

TRINITY BROADCASTING NETWORK

WWTO TV
LASALLE, ILLINOIS

QUARTERLY
REPORT

THIRD QUARTER

JULY, AUGUST,
SEPTEMBER
2016

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF THE WWTO TV PROGRAMMING ADDRESSING THE ISSUES AND PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING THE FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE THIRD QUARTER:

JULY, AUGUST, SEPTEMBER 2016

WWTO TV- LASALLE, ILLINOIS PROGRAMS PERTAINING TO LEADING COMMUNITY PROBLEMS FOR THE THIRD QUARTER: JULY, AUGUST, SEPTEMBER REPRESENTING AREA CONCERNS PULLED FROM VARIOUS SOURCES INCLUDING BUT NOT LIMITED TO CIVIC LEADERS, RESPONSES FROM WWTO TV VIEWERS, PRINT MEDIA, INCLUDING: NEWSPAPERS, MAGAZINES AND OTHER PUBLICATIONS, AND FROM TELEVISION AND RADIO WHENEVER POSSIBLE.

EDUCATION
SENIORS
ECONOMY & FINANCE
HEALTH & MENTAL HEALTH
CRIME
FAMILY
SUBSTANCE ABUSE
CIVIC AFFAIRS

THE QUARTERLY REPORT
LOCAL PRODUCTION TITLES

JOY IN OUR TOWN

PUBLIC AFFAIRS PROGRAM, "JOY IN OUR TOWN" IS AIRED SATURDAY AT 2:30 PM, AND RE-AIRED MONDAY AT 5:30 PM, AND TUESDAY AT 3:30 AM.

PRAISE THE LORD

PUBLIC AFFAIRS PROGRAM, "PRAISE THE LORD" IS AIRED SATURDAY AT 1:00 PM, AND RE-AIRED MONDAY AT 4:00 PM, AND TUESDAY AT 2:00 AM.

ISSUE

EDUCATION

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUCATION	Joy In Our Town #073116E	28:30	14:10	LCL	PA

AIR DATE & TIME: 8/20/16 @ 2:30 PM, 8/22/16 @ 5:30 PM, 8/27/16 @ 2:30 PM

Don Hrbal, Director at Sylvan Learning Center, talks about tutoring. There are many different reasons why some parents seek out tutoring for their child. Some may have severe learning disabilities like dyslexia while others may just need to freshen up on some skills from the previous year. Other may have students that are doing very well but they would like to see them do even better in preparation for college. Younger children are given games that correspond with what they are learning in school, while older children are motivated to reach new achievements by tokens where they are able to "buy" something. Tutoring should not be looked at as a bad thing but as a tool to help children succeed in areas that they were unable to do so before.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUCATION	Joy In Our Town #081015A	28:59	12:01	LCL	PA

AIR DATE & TIME: 9/9/16 @ 12:30 PM, 9/12/16 @ 5:30 PM, 9/13/16 @ 4:00 AM

Donna Mac, a Licensed Clinical Therapist, shares how to advocate for children with special need in the school system. She begins the segment by describing outside help that parents can get for their children with special needs. She speaks about day camps that children can attend in the summer. These camps provide intensive therapy and treatments that will teach children coping skills to help them deal with their disorder, whether it be ADHD, anxiety, depression or anything else that a child might be seeing a therapist for. She goes on to talk about how to help your child in the school system and what parents can do to make sure that their child receives the services that they need to be successful in school. She adds that special education services help to provide a "level playing field" so that a child that does need that extra help can be successful in school and in life as they get older. Donna states that there are many types of special education services available and lists some of them as; speech services, vision services, mental health services and many more.

ISSUE

SENIORS

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SENIORS	Joy In Our Town #071116C	27:06	13:22	LCL	PA

AIR DATE & TIME: 7/18/16 @ 5:30 PM, 7/19/16 @ 3:30 AM, 7/23/16 @ 2:30 PM

Mike Neuenkirchen, Program Director of Kendal Area Transit, talked about how the program was created to provide a public transportation service to the Kendal County Area in towns such as Oswego, Yorkville, Plano, Aurora, Newark and portions of Joliet. Prior to KAT these area were not served by public transportation service such as KAT. Mike discusses how the operations are funded through state and federal sources, though motor fuel taxes and other resources. Mike talks about how area residents can utilize the various services through a registration and scheduling process, as well as the fare structure that has been setup. Mike discusses the logistical challenges that Kendal Area Transit face as they strive to better serve the community. He mentions the local issues concerning geography and population how it has grown which calls for a greater demand. Kat provides services for the community such as taking seniors to doctor appointments as well as taking them to run their errands. There is a disabled resident service that will come to your door to help in transporting you to where you need to go. The elderly and disabled are the most common riders but the services are also utilized by a wide range of general population from all ages. KAT wants to be a part of the fabric that helps grow the economy of the area. Mike describes some options KAT is looking at to improve their services in the future.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SENIORS	Joy In Our Town #071116C	13:13	27:06	LCL	PA

AIR DATE & TIME: 7/18/16 @ 5:30 PM, 7/19/16 @ 3:30 AM, 7/23/16 @ 2:30 PM

Colleen Bredeson, Community Outreach Coordinator of the Voluntary Action Center, talks about their programs that help with seniors and low income families. As the Community Outreach Coordinator, Colleen helps with providing resources that will help people with daily living. VAC provides food for seniors by going door to door and meals on wheels. Voluntary Action Center also provides activities for seniors you are retired or for families who need care taker services during the day for the elderly. For kids under the grade 13 years of age, VAC provides after school programs and breakfast and lunch during the summer. VAC has a focus on helping the community in any way they can. Colleen talked about the need for more help in volunteering to provide transportation to and from the doctor offices or going to the stores.

