

**Bridging Hmong American
Time Warner Cable in the Fox Cities
In Cooperation with University of Wisconsin Extension for
Outagamie County
Channel 4, Public Access Channel**

Select programs that might be of interest to health and family professionals, families and agencies.

1-92 Elders Remember Life in Laos

Program includes interviews with two elders and how they recount their experiences of living in Laos and now in America. The program also includes pictures of scenes in Laos and Appleton. Describes the differences in family, work experiences, and adjustments to a new environment. Produced in 1992.

4-92 Preventing Lead Poisoning

This program included the use of videotape produced in Minnesota. Program includes information about the health concerns of lead poisoning in the home. Special attention is given to young children and the effects the lead poisoning can have on their health. Produced in 1992.

8-92 Musical Instruments

A cultural show that shares information about the music and musical instruments of the culture. Includes demonstrations of use of the instruments and explanation of the history of how the music originated. Produced in 1992.

10-92 Fire Safety

Cheryl Kuhn, Fire Prevention Specialist with the Appleton Fire Department, describes the smoke detector program initiated in the Fox Cities. On the show she describes how a fire detector works, how to replace a battery and also shares fire safety prevention tips. Interview is conducted in English with a Hmong translation provided by Mai Zong Vue, interviewer.

12-92 Keep it Safe and Fish Safety

Food safety issues are explained in this program. Specific attention is given to safe food storage and procedures to follow when storing food such as rice, chicken and eggs. Attention is also given to proper sanitation of kitchen area and safe food habits. The second portion of the show involved the Department of Natural Resources and the Wisconsin Division of Health, who provided technical assistance in producing the show. Program includes the fish advisory, where to fish, and how to prepare the fish for eating. Produced in 1992.

14-93 Issues and Concerns About the Legal System

How do I choose a lawyer? What is the difference between private sector and public sector legal assistance? Attorney Koua Vang discusses the difference between private sector and public sector legal assistance. Attorney Koua Vang of Madison Public Defender office answers questions such as: What exactly is a public defender? What are the costs involved? What does it mean to be arrested? Koua Vang shares what he feels are the most important things we should know about the law and how we can protect ourselves. Produced in 1993.

15-93 Stay Healthy!

Melissa Borth, Registered Nurse from the Visiting Nurse Association of Appleton, explains how to stay healthy as flu season sets in. Immunizations and basic health care practices are discussed. What to do with sick children, and when to go to the doctor are addressed in the discussion as well. (1993)

21-93 Our Home in America: Its Use and Care--Introduction and Electricity

This Hmong language video introduces a series of videos dealing with basic home maintenance. In addition, provides information on the use and care of electricity in the typical American home. Program originally produced in Eau Claire, Wisconsin. Introduction produced locally. Produced in 1993.

22-93 Our Home in American: Its Use and Care--Plumbing and Maintenance

Hmong language video providing plumbing and maintenance information for the typical American home. Program originally produced in Eau Claire, Wisconsin. Introduction produced locally. Produced in 1993.

23-93 Our Home in America: Its Use and Care--Heating, Ventilation and Moisture

Hmong language video providing information on heating, ventilation and moisture concerns in the home. Program originally produced in Eau Claire, Wisconsin. Introduction produced locally. Produced in 1993.

24-93 Valuing Education with Elizabeth Kirton

Elizabeth Kirton, of Fresno California is the featured guest on this show. Entire show in the Hmong language. Elizabeth shares the importance and value of continuing education for all family members. Dr. Kirton is the Associate Director of the Fresno Center for New Americans. She also serves as a consultant to Hmong National Strategy Coordinating Committee, which is funded by the Federal Office of Refugee Resettlement. Produced 1993.

25-93 Self Esteem and the Family with Elizabeth Kirton

Elizabeth Kirton, Associate Director of the Fresno Center for New Americans shares insights and ideas about self-esteem for Hmong families and their members. She shares key ideas about self-esteem, what factors influence self-esteem. Self Esteem is important for people of all ages, men and women. She makes suggestions about how we can help our family and friends to feel better about themselves. Entire show in Hmong. Produced 1993

29-93 Traditional Hmong Instruments

Guests demonstrate traditional instruments such as the qeej, bamboo flute, Jews Harp, and banana leaf. Music played for different occasions are explained, such as funeral music and recreational music. Show produced by KEV KOOM SIAB, St. Paul, Minnesota. Produced 1993.

- 30-93 Dressing for the Weather and Fishing Safety**
Appropriate clothing for Wisconsin weather is discussed and demonstrated. Seasonal clothing is explained by host My Thao Vue Ly. Second part of the program is the Fishing Safety program, which was produced in cooperation with the Department of Natural Resources. Produced 1993.
- 31-93 You and the Law**
Learn more about criminal proceedings, which includes why people are arrested, what an arraignment is, types of pleadings, bail hearing, types of criminal violations, charges, trial, types of sentencing, and what happens when there is an appeal. Produced 1993.
- 35-93 Mee Her – Self Esteem and Goal Setting**
Mee Her of California discusses the relationship of self-esteem to goal setting. She shared personal experiences she has had in working on her education and developing a career. Goal setting and knowing what you are working toward achieving helps in attaining goals in both your career and family. Produced in 1993.
- 36-93 Mental Health Issues**
Mental Health issues are seldom talked about in families, but there is an increasing need for individuals to recognize the symptoms to look for when loved ones do need to reach out for help and assistance in dealing with problems. Mee Her explains symptoms to look for and shares some of the experiences she has had in her work in California. Produced in 1993.
- 37-93 "Out of Silence"**
Climb Theater presents a theater production that addresses the issues of the gap that is growing between parents and youth. Healthy community styles are shared and there are many issues that are raised for families to discuss and examine. Produced in 1993.
- 39-93 Twass the Night Before Christmas...and Baby Bottle Tooth Decay**
Melissa Borth, Visiting Nurse Association of the Fox Cities, narrates the traditional American Christmas story, with translation by Mai Zong Vue. The second part to this show is an educational program on Baby Bottle Tooth Decay. The effects of Baby Bottle Tooth Decay is shared as well as preventive measures parents can take. Produced in 1993.
- 43-94 Challenges of Learning the Hmong Language**
Learning the Hmong language can be a challenge! Two American gentlemen explain why they wanted to learn the language and how they learned the language. They share their experiences of learning the language, challenges they encountered and how long it took them to learn to speak Hmong. Also included in the show are feelings of why it is important to maintain the language for children and their families. Guests include Elder Swm Muas of Wausau and Elder Vaj and Elder Xab Muas of Green Bay. Produced in 1994.
- 49-94 Teenagers and Decision Making - Dr. Nha Long**
Families often experience a lack of understanding between parents and teens. Dr. Long discusses how teens can help parents understand and how parents can better understand issues facing teens. Importance of communication is stressed.

