unterbrink and YMCA fitness instructor Stacey Moore will express their views on the importance of embracing a healthy lifestyle and the Y’s new Zumba exercise class. With the assistance of *TV-44* videographer Trent Cox, Claypool finds out how through the Lima Y, Moore and Unterbrink are helping overweight adults and at-risk children.

**Tues., May 6<sup>th</sup> at 8 pm**

**Wed., May 7<sup>th</sup> at 7:30 pm and 10:30 pm**

**Sat., May 10<sup>th</sup> at 9:00 pm**

# TAKE ONE **wtlw 44** Local Christian TV

Witnessing The Living Word to West Central Ohio

May 2008

## Digital Television Reception ... It Works!



**Kevin Bowers**  
Gen. Manager

My father stopped by the other day while I was standing at the workbench in my garage. Holding up an electrical motor housing, (rotor) I said, “I’m going back to the 1950’s”. And it really did feel like it. I was busy configuring a newly purchased antenna, rotor and preamp. The three components cost me less than \$200, so I was excited about the prospect of receiving over the air digital TV for a one-time investment.

Fortunately, my two story house has a shed dormer on the back that I was able to mount the mast to about 25 ft high off the ground. Wow. The result is impressive. My home is located in the country about five miles southwest of WTLW’s tower. In total count, I’m able to receive 34 channels from Lima, Toledo, Fort Wayne and Dayton. As I told someone recently, much of the

programming is duplicated on network affiliate stations with only the change being the location of the traffic accidents covered on the local newscasts. And yet, many stations are multicasting, which means they are broadcast-

**“Wow. The results are impressive.....I’m able to receive 34 channels from Lima, Toledo, Fort Wayne, and Dayton.”**

ing two or three additional channels. Some are simply weather channels, and others are additional networks. PBS airs four channels. As the Lord provides, WTLW would like to take advantage of the opportunity to expand our programming. We are developing plans right now that we will share in the coming months.

If you’ve questioned whether you should continue receiving your television “off the air”, I would say that it is definitely worth it. The picture quality beats cable and satellite in my

estimation. As the end of analog TV approaches (February, 2009), consider that it is FREE TV. No monthly payments. All you need is either a new DTV set or a converter tuner box that can be used with your analog set. And with the government \$40 coupon applied toward this purchase, you will be able to enjoy WTLW and other local stations for little or no cost. Please call us if we can be of assistance to you. We can even order the government coupons for you. If you now receive WTLW’s digital signal, let us know about your particular setup. **Chief Engineer Rick Corcoran at 339-4444, rick@wtlw.com.**



## Community Outreach Program Launches



Have an event or ongoing program you would like to promote? We would like to help. WTLW has launched "Datebook", a weekly interview show hosted by Dancie Moore-Mohler. The goal is to make our viewers aware of all the activities taking place

in the greater Limaland area. Whether church or community related, email your information to [datebook@wtlw.com](mailto:datebook@wtlw.com). We can't guarantee a guest booking, but we will do our best to promote your event either through the show or through on air spots.

**Sundays at 1 pm**

**Mondays at 7:30 pm**



**Dancie Moore-Mohler**

## Lima's National Day of Prayer Event to Air



WTLW will broadcast via tape delay the National Day of Prayer observance to be held at Lima's Memorial Hall on Thursday, May 1 at noon. You and your family are invited to attend the LIVE event; however, we will broadcast the entire

program at 8 pm and 10:30 that evening. Join us as we pray for our leaders, the economy and the morality of our nation, especially during this election year when our future political course is being determined.

## Camera Campaign Reaches 75% of Goal

We welcome your participation in our campaign to raise \$100,000 to replace WTLW's studio cameras. \$75,000 has been raised to date. By faith, the cameras have been ordered, so that

we could take advantage of a special discount. Please use the enclosed gift card to earmark your gift toward this project. Thank you for helping us to complete this project!



## Viewer Profile: Lois Haberkamp, New Knoxville

Most people never have to experience the death of a beloved child. Lois Haberkamp experienced it not once, but twice. Haberkamp became a Christian in 1953 at the age of 26 through her sister. She attributes her faith in Christ in helping her get through those tough times.

**"God gave me the verse, 'Underneath are his everlasting arms.' I just kept saying that to myself over and over again," explains Lois...**

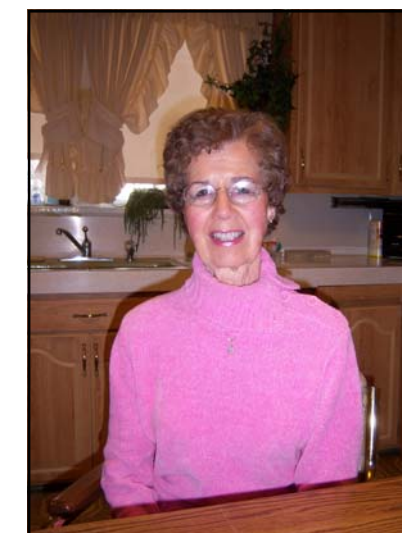
One of the ways she has grown over the years is by watching local Christian television. When asked when she started watching Channel 44, Haberkamp laughed and answered, "Oh my goodness. I don't know, when did it start?"

Her Christian faith very important to Lois when she lost her first child, an 18 month old girl named Barbara who came after three older boys. It was a morning like any other. Lois had gone across to the barn and

her little girl loved to toddle along behind her. In a tragic accident, a neighbor accidentally backed over the little girl, killing her instantly. Lois' family and neighbors rallied around the stunned family. As kind as everyone was, Lois found herself in need of some solitude. Going into her bedroom, she knelt by her bed and just prayed, "Please just give me the strength to go through it, Lord." And He did.

Lois' second tragedy occurred in 1998. Her fourth son, Ted, lived in Columbus and worked at an exclusive restaurant. She and her husband thought things were going well for their son, and were shocked to get the call telling them that Ted was dead. He died in a fire that broke out in his apartment building.

"I just kept telling myself that these sorts of things just don't happen to me, but they did," says Lois. Again, God and the Scripture came to Lois' rescue.



**Lois Haberkamp**

"God gave me the verse, 'Underneath are his everlasting arms.' I just kept saying that to myself over and over again," explains Lois, her voice catching with emotion.

You would think someone who has suffered the tragedies and difficulties that Lois has would at the least feel burdened or put upon. Instead, Lois overflows with a testimony about the goodness of her Lord. God's love and comfort is not something she has just read about. As Lois Haberkamp can tell you, He's been very real in her life.