ISSUE

ECONOMY & FINANCE

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
ECONOMY	Joy In Our Town #061016A	29:14	13:46	LCL	PA

AIR DATE & TIME: 7/2/16 @ 2:30 PM

Joy in Our Town, guest Michelle Miller spoke on the state of our economy and how to keep the right perspective concerning wealth and finances. Michelle began the segment by defining what wealth really is. She explained that wealth is more than having money it is a total wellbeing. It concerns having nothing missing and nothing broken. We live in a world where money is important but it is not the most important thing in the world. Michelle also spoke on investing in multiple areas. One of the most important areas is "self". She said that many people invest in stocks and bonds but neglect to invest in themselves. We can invest in ourselves by learning as much as possible. The more you know the richer you become.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
ECONOMY/ FINANCES	Joy In Our Town #073116E	28:30	13:49	LCL	PA

AIR DATE & TIME: 8/20/16 @ 2:30 PM, 8/22/16 @ 5:30 PM, 8/27/16 @ 2:30 PM

Finances are one of the most important things when it comes to building a family on a firm foundation. Ed McClain, Life Coach, speaks on how to build budgets and speaking with people that can help in setting them up the best way that suit the family. Every family is different and has their own set of problems, needs and wants. Life Focus was started to help families with not only their finances but their total living experience as a family with counseling in all areas.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
ECONOMY FINANCES	Praise the Lord #060216	1:27:28	1:18:07	LCL	PA/O/E

AIR DATE & TIME: 8/23/16 @ 2:00 AM, 8/27/16 @ 1:00 PM

Pastor Cedric Oliver of Embassies of Christ Kingdom Ministries hosts a sermon in his church about God's idea of increase. God and his kingdom have an expectation of increase in our lives. Churches are not increasing as they used to. Pastors are finding validation for the reason their church is not increasing. Putting ideas into the minds of their members that a smaller church is better. But Pastor Oliver says that is not the case. Increase is the kingdom principle of God. Nothing is small about God. From the time God spoke the universe into existence the universe has been expanding. This is not limited to just numbers and church size but in the individual as well. God wants you to grow as a person and never stop, never hit a peak but continue to get bigger and better. That is the desire of God. Genesis 1:28 And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth."

One of the first words out of God's mouth to Adam was to increase. Genesis 12:1-3 now the LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. I will bless those who bless you, and him who dishonors you I will curse, and in you all the families of the earth shall be blessed." When we are saved we shouldn't be the same person we once were, something should constantly be growing in our life. Exodus 1: 7 But the people of Israel were fruitful and increased greatly; they multiplied and grew exceedingly strong, so that the land was filled with them. Be fruitful and increase, wherever God's people are placed, they thrive. Increase is there to make the believer always aware that there is potential inside us that we haven't tapped into yet. There is more that we can do, in Jesus name. Tomorrow can always be better than today as long as there is god given breath in our bodies. God wants increase, he brought David from a Shepard to a king and he can do the same in your life.

ISSUE
HEALTH
&
MENTAL HEALTH

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #053116C	29:18	14:10	LCL	PA

AIR DATE & TIME: 7/4/16 @ 5:30 PM, 7/5/16 @ 3:30 AM, 7/9/16 @ 2:30 PM

Lauren Bellville joined us from Kendall County Health Department, speaking on mosquitos and ticks. Lauren explained the process by which they go through in testing our local areas for disease carrying bugs. One of the heavy topics was West Nile virus. Lauren explained that in some areas ticks and mosquitoes are more dominant and how to deal with them.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town#053116C	29:18	14:38	LCL	PA

AIR DATE & TIME: 7/4/16 @ 5:30 PM, 7/5/16 @ 3:30 AM, 7/9/16 @ 2:30 PM

Rachael Browning joined us as well from Kendall County Health Department speaking on food safety during the summer. Her motto is "When in doubt throw it out" basing it on not knowing how long an item has been out after thawing. Rachael gave a few tips concerning outside cooking and evening cooking evening dinner. Such as never leave food out for more than 4 hours. Keep food cold that need to be cold and out of the sun. When using a cutting board make sure you clean them when using meat of any kind.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #071916A	29:50	11:56	LCL	PA

AIR DATE & TIME: 8/1/16 @ 5:30 PM, 8/2/16 @ 3:30 AM

Laura Woloszyn, Chef at Zyntertainment, talks about not having phones at the dinner table, saying that individuals could miss out on meaningful conversation. They also talk about the importance of sitting down and eating together it gives children the first sense of community and it's very important. Also that you don't have to sit down and eat together 7 days a week then do it as much as possible. Laura also says that the importance of gathering around food is a common denominator. Laura talks about the importance of incorporating teamwork in the kitchen. The family meal teaches lessons like hosting, teamwork, communication, respect etc. Laura talks about the easy options of drive thru and premade food, but it's really easy to cook with whole foods. Using whole foods help you avoid allergies Lauren discussed healthy choices for families when it comes to cooking.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #071916A	29:50	17:23	LCL	PA

AIR DATE & TIME: 8/1/16 @ 5:30 PM, 8/2/16 @ 3:30 AM

Chef Laura Woloszyn talks about how dinner use to be a time where the family comes together around the table to talk about how the day went and just to catchup with anything else. Now we deal with social media, cellphones and other electronics to take our focus as well as parents having to work extra, which causes families to miss out the quality time. So finding light and quick meals that can pull in the whole family are important. Laura shows people that it's not always the quantity of time but the quality of the time spent. For some reason food tends to bring people together. Also for parents who have kids who don't like certain things, letting the kids help with prepping the food is a good way pull kids into eating more healthy. Most kids like to see what they are eating and being able to prep and even help in the cooking brings comfort. Laura also gave tips on transforming food to look like other food items such as swirling zucchini to make it look like spaghetti noodles.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #081015A	28:59	16:28	LCL	PA