- 50-94 Disciplining Younger Children - Dr. Nha Long**
Disciplining young children is a challenge. Traditional methods are challenged by the American culture. Dr. Long shares parenting techniques for young children and explains the importance of parents serving as role models. Family rules are also discussed. Produced in 1994
- 51-94 Early Marriages - Dr. Nha Long**
The consequences of marrying early are discussed. Dr. Long outlines the factors leading to early marriage. The difference of growing up in Laos and the United States are delineated. Impacts of early marriage are discussed. Produced in 1994
- 54-94 Vegetables for Health**
Vegetables provide vitamins and minerals important for good health. Summers in Wisconsin provide plentiful harvests of vegetables...but what happens in the winter? Phoua and Mayya of the University of Wisconsin Extension Family Nutrition Program discuss freezing vegetables and also show viewers how to freeze green beans.
- 57-94 Hmong Parent Involvement in School Activities**
Parental involvement in school activities involving children is an important issue for parents to understand. Chong Neng Thao, a parent; Chee Xiong, a teacher's aid; Hlee Nang, a student, are the featured guests on this program. Sao Xang, intern with Winnebago County University of Wisconsin-Extension arranged and prepared content for this program. Produced in 1994.
- 59-94 Ban Boring Lunches**
Lunch is an important part of the day for everyone, from young to old. Mayya Lor, Family Nutrition Program Community Educator, explains to viewers how they can should balance nutritious choices, provide a variety of foods and eat foods in moderation. Suggestions are made for fun lunches. A comparison of lunches is also made talking about nutritious choices. Food Safety is another consideration to think about when planning and packing nutritious lunches.
- 62-95 Folk Songs**
Mai Zong Vue sings a variety of folk songs of Laos in native costume. She explains the various songs; a tradition associated with the songs and explains the importance of maintaining cultural heritage through the use of folk songs.
- 64-95 More Month Than Money**
Family food dollars seem to disappear so quickly. This show includes Kalia Lo and Mayya Lor of the Family Nutrition Program, explaining how to save more on your food dollars, and how to plan spending carefully. Ideas are given for viewers to consider in stretching their food dollar.
- 65-95 Meals in Minutes**
With more family members working, classes to take, and other family activities going on, mealtimes can be very hectic. Rice is a very important part of the diet. In this show Mayya Lor of the Family Nutrition Program and Mai Zong Vue visit the kitchen to talk about different ways of preparing rice, and other dishes in minutes.
- 67-95 Immunizations**
This program talks about the importance of immunizations. Immunizations are medicines we can get by with a shot or by swallowing. They protect us from serious diseases. Major portion of the program was produced by Kev Koom Siab in Minnesota. Produced in 1995.

68-95 **Summer Safety**

Outdoor summer activities can be fun, but safety should be a priority. Safety with bikes, inline skating, swimming and other sports are discussed. The show includes a demonstration on headgear, knee and arm guards for in line skating. Produced in 1995.

69-95 **Dollar Decisions**

Money doesn't grow on trees--but sometimes we'd like to buy more than we can afford. Wants and needs are discussed and the audience is challenged to think about items they purchase for their family. Produced in 1995.

70-95 **World of Work**

The value of working is discussed in this program. My Thao Vue Ly explains the importance of having good work habits, and how this helps build esteem in the family. As a small business owner, My Thao explains what she sees as values of working. She also gives advice to people just starting to work. Produced in 1995.

71-95 **Compare and Save**

Shopping for food can be fun and save money if you compare different food brands and forms of purchasing the food you need for your family. Vegetables are given as an example of how to buy in various forms, and what the price differences might be. This program is presented as part of the Family Nutrition Program. Produced in 1995.

75-95 **FNP Holiday!**

Kalia Lo and Mayya Lor of the Family Nutrition Program talk about Christmas holiday fun with foods. Unique ways of serving foods for the holidays is discussed and ways to save money are also shared. Planning menus that are nutritious and cost effective are also discussed as families prepare for the upcoming holiday.

82-96 **Kitchen Safety**

Kalia Lo, UWEX Family Nutrition Program Coordinator discusses and demonstrates how to keep the kitchen clean. She talks about different types of cleaning products and the importance of keeping the kitchen area as clean as possible using basic cleaning products such as bleach, vinegar and dish soap. Cleaning the oven and the refrigerator

83-96 **Child Care with Keng Xiong**

Keng Xiong is a mother who works outside the home. She discusses the important ideas to keep in mind when selecting childcare for your children. The program describes the different types of childcare available, what to look for in a quality program and how to decide what type of program parents feel comfortable with. Mrs. Xiong explains how she selected child care for her child, and how she came to make her decision. Produced in 1996.

87-96 **Becoming A Citizen**

Pao Shoua Xiong Thao, a United States Citizen explains the process involved in becoming a citizen. She shares her personal story of how she took the classes, went through the testing and was sworn in as a citizen. Pao shares what decisions she had to think about before beginning the class, what it meant emotionally and how she made the decision. Produced in 1996.

88-96 Make Food Your Best Buy!

Read the label, compare costs, and think about what the food is going to be used for! These are all tips that are shared, as we look at Asian foods available in America. Shopping at the local Asian store can provide familiar foods for our family. Knowing what to shop for, and what to look for in your purchases can stretch your food dollar. Produced in 1996.

89-96 Early Marriages

Mee Cha discusses the issues involved in early marriage from a personal viewpoint. Cultural, clan, family, education and work issues are discussed as they are affected by early marriages. Early marriages are not readily understood in the American Culture. An early marriage can be positive for a couple, but issues may sometimes get complicated. Produced in 1996.

91-96 Festival of Fruits

Fruits are an important part of the food pyramid. Getting vitamins and minerals in into our daily diet! We can find fruits in a variety of forms, fresh, frozen, and dried. A variety of fruits are explained and displayed. Family Nutrition Educator Mayya Lor demonstrates how to prepare a fruit salad that is nutritious, attractive and tasty! Produced in 1996.

96-97 Quick and Easy Snacks

Snacking can be nutritious if we plan ahead for those in between meal times. Having healthy foods on hand is the first step in offering options to our family members. Mayya Lor, Family Nutrition Educator shares vanities of fruits and vegetables that families may want to have on hand for healthy food choices. Special attention is given to dried fruits. Produced in 1997.

101-97 Divorce and the Family

Mr. Lue L. Yang of Legal Services of Northeastern Wisconsin discusses with host Seng Her, the many implication involved when a family experiences a divorce. They talk about the problems that families encounter, the involvement of clan members, and what family and friends can do to help a family going through divorce. The effect divorce has on children is also discussed. Legal implications such as how to get assistance, the costs involved and how long it takes to process a divorce are also discussed. Produced in 1997.

102-97 Enjoy Salads!

Salads are an important part of our diet! Salads provide valuable nutrients that we need to include in our every day eating. Pa V. Lee and Kalia Lo of the Family Nutrition Program discuss foods to include in your diet. They also talk about salad preparation ideas and techniques. Coleslaw is a popular American food that is easy to prepare and is nutritious for our families. Pa and Kalia talk about preparation methods and the nutritional value of fresh fruits and vegetables used to prepare salads. Produced in 1997.

118-98 Beef Stew

Maiyoua Thao, UW-Extension Nutrition Program, talks about ways to make beef stew more nutritious by adding vegetables. Produced in 1998.

122-98 Exercise

Kalia Lo, Family Nutrition Program Coordinator, and Maiyoua Thao, discuss the importance of exercise in your life. They talk about diet intake, portion sizes and recommended height/weight ratio. Exercises are demonstrated for adults and youth. Produced in 1998.

127-99 Raising Hmong Teens

Teen issues are often challenging for families. Teens have many things to offer our families and community, but they can also create some difficult times for parents. Kayla Yang describes why this is an important issue to discuss and what the most recent research tells us. She explains what parents can do to support them. She also describes where parents might find support and help in dealing with parenting issues. Produced in 1999.

130-99 Beef Soup

In cold weather there is nothing more welcome than a warm bowl of soup! Making soup is really quite fast and uncomplicated. There are many different types of soups your family may like. Family Nutrition Educator, Mai Youa Vang, demonstrates how to make soup. She describes the basic ingredients and how you can make some of your own recipes. Produced in 1999.

132-99 Fast Food - or is it Food Fast?

In our busy lives, making food in a hurry is often necessary. We also hear about foods that Americans make that are quick. When you get food from a food pantry, it might include some of those fast foods. Mai Youa from the Family Nutrition Program demonstrates how to make Macaroni and Cheese, an American favorite for children. She also shows ways to add nutritious foods to the basic macaroni and cheese dish. Produced in 1999.

134-00 Dealing With Depression

What is depression? How does it affect our family? Youa Xiong of Outagamie County Department of Health and Human Services and Maenene Vangsycha of ThedaCare Behavioral Health discuss many issues involving depression. Their discussion includes an explanation of depression, symptoms to be aware of, when to seek professional help, who should do the referral, causes of depression and who might be a risk for depression. Produced in 2000.

136-00 Post Traumatic Stress Disorder

Definition of PTSD, the causes, population at risk, and help services in the community. Youa Xiong of the Outagamie County Mental Health Services explains the disorder and what can be done to help families. Produced in 2000.

138-00 If Someone Is Threatening Suicide, What Should I Do?

This will touch on some of the causes of suicide, questions you should ask, what you should do immediately, suggestions on things that you could say or do to encourage and to protect the suicidal person, and what are some signs or behaviors that could help you identify someone who might be at risk for suicide. A. Vang, Mental Health Program Coordinator with the Hmong National Development, Inc., is the guest speaker for this program. Produced in 2000.

137-00 Anxiety

Understanding the definition of anxiety, be aware of its symptoms, and seek help at your local mental health agencies. Maenene Vangsycha of Theda Care Behavioral Health discusses how anxiety affects individuals and their family. Produced in 2000.

139-00 Attention Deficit and Hyperactive Disorder (ADHD)

What is ADHD and the important reasons why we should be aware of this disorder? This disorder affects a person's daily function in both his childhood and adult life. Resources where someone can seek help are shared on the program. This show is presented by Youa Xiong, Mental Health Bilingual Aide with Outagamie County Human Services, and Maenene Vangsyha, Clinical Therapist, Theda Care Behavioral Health. Produced in 2000.

144-00 Fishing in Wisconsin and Food Safety

This informative program was produced in a collaborative effort with Wisconsin Division of Health, Hmong American Partnership of the Fox Valley and the Department of Natural Resources. The program discusses fishing safety procedures, recommended regions and safeguards. Safe food handling is demonstrated and explained as well. Produced in 2000.

145-01 Fruits and Vegetables

Five a Day! has become a popular nutrition message to nutrition audiences. Fruits and vegetables offer a variety of vitamins, minerals and nutrients for children, teens and adults. This program offers tips of how to get more for your food dollar. Produced in 2001.