AIR DATE & TIME: 9/9/16 @ 12:30 PM, 9/12/16 @ 5:30 PM, 9/13/16 @ 4:00 AM

Donna Mac, a Licensed Clinical Therapist, speaks about Selective Mutism, which she describes as an ineffective coping mechanism for children with severe anxiety. She states, that while children with Selective Mutism have the ability to speak, they are unable to because of paralyzing anxiety. She adds that this disorder is often seen in children that have other types of anxiety disorders. Donna reminds viewers that Selective Mutism is real and it is not a form of defiance. She also states that this disorder is very hard to diagnose and that most often it is diagnosed based on the child's history. She ends the segment by advising parents that have a child with this disorder to get therapy for their child so that the child can learn to effectively cope with their anxiety.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #053116B	28:46	14:27	LCL	PA

AIR DATE & TIME: 9/27/16 @ 4:00 AM

Nate McCullum, Personal Trainer and Owner of Valor Speed & Strength, shared tips on health and fitness. He also shared info on how start off at any stage of your life when jumping into a workout plan. One of his major points was that there must be a mindset change that is coupled with exercise and eating right to reach and keep goals. Nate gave a few tips on nutrition as well.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #023	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 07/06/16 @ 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses milkshake multitasking; jumping around, chaotically and haphazardly from one thing to the next. We're not doing anything properly, it creates chaos in our brain, and it's not healthy for us. We actually can't multitask. We are designed to shift between different tasks and shift between different thoughts in a very organized and ordered and very fast way. We are designed to do busy well. Research shows that the human brain is designed to constantly change throughout our entire life. We're constantly growing new neural links, new networks, new dendrites, new structures, and new connections. Memories are constantly altering. Every time you think of a memory it's changing. Every time you focus on something, you are adding more structures to your brain. You are constantly re-landscaping your brain. And we have massive power in terms of what that landscape will look like. Will it be a healthy landscape, which is mental health through good choices? Or will it be an unhealthy landscape through incorrect choices? This is mind work. We, with our incredible, powerful mind, can design it. One of the most important things is to set up a constant internal dialogue with the Holy Spirit. And as you are doing that, you will learn to activate and use the new brain material that He has given us, plus the design of the brain that responds in a healthy way to all these good thoughts that we can build in our brain. By the same token, there's a plastic paradox. We can use those great new cells for bad, for evil, for the wrong thing, for making wrong choices. This new birth of neurons as you wake up in the morning is called neurogenesis; new birth. Multitasking is a myth. Social media experts tell us that the 140-character tweets is how things should be packaged. So, there is a continual stream of information that, yes, in a way, they are correct in that we are designed to respond to a continuous stream of information, but we are also designed to stop and think about that information. There's a very positive side to social media. Fast access to information definitely improves the speed of processing. The problem is that it takes away a lot of depth to people's thinking if you are using it too much. Deep intellectual thinking is extremely important. So, in terms of social media, it has to be a balance. And what they have found is that being addicted to social media – it's an easy addiction to actually develop because we're merged with the technology. Look at people – they're constantly on some form of technology. That, actually, in itself can create a pattern in the brain that is very similar to cocaine. Milkshake multitasking can be managed through quality not quantity. The first thing is that we need to make a decision to direct our attention meaningfully. Pay attention is a primary thing. Where are you going to direct your attention? Because where you direct your attention, learning follows. We need to tune our ears to listen to His (God's) voice. We need to keep focused on God's message at all times, which means that we are supposed to be constantly in a state of: What am I supposed to do next? Now, the Holy Spirit will lay down truth in our intuition of our spirit man. So, we need to develop our intuition. We also need to be extremely aware of our thoughts. It's a definite choice. It's a definite discipline.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #024	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 07/06/16 @ 5:30 PM, 7/13/16 @ 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is the Mind?" We are spirit, soul, and body. And the mind is the central part of us. The mind is this soul part of us. It's our intellect; our ability to think deeply. Our will; our ability to choose, and our emotions; our ability to feel. And it's subservient to the spirit of man. So, the spirit of man is higher than the mind of man. And the mind is higher than the physical part of man, which is the brain and the body. And the Holy Spirit is designed to lead it all. Holy Spirit, to spirit, to soul, to body, the soul being mind. Research shows that the mind is divided into a conscious part and a non-conscious part. The non-conscious part is linked to the spiritual part of man and it drives the non-conscious mind. The conscious mind is the conscious part of us that is awake when you're awake. The non-conscious is always awake. Our conscious mind is equally as powerful as the non-conscious mind. The mind is separate from the brain. The mind is not the brain. The mind controls the brain. Scientifically we call it neuroplasticity, which "Neuro" means brain, "Plastic" means to change. But what's really happening is it's renewing of the mind. Our brain has actually been designed by God to be constantly renewed. Whatever you're focusing your attention on, your brain just reflects that. Where your mind goes, your brain follows. So, literally, as soon as we become aware of something, as soon as we are consciously aware of something in our thought life, it becomes changeable. You see, your thoughts precede your words and your actions. As soon as we become aware of something we can re-conceptualize the information. Basically, as we are aware of something, we can in science re-conceptualize the information. Re-conceptualize is basically a fancy word for redesigned. Now, it is accepted that ninety-five percent of who we are operates at the non-conscious level. What is interesting is how science is catching up with word of God. Because this is a completely spiritual thing. God made science. Science is spiritual. As you are thinking, information is coming in through your five senses. And then, that is then activating thoughts to move from the non-conscious to the conscious part of your mind. So, for example, the label PTSD (Post-Traumatic Stress Disorder) comes in varying stages. Any trauma that you have, any toxic thought that you have in your brain is a post-traumatic stress disorder. Anything that you haven't dealt with creates this trauma in your brain. It goes from worry to anxiety to trauma. So, every time it pops up from the non-conscious mind, your whole being is flooded. What we've got to do is go back to the core of: Who are you? How are you reacting? What happened in your life? How have you reacted to that? Is there a better way of reacting? And the only answer is Jesus; to go to the Holy Spirit, because He knows what you can deal with at that particular moment in your life. We need to deal with the psychology. We need to have things like talk therapy and a loving environment and people sitting down and helping you deal with these issues. We don't take the person's problem. We don't fix the person's problem. We encourage and carry the person while they're fixing their problem.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #025	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 7/13/16 @ 5:30 PM, 7/20/16 @ 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Choice and the Power of Choice." It is such an incredible gift from God to be able to choose. And it's something that's been debated for years. Even now, it's very popular in science to talk about the fact that we actually don't have any free will. We don't have a choice. That we're just these animals or these biological automata that just respond to the environment. That's not what the Bible says and that's not actually what happens. Moment by moment of every day, you are choosing. And every time that you choose, you generate a signal with your mind that completely changes the genetic structure of your brain and your body. Deuteronomy 30:19 says: "I lay before you life or death." So, every single day, you're in the events and circumstances of life. And you can't control them because those events and circumstances are the result of other people's choices. But you can control your reaction to. So, you have the ability to choose how you are going to react to those events and circumstances. You see, choice is a real thing. And as we choose, we activate all different parts of our brain that kick into high gear. And as we choose well, amazing things happen in our brain. You have to partner with God. Grace is you stepping into what He has given us. When we step into the probabilities, they are all good and life will happen like it should and we will rejoice despite the circumstances. The only way we're going to choose the correct thing is if we direct our attention towards the Holy Spirit, and discipline our minds to listen to the Holy Spirit and choose the correct way. And as we choose, we then collapse that probability into a reality. We have such hope built into us. And science and scripture meet. God uses science to help us see the hope that He has built into us. In super position we don't know the outcome. When you have a love, power, and a sound mind, you are in super position. So, if we listen to God, we'll start hearing wonderful picture of the probabilities. If we listen to the enemy, we'll be hearing an awful list of probabilities that can go wrong. But we have to actually make one of those happen. When you are desperate, you will change. And when you have desperation plus a vision of who you really are, it's so much easier to move forward. We have these incredible things in our body that I call discomfort zones, which are reactions. When you're about to make a choice, there are three discomfort zones that kick in. The first one is you just become aware of how you're going to react. The second one is much stronger where you actually can feel your heart pounding and the adrenaline pumping – a very strong physical reaction. The third one is when you are about to make that choice. You become very, very, very self-aware, self-evaluative and self-regulating, in terms of the consequence of your choice. The plastic paradox is where we can choose either good or bad and they both have consequences. Our brain will simply follow your mind. Where your mind goes, your brain will follow. Make sure the choices that you make are the choices that are led by the Holy Spirit.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #014	27:20	27:20	REC	PA/O/E