147-01 Tuberculosis

A health issue that has gained attention by many health professionals centers on Tuberculosis. The Appleton Health Department received a grant to conduct a media campaign to increase awareness about Tuberculosis. This program tells you about Tuberculosis, what to do to prevent contact and what can be done if it is identified. Mai Va Yang, R.N. from Sheboygan County Health Department, is the guest speaker. Produced in 2001.

148-01 Food Labeling

It's on the label! Canned foods, packaged foods all offer a wealth of information if we know what to look for and if we understand what to look for an if we understand what the label is telling us. Maiyoua Thao, Nutrition Educator, explains what to look for and why consumers should read the label before making their food choices. Produced in 2001.

149-01 Home Alone

Changing times means new issues for families. This program explains what to do when you are Home Alone. There are recommended steps to take in case of an emergency. Leaving children home alone adds to the stress of a family. The program outlines safety precautions for all family members to consider and encourages families to talk this through before family members are left Home Alone. Produced in 2001.

151-01 Hmong Village

Sia Cher Yang describes the Hmong village that was built to replicate a village in Laos. Mr. Yang describes various aspects of the houses, the layout and how families lived in the house. Volunteers at the Thompson Community Center in Appleton, WI built this special village. Produced in 2001.

152-01 Keep it Clean! Hand Washing

Sanitation is very important in promoting good health. Keep hot foods hot, cold foods cold and keep the food preparation area clean - that includes your hands! Maiyoua Thao, Nutrition Educator, explains food safety basics and what you can do to ensure safe food handling environments to prevent illness for your family. Produced in 2001.

154-01 Prenatal Care

Prenatal care is important to the mother and the unborn baby. This program describe why moms may be hesitant to go to the doctor, but also why it is important and how often the visits should take place. Costs of health care are also discussed for those that have insurance, may utilize medical assistance or how to apply for Healthy Start. Also discussed are the precautions to take with medications during pregnancy. Vitamins are discussed and explained why they are important throughout the pregnancy. Produced in 2001.

155-01 Quick Meals – French Toast

Family times are busy. One quick and easy meal is French Toast which Maiyoua Thao of the Family Nutrition Program demonstrates how to make. She also discusses other possible quick meals that families can prepare in little time, yet offer nutrition to our family members. Produced in 2001.

158-02 New Year Traditions Explained

Mr. Chue Teng Kong explains the importance of the Hmong New Year. Included in the discussion is the reasoning for the celebration, when it is celebrated and why. He also described the importance of the dress for the day, the food that is prepared and the special ceremonies that are performed. An important tradition that is important for all generations. Produced in 2002.

159-02 Making Family Rules

The purpose of this program is to help parents understand early adolescent development, and realize the importance of making specific rules. Also discussed is the importance of communication those rules to family members. Specific rules that are discussed include chores, homework, mealtime and bedtime. Produced in 2002.

160-02 Hmong Topor Tuaj Lub (TooLoo)

This is a unique show that shows how the tuaj lub is made and how to play it correctly. A little history of the top is provided as well as an explanation of different types of tops that might be found. Mr. Chue Teng Kong explains the type of string that is used, the materials used to make the top and then how to take care of the top. This program includes a demonstration of the proper use of the top and how to keep score. Produced in 2002.

166-02 Ten Year Anniversary Show – Elders Remember Life in Laos

The first “Bridging Hmong American Program” aired in May 1992. The planning for the show started in 1991, but it took several months to get the show produced! Since that time we have seen a variety of hosts, agencies, and program needs. This show has a new introduction; followed by the “Elders Remember Life in Laos” program, which was the very first show, we produced in 1992.

167-02 Medical Program on Diabetes

The incidence of diabetes is on the increase in many communities. This program, produced in St. Paul, Minnesota, outlines what diabetes is, what can be done, the types of medications involved and some adjustments people can make to deal with diabetes. Dr. Yang shares his expertise and advice on this medical issue. Produced in 2002.

168-02 Family Times

Family time continues to be a struggle for many busy families. It is important for all families to find time to spend together. Examples of activities you might do as a family and how you make the time are shared. Family meetings are also discussed. Produced in 2002.

171-02 Community Gardens - Telling Our Story

This program was taped on location at the GV Community Garden in Outagamie County. Pa Lor, community gardener, explains how the garden works for her family and shares some of her gardening tips. The garden coordinator, Susan Richardson, is also introduced. The benefits of gardening are also discussed. Maiyoua Thao ends the show with telling the story of gardening. Produced in 2002.

172-02 Halloween Adventures

Halloween is a fun activity for children and parents as well. This program highlights the fun activities involved in the Halloween celebrations and also shares safety tips for children to follow when trick-or-treating in their local communities. A folk tale wraps up the show. Produced in 2002.

173-02 Chronic Wasting Disease

Mr. Kou Xiong, Hmong Liaison with the State of Wisconsin Department of Natural Resources shares information for deer hunters and their families. The show covers what to look for when deer hunting. Safety precautions in handling the venison are also covered. A video produced in Sheboygan County is also utilized for part of the show to explain the issues at hand. Produced in 2002.

174-03 Interpreter Issues

Working with interpreters has been a challenge for many Hmong Community members. There are specific roles and responsibilities that interpreters can and cannot do to provide the best services to families they work for. Produced in 2003.

175-03 Medical Issues for Hmong Families

Dr. Cha Lee of Milwaukee shares his views on the medical issues Hmong families face. He encourages families to get medical attention as soon as symptoms appear. Waiting and hoping the medical condition will go away often does not work. He recommends thinking through questions before going to the doctor's office and asking questions of the doctor when you are at the office. This helps for clarification and future decisions. Dr. Lee owns and established the Leed Medical Clinic that is dedicated to serving Hmong families. Produced in 2003.

177-03 Hmong Farming

Many Hmong have an interest in learning more about how to get into farming in Wisconsin. FutureHmong has recognized the potential of assisting Hmong people and the state's economy by helping Hmong get back to farming and is actively working with federal and state agencies and interested agricultural vendors to draft plans to make available these farming opportunities. This program highlights some of the outreach being done and how interested individuals can make contacts in their areas. Produced in 2003.