AIR DATE & TIME: 07/20/16 @ 5:30 PM, 7/27/16 @ 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental health issues are biological then you automatically want a biological solution. When we talk about biological, we're talking about the realm of the physical. We are spirit, soul, and body. The rules that apply to the physical are not the same as the rules that apply to the soul; to the mind. So, if mental health issues are lumped along with something like diabetes, or a broken arm, or a cardiovascular issue, that is not correct. When we separate out the biological and the mental and we look at this thing correctly, we actually have much more hope. Because of instead of stigmatizing you and saying that you are a diseased, broken machine, we are saying: Hey, you are perfect, made in the image of God. And, the choices that you've made have landed you up in a bad place. And so, we can stand with you and recognize the depth of the uniqueness of who you are and help you get through those issues.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #015	27:20	27:20	REC	PA/O/E

AIR DATE & TIME: 07/27/16 5:30 PM, 8/3/16 @ 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind constantly changes. The brain is like a mirror that reflects what is going on inside your mind. The mind can change the brain. The way you think will change the brain. The brain is plastic and we call this neuroplasticity; neuro meaning brain, plastic meaning change. Each and every one of us is so completely unique. As it says in the Bible we are uniquely, fearfully, and wonderfully made. Unique means stand alone, set apart. For so many years, there's been a debate between nature, nurture, and what I call the "I-Factor." Nature is nature-dominant. In other words, are your genes and your biology dominating you? Are you controlled by your genes? Are your genes dictating you? Is there a certain pattern in your brain that's causing all these things to happen? So, that's the nature argument. Then, the nurture argument is the environment that you grow in, the experiences that you have, the traumas that you go through. Is that what's causing these issues? So, there's the debate: Is one more important than the other? Do they work together – nature and nurture? Well, it makes a lot of sense that the nature and the nurture work together. But, there is another factor that's overriding both of these and that is you – your uniqueness that I call the "I-Factor." The psychological part of you, the mind part of you. Your choices are real. You are free to make whatever choices you want, how you focus your attention. This is the gift that God has given us. But please be aware that there are consequences of your choices. So, if you spend all day ruminating about the things that have gone wrong and who did what to you and how you want what someone else has got, well, you are going to be in the mental ill health zone. If you're spending more than 21 days whining and moaning about your situation, and complaining, you will build toxicity into your brain. Research shows that seventy-five to ninety-eight percent of current mental, physical, emotional, behavioral illnesses today come from our thought life. Research shows that DNA responds to the signal of the mind. DNA doesn't just switch itself on. It's just hardware. It needs something to make it work. You switch your genes on and off and the dominant signal for switching genes on and off, which makes physical substance in your brain, is your thought life. We create internal environments with our thinking and as we create those internal environments, that's literally done with our belief systems. What you are thinking about right at this moment is what we call an epigenetic factor. Our external environment is very important. It's the environment that you are living in, the people that you're involved with, your work environment, the context of your life, the social factors of your life – these all create the external environment that also impact how you are managing your life. These are also called epigenetic factors. It is incredibly important for us to create positive entangled relationships. God designed us for relationship. He designed us primarily for a relationship with Him and we are designed for relationship with each other. We improve our epigenetic external environment by the kinds of people that we interact with. It's important that you choose who you're going to spend time with, that they energize you, that they will encourage you, that they will lift you, and that they will not tell you what to do. Healing comes from three major things. Number one: You have to take responsibility. You have to change your own epigenetics. That's the internal epigenetic factor. Then, you need to have your loved ones, your inner circle, and your family. That changes your external epigenetics. And then, there's a second part to the external epigenetics, and that's the community. Your schools, your places of work, the institutions that you're linked with – these all play a role in your healing, in creating environments for you of healing.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #016	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 08/03/16 @ 5:30 PM, 8/10/16 @ 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "The New Science of Stress." Did you know that stress is good for you? The new science of stress shows us that the way we perceive an event will determine whether we move into healthy or unhealthy stress. Healthy stress, which is normal, which is good, helps us to become alert and focused, have wisdom, and think clearly. Unhealthy stress, is when you make bad choices and we then throw our body off and we step into this unhealthy zone inside of our bodies, and there are two stages. We cannot control the events and circumstances of our life, but we can control our reactions to those events and circumstances. When you react incorrectly, you take a good thing and you turn it into a bad thing. What happens is that when we actually start reacting incorrectly and our perceptions start changing; our perceptions of the environment and the situations, then we start affecting every cell of our body and we start moving into stage two and three of stress, which is toxic and which is negative. They manifest in different ways. When we do make these bad mistakes, we can get rid of them and this is the most amazing thing in science: if you have wired that in, you can wire it out. Because we can stand back and observe our own thinking, we have a multiple perspective advantage both into the way that our brain actually functions. So, stand there, stand back, and make a decision: I want healthy stuff happening in my body, not bad stuff. The more you reach out and help others, the more you serve others, the more you get over yourself, the more resilience you actually build into your body physically and mentally against the stressors of life and the more easily you will actually stay in stress stage one and the more you will avoid mental ill health. We need to stop seeing people that have diagnosed mental ill health issues as faulty biological machines. This in itself is a stigma. What we need to see is a beautiful, unique, incredible human being that is not stuck in a box but that has a unique way of seeing life and is going through a hard time.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #017	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 08/10/16 @ 5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Dr. Caroline Leaf #001	27:30	27:10	REC	PA/O/E

AIR DATE & TIME: 08/17/16 @ 4:00 AM, 8/17/16 @ 5:30 PM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Dr. Caroline Leaf #002	27:30	27:00	REC	PA/O/E

AIR DATE & TIME: 08/24/16 @ 4:00 AM, 8/24/16 @ 5:30 PM, 8/31/16 @ 4:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Dr. Caroline Leaf #003	27:30	26:50	REC	PA/O/E

AIR DATE & TIME: 08/31/16 @ 5:30 PM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #0706-09132016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 07/06/16 @ 2:00 PM, 7/13/16 @ 2:00 PM

CBN New Reporter Lorie Johnson Reports: Our bodies use oxygen in a number of ways, including healing. Breathing alone provides about 20 percent of the oxygen our bodies need. But today, doctors can ramp up that amount to help people recover from the most debilitating injuries and illnesses with hyperbaric oxygen therapy. It's hard to believe Michael "Bean" Black survived his horrific car crash in 2011. When Black arrived home to Dallas he still suffered from severe injuries, including brain damage. But his condition improved after he started receiving hyperbaric oxygen therapy. Hyperbaric oxygen therapy involves breathing, 100 percent pure oxygen inside a pressurized chamber for about an hour to 90 minutes per session. Dr. Alfred Johnson, director of the Hyperbaric Centers of Texas in Richardson. Black said the therapy made a big difference. After the first 40 treatments, Black went back for 40 more a few months later. Costs vary depending on the provider from as little as \$100 an hour on up. Insurance and Medicare sometimes offer coverage, depending on the condition being treated. Insurance companies can reimburse for hyperbaric oxygen therapy for the treatment of traumatic brain injuries, like Black's. Dallas businessman John Herrick said the therapy is easy and has helped him sharpen his focus. Consumers can purchase or rent portable hyperbaric oxygen chambers, but they typically deliver far less oxygen and pressure than industrial-grade ones. Conditions treated with Hyperbaric Oxygen Therapy include Autism, Burns, Cerebral Palsy, Chronic Fatigue Syndrome, Closed Head Injury, Fibromyalgia, Migraine Headaches, Multiple Sclerosis, Near Drowning, Parkinson's Syndrome, Post-Traumatic Stress Disorder, Reflex Sympathetic Dystrophy, Rheumatoid Arthritis, Sports Injury, Stroke, and Traumatic Brain Injury. Johnson said stroke patients can have improved quality of life. He said he's witnessed progress for people with autism, as well. Hyperbaric oxygen therapy may not be for everyone. But today, Michael Black is in far better shape than he or his family ever dreamed possible since his near-fatal car accident. They believe this therapy has a lot to do with his recovery, so they plan to stick with it and hopefully see even more improvement.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #07082016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 07/08/16 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called "Our Journey of Hope." Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #08122016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 08/12/16 @ 2:00 PM

Hippocrates, the father of medicine, once said, "All disease begins in the gut." Now, 2,000 years later, that belief still rings true. Some of our latest medical breakthroughs focus on what's happening in our intestinal system. Bacteria, also known as bugs or germs, we assume they're all bad, right? Not so fast. Scientists recently discovered much, if not most, of the bacteria in our body is good for us. The key to good health depends on having enough of the right kind. We all have trillions of bacteria living in our intestines—hundreds of different species, each with different functions. Scientists call it our "gut flora." Neurologist Dr. David Perlmutter, author of "Brain Maker" is one of many physicians warning against disrupting this fragile ecosystem. Dr. Vincent Pedre, author of "Happy Gut," agrees. Unfortunately, when it comes to good gut bacteria, many of us are sorely lacking. After all, antibiotics kill bacteria--bad and good. Perlmutter says most people have no idea how severely antibiotics damage our gut flora. In addition to antibiotics, processed food can also disrupt the gut biome. Perlmutter says processed foods contain heavy doses of the wrong kinds of fat, like heated oils such as soybean, corn and vegetable oils. He also advises against consuming hydrogenated oils, also known as Trans fats, which are common in processed foods. However, he points out not all fat is bad. Even babies delivered by Caesarian section can miss out on getting enough good bacteria. So while our lifestyle choices really do a number on the gut bacteria that's so critical to our health, the good news is we can improve it with probiotics and prebiotics. Probiotics are the good bacteria we need and often lack. You can find these living, microscopic organisms in supplements as well as in cultured and fermented foods like kim chee, sauerkraut, yogurt, kefir and kombucha. Prebiotics are the food for the probiotics - they keep probiotics living and growing as they should. Just like good soil, they create a nurturing environment in your gut so your bacteria can thrive. You can get prebiotics in supplement form as well as in foods, like asparagus, onions, leeks, garlic and dandelion greens. Perlmutter says many people are only aware of the benefits of probiotics, but he stresses prebiotics are equally important. Not only can it help your mood — Perlmutter says even serious brain disorders, like attention deficit hyperactivity disorder, autism, even Alzheimer's disease can improve by increasing good bacteria. That's because they help make neurotransmitters and vitamins while at the same time aid in reducing harmful inflammation. And not just the brain. Scientists are now identifying specific strains of good bacteria that treat all kinds of problems, from skin rashes to the flu. That means a targeted probiotic could take the place of a prescribed drug. Pedre says that opens the door to a wide range of natural treatments. So if you want to boost your health, doctors say improve your gut flora. That means avoiding processed foods, even antibacterial cleansers and antibiotics when advisable. Then add good bacteria with probiotics and boost them with prebiotics, also available as supplements or in certain foods.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #09142016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 09/14/16 @ 2:00 PM

CBN News Reporter Lorie Johnson Reports: Americans are increasingly getting fed up with the insurance-based medical systems. It often means long waits for appointments and doctors who seem to have one eye on the patient and the other eye on the clock. That's why many primary care doctors and patients are turning away from insurance and to what's known as concierge medicine. When it comes to healthcare, Johnny Guerry prefers old school, meaning just he and his doctor calls the shots without any input from an insurance company. With concierge medicine, patients pay their primary care physician an out-of-pocket monthly fee, sometimes an annual fee, in exchange for unlimited access, 24/7. Concierge medicine used to be something only for the rich and famous. But according to Dr. James Pinckney, known to his patients as "Dr. James." that's not the case any longer. Where he works at Diamond Physicians in Dallas, adults pay from \$95 to \$295 each month, based on age. That covers all acute procedures and medications. Sometimes patients have to pay extra for services outside the office, like a CT scan. But doctors negotiate cash rates with those third party vendors that are a fraction of what they bill insurance. The cost for children is even less than adults. Each child costs \$45 a month for unlimited access to their doctor. Liza Schlitt says her two young boys usually need medical attention alter hours. Doctors recently gave her son Griffin a breathing treatment, prescription and a nebulizer to take home, all covered by the monthly fee - and on a rainy Sunday afternoon. Perhaps the biggest difference between concierge medicine and insurance-based medicine is the time patients spend with their doctors. The Affordable Care Act flooded offices of already overloaded primary care physicians to the point where face-time with doctors can average as little as eight minutes per visit. Primary care doctors who accept insurance treat on average about 3,000 patients, This is known as a doctor's patient panel. The typical concierge physician has a patient panel of about 500 patients. At Diamond, the doctors promise their patients their patient panel will never exceed 600. This ensures each patient has their doctor's undivided attention. Although concierge medicine involves paying cash for day-to-day health expenses, doctors do recommend their patients buy health insurance, but with a high deductible. So as insurance-based healthcare complicated this crucial need, more patients and doctors are going old school, with a cash-only plan, similar to the way it was a half-century ago.

ISSUE

CRIME

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town # 071116A	28:00	13:57	LCL	PA

AIR DATE & TIME: 7/25/16 @ 5:30 PM, 7/26/16 @ 3:30 AM, 7/30/16 @ 2:30 PM, 9/6/16 @ 4:00 AM

Pastor Esther talks about human sex trafficking and her experience in the field. Statistics say that most of the girls are run-aways or abducted. She also talks about the suicide rates and the self-mutilation of themselves because they feel helpless and like there worth nothing. There are no averages in ages but the younger the girl is the better the more money they get some can be as young as 5 years of age. She also says that they are working on opening a safe place for the girls that have been freed to help them with their healing process. Also wants to set up safe houses all over to raise awareness and getting the word out about the problem. Also branding is also a problem, like tattoos on their necks there are also less obvious symptoms.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #071116A	28:00	13:32	LCL	PA