- 178-03 Women's Health Issues: Understanding Breast Cancer**
Have you been tested for Breast Cancer in the past year? This program explains the incidence of breast cancer and what is involved in becoming a part of a program sponsored by the Wisconsin Department of Health and Family Services- Division of Public Health. The Wisconsin Well Woman Program is designed to help women get free breast exams and mammograms and will also pay for some of the other screening tests. This show explains the program, how to detect breast cancer and what the screening involves. Produced in 2003.
- 179-03 Understanding the Court System – Ma Manee Moua**
Understanding what is happening when a family member or friend is involved with the court system. This program was taped in an Outagamie County courtroom and was done in cooperation with Attorney Ma Manee Mous. Produced in 2003.
- 180-03 WE Energy – Conserving Energy**
Where has all the money gone by the end of the month? Housing costs can be maintained at comfortable level if you utilize some simple energy conservation measures. WE Energies representative, Ka Youa Kong is our guest explaining ways to save money doing simple home conservation techniques. Produced in 2003.
- 182-03 Understanding Restraining Orders**
What is a restraining order? How do you obtain one? Why would you need a restraining order on someone you know? This program discusses the types of professionals you would work with and what you might need to know for the future. The program also outlines the process involved in filing for a restraining order. Produced in 2003.
- 183-03 WHEDA**
What is WHEDA? Yee Moua is our guest as he describes the targeted customers, the types of loans available, rates for business and home as well as what options to consider for potential home buyers. WHEDA is the Wisconsin Housing and Economic Development Association. Produced in 2003.
- 184-03 Feeling Good About Yourself**
Self-care is an important piece of a long and healthy life journey. If we care enough about ourselves mentally, emotionally and physically it can make a huge difference on our outlook on life. It is important that we take good care of ourselves externally and internally from head to toe! Maenene Vangsyha is our guest speaker as she talks about dealing with stress, identifying our emotions and responding to our automatic thoughts. Produced in 2003.
- 185-04 Making Spaghetti/Hmong Story**
This program shows the viewer how easy it is to make spaghetti. Adults can lead the way with this food preparation and get help from their children as well. Many children like spaghetti but may not have a family member that knows how to make the dish—Xee Vang, Nutrition educator takes us on a step-by-step process in making spaghetti. Produced in 2004.
- 186-04 Traditional Hmong Food and Hmong Story**
Longing for foods from Laos and Thailand? Perhaps children don't even know about the traditional foods that many of their family members enjoyed before coming to the United States. This program talks about some of the traditional Hmong foods that families still enjoy. Produced in 2004.

187-04 Understanding Insurance with Nick Lor Insurance Agent

Understanding the world of insurance can be a challenge. There are so many different types of insurances for the consumers to consider. This program includes an overview of the various types of insurance including health insurance, life insurance, auto insurance and homeowners insurance. Nick Lor, an Appleton Insurance Agent is our guest on this show as the many different aspects of insurance are covered. Produced in 2004.

188-04 KajNtug Children's Fund

This local Fox Valley project is an effort to provide support and outreach to youth in a variety of settings. Tutoring is one of the major outreach efforts as well as providing a strong mentoring program to youth that can connect with adults as they work through issues they face in their culture, school and family.

189-04 Advocap with Bee Thao Starting a Small Business

Starting a small business can be overwhelming when just starting out in the venture. Bee Thao With the ADVOCAP program explains some of the starting point to consider when starting a Business, as well some support systems available to new small business owners to tap as they develop a business plan, look at financial support and start up activities.

190-04 Understanding the Food Pyramid -Dairy Products

Eating dairy products is not always popular with Hmong families. We know that dairy products offer us good health and we need to include some forms of dairy products in our dairy product that include calcium, Vitamin D and other minerals. Xee Vang, Family Nutrition Educator with the University of Wisconsin in Winnebago and Outagamie Counties explains the importance of eating foods that include some offerings from the Food Pyramid's Dairy Products listing. Produced in 2004.

191-04 UW Oshkosh Students - Education Majors

In the 2002 UW Extension Hmong Focus Group study, the participants revealed that they hoped that more Hmong teachers would be available in our elementary and secondary schools. This program addresses that issue and includes UW Oshkosh Education majors discussing what it is like to go to college, how they decided on an education degree, what the classes are like, and how they are getting experience in the classroom as part of their training. Hopefully we'll inspire even more Hmong individuals to pursue a degree in education. Produced in 2004.

192-04 Overview of Head Start Programs

The University of Wisconsin Oshkosh Head Start program offers a variety of programs for children ages 3-5. This program provides an overview of who is eligible for the program, what the day long program is like compared to the half day program and how their wrap around services operate in the four county area that includes Winnebago, Shawano, Calumet and Outagamie counties. Mai Dia Thao Speidel explains her role and the outreach to Hmong families.

193-04 Mental Health

Seethong Yang explains the services available from Outagamie County Mental Health services for families. Also explained are the types of issues family members may have, to tap the resources of this service from dealing with stress and depression in individuals to other mental health issues.

194-04 Catholic Charities

Catholic Charities offers a variety of services to Refugee families. There are two major programs that are currently funded. The Refugee Family Strengthening Families program works to address domestic violence issues in the family and build on the strengths of families that they work with. Another group works with connecting mental health services to families that may need services, but are not sure how to access the programs.

195-04 Bike Safety

Riding a bike takes some practice and also a knowledge of the laws related to riding a bike in our communities. This program provides an overview by the local law enforcement agencies to be aware of when riding a bike on city streets. Hand signals, where you can ride your bike, and registration information is shared.

196-04 Banking Services

Earning money at our jobs is an important way to support the expenses we have in providing for our families. This program talks about the way to utilize a bank, what types of accounts are available, how to access them and make decisions of what services will work for your family.