AIR DATE & TIME: 7/25/16 @ 5:30 PM, 7/26/16 @ 3:30 AM, 7/30/16 @ 2:30 PM, 9/6/16 @ 4:00 AM

Jason Helland is the Grundy County State's Attorney who partnered with Pastor Esther on bringing awareness concerning the problem of human trafficking. Jason spoke on the different hot spots of for human trafficking in the area of Morris, IL. The major places where human trafficking takes place is at the truck stops and where major highways meet and cross. Jason Helland is a part of the National Human Trafficking Resource Center, which helps in the recovery of those who are involved with sex trafficking. The program helps provide ways to be reintroduced into society. There is hope given back unto people through the resource center concerning places to live.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #072516A	29:50	14:11	LCL	PA

AIR DATE & TIME: 8/ 6/16 @ 2:30 PM, 8/8/16 @ 5:30 PM, 8/9/16 @ 3:30 AM, 8/13/16 @ 2:30 PM, 8/15/16 @ 5:30 PM, 8/16/16 @ 3:30 AM, 8/23/16 @ 3:30 AM, 8/29/16 @ 5:30 PM, 9/3/16 @ 2:30 PM

Minister Kurt Williams, Founder of Lifeline Ministries, talks about training men coming out of the Department of Corrections, addictions, and other unhealthy lifestyles into becoming productive and successful men. Discipleship and mentor are key factors in teaching men how to be men. Men are leaders but a lot of men are not performing their position as husbands and fathers. The ministry teaches men how to take back their rightful positions in society, the community and the workplace. Life skills training and application, biblical foundation classes, outreaches, and career development all help train men to become a man. Kurt shares that to be a truly great leader, you first have to be a follower. Men are taught how to make good decisions but first they must decide that they really need change in their life. Some men coming out of DOC need specialized classes that are mandated on their release. The ministry works with other organizations to make sure those requirements are met to keep the men on the right path.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	700 Club CBN NewsWatch #07292016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 07/29/16 @ 2:00 PM

CBN News Reporter John Jessup Reports: When the women living in Dawn Knighton's Florida beachside house wake up, they are greeted by artwork with encouraging Bible verses, like the popular passage from Psalm 139. It affirms how humanity is "fearfully and wonderfully made." The bright, flowery wall art is a far cry from the lifeless steel bars and stark bare walls they used to see when the only home they knew was a prison cell. Like clockwork, Knighton's housemates start their day with a mandatory three to five mile run along the beach. They're also required to meet daily for prayer, Bible study, and accountability. Per house rules, the women are prohibited from pursuing romantic relationships unless they are married. The rules are rigid but deemed a necessity to transition successfully to living outside of prison. For recently released inmates, second chances are hardly a part of their lexicon. Statistically, it's true. About 600,000 inmates are released annually, and two-thirds wind up being re-arrested. While women commit fewer and less violent crimes than men, the challenges they face when they return to society are often the same - like trying to find housing, employment, and a system of support. Knighton, a Christian counselor and an ordained minister, opened up her small three-bedroom home to provide women all of those things and to help them become productive members of society. She founded Radical Restoration Ministries in 2008, a faith-based non-profit whose mission is to help rehabilitate women coming out of prison. For Knighton that mission hits particularly close to home. Her life of crime began early on, using and selling drugs. She also eventually sold her body to feed an addiction to crack cocaine. Kathy Tolleson recalls seeing Knighton in her neighborhood years ago. It was in front of her home where Knighton used to walk the streets in pursuit of men looking to pay for sex. Tolleson didn't just pray. She also posted signs that read "No Prostitution Zone" on telephone poles and found other methods to discourage prostitutes from picking up customers in front of her family home. At the time, Knighton wasn't aware of those prayers. All she knew was that the lady with the bullhorn was hurting business. Raped, battered, and abused by some of the same men who paid her for sex, Knighton lost her desire to live. But not before her nearly 50 felony convictions finally caught up with her. She faced up to 15 years in prison after her last arrest. The night she was taken in, she was placed in maximum security and confined in an eight-by-ten prison cell with only a Bible. That was when she decided to recommit to her Christian faith from which she had walked away and ask for help. It was the beginning of a radical change that sparked what she describes as a vision from God to open houses for women coming out of prison with nowhere to go. Knighton began to counsel and pray with other female inmates. She also completed her first year of Bible College while in prison. She was released after serving only a year and a half and credits her early exit to the "grace of God." She then moved in with her mother, worked as a barber, and continued her education at Covenant Bible College and Seminary. In 2013, she earned a doctorate in theology. Knighton sees her release and new life as nothing short of a miracle. They also serve as reminders of her promise to return to prisons to show other inmates there's hope. Knighton's changed life has given her access within the Florida Department of Corrections to minister to women in the very same prison where she once served time. Her ministry has since partnered with others like Pastor Sheryl Brady and the Texas Offenders Reentry Initiative (TORI), a ministry of the Potter's House in Dallas, Texas. Perhaps the most surprising partnership is one she developed at a Christian conference a few years after being released from prison. It was at that conference when she bumped into an unsuspecting acquaintance from her past. They now attend the same church along with the women enrolled in Knighton's program. Every week, they pile into Knighton's car and worship at the church located around the corner from the house where she used to walk the streets - a reminder of her changed life. She and her housemates view Tolleson as a "spiritual mom." The two also preach together and pray for women on death row, which they affectionately renamed "life row." Radical Restoration Ministries' rigorous discipleship program has a 98 percent success rate and a year-long waiting list. The women who have completed the program believe they are forever changed. Belinda Kitchens, who recently left Florida to work with Heidi Baker's Christian missions group to help children in Mozambique, credits both God and Knighton for her new identity. Knighton is now taking her message into men's prisons and planning to open discipleship homes for them, too. But her passion remains the same: to see a radical change in what she calls the "prison nation."