197-04 Working Effectively with an Interpreter

When we can't speak the language as well as we'd like, we may seek the services of an interpreter. An interpreter is hired to help us communicate with professionals to conduct business, work through issues and solve problems. Their role is specific to interpreting the information between the individual and the agency. If we learn to work with an interpreter effectively we can all benefit.

198-04 Services Available Through Badger Care

Health issues are often a problem with families, not only understanding the health issues, but how to pay for the services. Some families with children may qualify for Badger Care and not even realize they qualify. This show provides an overview of the program, how you apply, and what this means for your families health care. Automated Health Systems provides the background and information for this program.

199-04 Buying a House

Many of us dream of the day we will become homeowners. This program highlights what to think about when looking at homes to buy, how to work with professionals, what is needed financially and how to make the decision that best fits your family needs.

200-04 Thompson Community Center Senior Services for Hmong Elders

This program explains the programs that are available at the Thompson Community Center located in Appleton, Wisconsin for Hmong Elders by the Lutheran Social Services Programs. There are a variety of opportunities for families to consider being involved in.

201-04 Children's Museum - Hmong Cultural Exhibit and Folk Tale

In the fall of 2004, the Appleton Children's Museum hosted the Hmong Cultural Exhibit at the City Centre. This program includes a tour of the exhibits with an explanation of the various points of interest including cultural explanations, a history of the display and why specific items are important to understanding the Hmong Culture.

202-04 Getting to Know Our Appleton Police Department

Understanding the Appleton Police Department and how it operates is the main objective of this program. The Officers explained how they work, what their role is in the department, why people need to follow the laws and rules of the community. The Community Relations Director was also interviewed as a part of the program and they explained why it is important for all of us to follow laws and expectations in the communities where we live.

203-04 Hepatitis B

The Appleton City Health Department has prepared this informational and educational program on understanding what Hepatitis B is, why people should be aware of it, what causes it and how to prevent it. The program is presented by two Hmong nurses who have extensive background in the health field and explain Hepatitis B with an interview and graphics.

204-04 The Importance of Being Involved in Your Children's Education

Dr. Pao Lor, Assistant Principal at Neenah High School is our guest for this program. He describes the importance of parents being involved in their children's education. He talks about the benefits of knowing what is happening in the schools, and how to still be involved if your work schedule does not fit the school schedule. The benefits of parental involvement are also discussed.

205-05 Music Show with "Two Sides"

Seethong Yang and his two brothers have formed a musical group, "Two Sides." This show includes a discussion of being Hmong, and using music as a means to tell the stories and struggles of living in two worlds. The show includes story telling, and a variety of musical selections by the musicians.

206-05 Come Ride the Bus with Valley Transit

In the summer of 2004, we discussed the possibility of how to educate non-speaking audiences of how to use the Valley Bus Transit buses. The work continued and we have this show to prove the efforts of many! The bus tour includes Andrea Husa, Marketing Coordinator and Seethong Vue starting out at the bus station and then taking the bus to various community sites in Appleton.

207-05 Nutrition for Your Family

Xee Vang, Nutrition Educator with the University of Wisconsin Extension explains the basics of reading the Food Guide Pyramid for healthy eating. Eating fruits, vegetables, and getting protein are the key points she emphasizes with the audience.

208-05 New Hmong Refugees Come to America

Mua Thao shares experiences of coming to America. There are many new experiences and feelings that their family has gone through since traveling from Thailand to the United States and arriving in Wisconsin. Mr. Thao explains what their family has done since arriving in the Wisconsin, the joys and the trials.

209-06 Hmong Tobacco Cessation and Prevention

Developed by the La Crosse County Health Department (Wisconsin) and the LaCrosse Area Hmong Mutual Assistance Association with funding through the American Legacy Foundation. The program explains the history of Hmong tobacco use, secondhand smoke, nicotine addiction, health effects, techniques and advantages of quitting and available resources. It includes testimony from three physicians, two of whom are Hmong, as well as other ex-smokers. Both personal and scientific information are provided supporting smoking cessation for a healthier and longer life.

210-05 Hmong Actors Kue Lee and Kou Lee Come to Bridging Hmong American

Movie star, Kue Lee came to our program along with his brother Kou Lee. Kue Lee “nuj nplhaib” and his brother Kou Lee “tsov” are well known movie stars. They have starred in numerous movies in Thailand. Clips from their movie, “Nuj Nplham and Ntxawm” are shown as part of the program. The brothers are new Refugees from Thailand and live in Northeastern Wisconsin. They share what is involved in producing the movies, how they do their own stunt work, and tell legends that many enjoy. One audience member said, “Kue Lee is the most popular Hmong hero of our time, he is better than Tom Cruise!”

211-05 Fire Safety in the Home

Fire Marshal Vernon Green, Appleton Fire Department Intern Fue Xiong and Public Education Specialist Darcy Dobrzanski present a program on fire safety in the home. They discuss safe practices when cooking, how to use a fire extinguisher, the importance of smoke detectors and using propane for cooking foods outdoors. This program is produced in both English and Hmong.

212-05 The Resettlement of Families in the Fox Cities

Mr. Lo Lee, Director of the Hmong American Partnership is our guest on this show, discussing the needs of the new arrival families, the types of programs available to them and how families settling in the Fox Valley area. He talks about the training and educational programs families are participating in and how the programs are supporting the community.

213-05 The Importance of Milk in the Diet

As the commercial says, “Milk it does a body good.” The program explains the importance of milk in the diet and why we should drink and use dairy products. If a person does not have enough calcium in the body, it can increase the individual’s risk of diseases such as Osteoporosis. If a person does not like milk, there are substitutes that a person can eat to get the necessary calcium such as yogurt, cheese or ice cream. Adding and mixing milk in foods is another way to help disguise the taste of milk.

214-05 Avoiding Home Fire Hazards

There are key items to look for as we walk through our home. This program takes us to a house and we see how we can make simple adjustments and changes that can save our families lives. We look at the kitchen and discover ways to keep our family members safe when cooking and how to place appliances. We also see ways to prevent accidents with cords, and what to do about clutter laying around that might be a fire hazard. Storage areas such as the basement and garage are also areas that we should be concerned about.

215-05 Fire Safety at the Fire Station

Every year 6,000 people die and 21,000 are injured as a result of accidents relating to fire. The property damage exceeds \$40 million. Fire deaths can be prevented. This program talks about what you can do to prevent fires in the home. MaiSee Moua and Seethong Yang take a visit to the Appleton Fire Department and share information with the viewers. The talk about having two escape means out of your house. They talk about smoke alarms and smoke detectors and how they work. Having a family emergency plan is very important and they share what you want to include in your plan.

216-05 College Preparation for the University of Wisconsin – Oshkosh

Mr. Thomas Xiong, Admissions Counselor and Hmong Community Liaison for the University of Wisconsin Oshkosh was our guest. This show describes his role with the University and a discussion of the importance of higher education. The show explains how to go through admissions, how to plan for the future and also shares the important role that parents play when their children attend college.

217-05 Dealing with Stress in a New Country Part 1

This program was a Saturday event held at the Hmong American Partnership in Appleton that was offered for new arrival families in Spring 2005. The first part of the program explains what mental health is, how to know if you are in need of assistance, and describes signs of stress and what you can do to deal with the stress of living in a new country. There are many stresses that families are experiencing and we want to make sure individuals know who they can call on to assist them, and also what they can do with their family members.

218-05 Dealing with Stress (Depression and Post Traumatic Stress) Part 2

This is the second part of program conducted in Spring 2005 at the Hmong American Partnership. This part of the program talks about what to do when you are experiencing stress, how to deal with things as much as possible with some breathing exercises and other things you can do to relieve stress.

219-05 “Qeej: A Traditional Instrument”

Qeej (pronounced “keng”) has been a trademark instrument for the Hmong people for as long as anyone could remember. It is used for entertainment and funeral rituals. When entertaining, the artist dances and performs tricks with the instrument. For funeral rituals, the songs sang by the Qeej guide the deceased to the spirit world. Learning the Qeej takes many years of practice and hard work. A Qeej artist, or “Txiv Qeej” is usually not compensated for his services with money but with gratitude and respect.

220-06 Hmong Literacy Program with Xee

There are a variety of issues and needs new arrival families are concerned about as they come to America. This provides an overview of the programs that are offered, what a Hmong Literacy program involves and how to find programs in the area.

221-06 An Overview of the Wisconsin Dept. of Justice

Manee Moua, Assistant Attorney General with the Wisconsin Department of Justice, introduced us to the services provided by the department to protect officials of state run organizations and Wisconsin residents by advising and working through the legal process. She encouraged Wisconsin residents to get to know the department by visiting its website, which is www.doj.state.wi.us/. Manee also stated briefly about the importance of education to our future.

222-06 Understanding Criminal Law

Attorney Thomas Yang, who is licensed to practice law both in Minnesota and Wisconsin, spoke about the basic issues of criminal law. Thomas touched on the individual rights during traffic stops and before a person is arrested. Thomas encouraged cooperating with a police officer but stated that individuals have the right to consult with an attorney before answering questions. Lastly, Thomas clarified the issue of underage marriage in the Hmong culture. The law is not necessarily against underage marriage, but the law clearly states that it is illegal to involve a minor in sexual activities.

223-06 Refugee Programs – Catholic Charities in Northeastern Wisconsin

The Refugee program in Northeastern Wisconsin includes resettlement, immigration, Refugee Family Strengthening Program, Keeping Education Among Youth for Success, Refugee Mental Health Program, Southeast Asian Families and Schools Together and Batterer Treatment Program. Nenglee Vang, Mental Health Coordinator explains what Mental Illness is and the many types of illness. She included information about Anxiety Disorders, Depression, and Schizophrenia. She also went on to explain how mental illness affects families in dealing with mental health issues such as denial, fear and worry, guilt and hostility. The program also explains how to identify mental illness, the kinds of treatment and where to go for assistance.

224-06 Kor Xiong Hmong Wisconsin Radio

Kor Xiong shares information about the “Hmong Wisconsin” radio program. The radios are sold at his local store, and the information that is broadcast is all in the Hmong language. Mr. Xiong explained the special project that was funded to help Hmong Families get connected with local authorities for storm warnings, health announcements and general Public Service Announcements the Hmong community needs to know about. A special grant funded the purchase of the radios for families with the intent to keep Hmong families informed. The Appleton City Health Department and Emergency Government were a part of the initiative.

225-06 Importance of Eating Good Sources of Fiber

What is fiber? What are good sources of fiber in the diet? Bao Thao-Vang of UW-Extension Family Nutrition Program and Seethong Yang discuss the importance of eating foods that are good sources of fiber. The discussion includes an explanation of fiber, the sources of food that have more fiber and the good things that fiber does in our bodies.

226-06 Red Cross Disaster Plan

Mr. Tony Gonzales and Seethong Vang discuss what to do in case of an emergency due to bad weather. Storm warnings, tornadoes, sever thunderstorms can put our families at risk. Knowing how to prepare for a storm is critical. Mr. Gonzales demonstrates and shares some of the items families should have available in case of severe weather. They also discuss the safest places to go in your home when bad weather is predicted.

227-06 Community Garden Programs

Come to the gardens and learn more about your community! Seasoned community gardeners are interviewed and share what it means to have a garden at the Community Garden program. They talk about the value of gardening and how to make the best of a community setting. These gardeners have reaped the benefits of great garden produce, but have also learned from their neighbors the spirit of community and all that can be achieved by working together. Bao Thao-Vang of the UW-Extension Family Nutrition Program interviews Mr. and Mrs. Pa Cha Thao local community gardeners. Mr. and Mrs. Pa Cha Thao talk about what is it like to have plots at the community garden and the different between their garden in America and in Laos.

228-06 MyFood Guide Pyramid

Bao Thao-Vang with UW-Extension Family Nutrition Program and host Chiaxah Vang talk about the new Food Guide Pyramid. Bao Thao-Vang explain what each of the color stripe represent in the MyPyramid.gov, what foods are in each group, the health benefit in each food group and what new recommendations are being made.

229-06 W-2 and Food Share Programs

Kha Vang of Outagamie County Economic Support discusses with host Bao Thao-Vang the programs that are available at Outagamie County Economic Support. They talk about W-2 program, FoodShare (Food Stamp) and Medical Care Assistant. Kha Vang explain the process of applying for each of these programs and how use the FoodShare and guideline that needs to be followed.

230-06 Getting Ready to go Back to School!

School is right around the corner and preparing for the return to a routine and schedule is important for the whole family. This program features 2nd grade teacher Soua Lor as she talks about what types of things parents can do to prepare their children for the return to school. Getting enough sleep is a first step for children to establish a routine. The types of school supplies and how to prepare your child for the return to school is also discussed.

231-06 Nutritious Beverages

Bao Thao-Vang explains the importance of nutritious beverage choices. She discusses the impact that soda pop has in the diet and demonstrates the amount of sugar in a serving. Milk is a healthy beverage choice that has a variety of options to consider when shopping. She shares information about the nutritional value of different types of milk and how much fat there is in regular, 2%, 1% and skim milk. Healthy beverages are an important part of the total nutrition picture for children as well as adults.

232-06 USDA Rural Development

USDA Rural Development has a variety of program available in Eastern Wisconsin that can assist families in home ownership; small business start-up assistance and other means of assistance to families. There are offices in Shawano and Fond du Lac.

234-07 Habitat for Humanity 29:53

Habitat for Humanity is a nonprofit, ecumenical Christian housing ministry seeking to eliminate poverty housing and to make decent shelter a matter of conscience and action. Since its start in 1993, Greater Fox Cities Area Habitat for Humanity has partnered with many local families throughout the Greater Fox Cities area to build safe, new, affordable homes. The program describes how it is a people –to-people partnership drawing families and communities together with volunteers and resources to build decent affordable housing.

235-07 Fair Housing Council with Pam Her 28:39

Pam Her with the Fair Housing Center of Northeast Wisconsin describes the fair housing federal and state laws. In this program she outlines the protected classes covered by both the federal and state law. She also describes possible indicators of discriminatory treatment and what the Fair Housing Center does to assist consumer. It is important to know your rights.

- 236-07 Identity Theft 28:26**
 Identity Theft is on the rise, and there are some steps to follow to prevent problems from happening. Identity theft can occur in a number of ways, from people taking your mail, getting information off of computers and possibly stealing your information when you are doing consumer transaction. The Department Of Trade and Consumer Protection offers additional information on what to do in case you are a victim of Identity Theft.
- 237-07 Consumer Rights 28:38**
 As much as we want to trust the people that we hire to do repairs for our homes, there are con-artists out there. The Department of Trade and Consumer Protection has a wealth of information for consumers to use when looking for information on hiring people to do home repairs.
- 238-07 Catholic Charities Health and Wellness Support Group for Hmong Women 27:20**
 Neng Lee from Catholic Charities explains the Health and Wellness support group for Hmong women. Women from the support group demonstrate some of the exercise programs they do, and how it is beneficial for the physical and mental health needs.
- 239-07 Lutheran Social Services Elder Mental Health Services 26:22**
 Manilla Kue from Lutheran Social Services discusses with host Bao Thao-Vang, the programs that area available for the Hmong Elders at the Thompson Community Center, offered by Lutheran Social Services. Manila also talks about Lutheran Social Services future plans for a Kasia Hous for the Hmong Elders in Appleton.
- 240-07 UW Extension Programs 27:33**
 University of Wisconsin Extension delivers research-based information to improve the quality of life for families in the areas of agriculture, community, family and youth development. UW-Extension extends the knowledge and resources of the University to people where they live and work. Bao Thao Vang explains the major program outreach areas that include Agriculture, Community and Economic Development, Family Living and Youth Development.
- 241-07 Healthy Snacking 29:25**
 Most children like snacks. That's great! Think of snacks as mini-meals that help provide nutrients and food energy your child needs to grow, play and learn. Be a good role model as an adult – your child watches what you eat. Bao Thao-Vang, Nutrition Educator with University of Wisconsin Nutrition Program explains the importance of healthy snacks and demonstrates some fun and simple, healthy snacks that you and your child can make together.
- 242-07 Dr. Blong Lee Dental Health 29:45**
 Dentist, Dr. Blong Lee explains the importance of good oral health. How to take care of your teeth on a daily basis and what prevention measures you can take to prevent problems in the future.
- 243-07 Preparing a Turkey 29:52**
 Turkey Time! Most of the new arrival Hmong families don't understand what Thanksgiving is all about as an American tradition; they don't understand why we eat turkey at Thanksgiving. Bao Thao-Vang, Nutrition Educator tells a little background about Thanksgiving and then takes us on a step-by-step journey of how to prepare a turkey from the freezer to the dinner table. She explains thawing out a turkey, how to prepare the turkey for the oven and also food safety precautions to follow throughout the process.

244-07 Legal Action of Wisconsin

This shows explains your rights and responsibilities as a consumer. Legal Action of Wisconsin is a legal assistance program available to families. This program explains how to access the program and they types of assistance available to families.

245-07 Safe Food Storage

Safe food storage is one step to take in prevention food-borne illnesses for our families. Bao Thao-Vang explains the importance of keeping hot foods hot, cold foods cold, and washing hands and food service areas frequently. Cleaning food preparation areas such as counter tops with a water/bleach solution will kill bacteria and make food preparation safer.

246-07 Employment Assistance Programs

Knowing the types of employment programs in the area can be helpful to individuals and families as the economy continues to challenge families in finding work that will support our families. CAP Services, Valley Packaging and other agencies offer job training for individuals hoping to gain job skills in the Fox Valley area. Knowing how to tap these resources can be valuable in seeking new job skills and employment.