ISSUE

FAMILY

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #053116D	29:46	14:21	LCL	PA

AIR DATE & TIME: 7/11/16 @ 5:30 PM, 7/12/16 @ 3:30 AM, 7/16/16 @ 2:30 PM

Dr. Glenda, Senior Pastor at Kingdom Builders International and Founder of Glenda McCullum Ministries, speaks on the family unit. Being a single mother raising 3 children and 5 grandchildren Glenda, shared ways help individuals with raising children and building a strong family unit.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #053116D	29:46	14:54	LCL	PA

AIR DATE & TIME: 7/11/16 @ 5:30 PM, 7/12/16 @ 3:30 AM, 7/16/16 @ 2:30 PM

During the interview Dr. Glenda McCullum was able to identify some of the foundational things that are needed in every house as well as door openers that can start you down the wrong track. She gave ways to help bring solve to family issues. As well speaking on the fatherless home settings that add to the breaking of families. Dr. McCullum spoke on the process of adoption and struggles that she faces with raising her adopted grandchildren.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #091316A	28:45	14:11	LCL	PA

AIR DATE & TIME: 9/19/16 @ 5:30 PM, 9/20/16 @ 4:00 AM

Marquitta Rodgers, Pastor and Author at All Nations Worship Assembly, spoke on the topic of living as a single mother in today's society. There are so many pressures coming from loved ones and friends even from the community that we live in to get married or to be in relationships. Rodgers speaks on the being a part of a ministry that helped her in understanding who she is and who God created her to be. A lot of times if we don't find out who God has called us to be we will take on any identity that is presented to us. Purpose found in Christ sets us on a path that connects to the passions inside, the career you take, and even who you marry. Purpose is very important in knowing what to do in life. Life becomes more content and more fulfilling when you know your purpose. You seem to not to rush into things, commitments, relationships or anything else because you gain a value of self. You learn who are through building a relationship with Christ through time spent in His word with like-minded people who have a similar goal.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #091316A	28:45	14:03	LCL	PA

AIR DATE & TIME: 9/19/16 @ 5:30 PM, 9/20/16 @ 4:00 AM

A lot of times as single women and men the dependency on help from another person while trying to raise kids becomes high on the list. The cost of living with the day to day living is a bit much at time. Marquitta Rodgers talks about being able to start businesses that will help in providing resources that will help in the day to day living. As a single parent she has started up a business that would bring some funds and other resources to train up her daughter as well. Marquitta spoke on having a legacy to leave for your kids so that they may live a comfortable life.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Praise the Lord #050415EC	1:27:14	48:27	LCL	PA/O/E

AIR DATE & TIME: 8/1/16 @ 4:00 PM, 8/2/16 @ 2:00 AM

Mom's Chairs - First chair is Honor. We are to honor the position even if we don't particularly think they did a good job. The first commandment is to honor our fathers and mothers. We are to honor others like the president even if we don't agree with him, it's the office they hold. Honor puts you in a place for your blessing. Honor is for our blessing, it is not an option. Second chair is Appreciation. Appreciation is thankfulness and we need to express it. It is acceptance, unconditional love and approval. We need to bless them and give thanks to them. When you pray start giving thanks for those in your lives. Col. 1:3 Third chair is Validation. Validation is to recognize the importance of who they are and what they do. In Proverbs 31 it talks about the woman is worthy of praise. We should brag about her to others. Fourth chair is Communication. We need to learn the art of communication. Men and women think differently. Women are always thinking and they need to communicate. When women are communicating to their husbands she goes through a process with the issues on her mind and she may get more irritated during this time. Men feel like failures if you're not happy. Men need to learn to dodge the arrows while she is processing and work with her and don't take things personal, it's about her need, listen. Women set the atmosphere in her home. Fifth chair is Rest. A woman feels overwhelmed and guilty she thinks she's not doing enough, not good enough. She needs to stop trying to play CEO to the whole world. Jesus says come to me and I will give you rest. Husbands need to honor, appreciate, validate, communicate and listen.

ISSUE

SUBSTANCE

ABUSE

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SUBSTANCE ABUSE	Joy In Our Town #072516A	29:50	15:09	LCL	PA

AIR DATE & TIME: 8/ 6/16 @ 2:30 PM, 8/8/16 @ 5:30 PM, 8/9/16 @ 3:30 AM, 8/13/16 @ 2:30 PM, 8/15/16 @ 5:30 PM, 8/16/16 @ 3:30 AM, 8/23/16 @ 3:30 AM, 8/29/16 @ 5:30 PM, 9/3/16 @ 2:30 PM

Minister Kurt Williams, Founder and Executive Director of Kingdom Lifeline Ministries, Brian Williams and Arturo Garcia, all share about how lives are changed through the ministry. Brian came out of alcohol addiction and being homeless spending every night at the police station. Arturo shares his story about coming out of crystal meth addiction and hustling himself. The ministry has changed both their lives. Brian has stopped drinking and smoking but shares that he had to see the changes in some of the other men before he could accept that he needed change in his own. Arturo just got to the point where he was tired of messing up. Kurt shares that men must be ready and willing to go through the process. They need discipleship and structure. Family support has helped both men through the times when they were ready to walk away. Arturo states that his family was strong when he was weak, giving him the strength to continue. They notice and like the difference that the ministry has made in the lives of these two men. Arturo also talks about convictions when tempted to fall back into the old lifestyle and encouraging other teens not to follow in the same footsteps.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SUBSTANCE ABUSE	Joy In Our Town #053116B	28:46	13:49	LCL	PA

AIR DATE & TIME: 9/27/16 @ 4:00 AM

Jason Andrade, Mental Health Director of Kendal County Health Department, spoke about substance abuse which covered alcohol and drugs. Heroin has been a drug that has increased over the years as well as prescription drugs. Jason was very informative and brought a lot of awareness to the area.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SUBSTANCE ABUSE	700 Club CBN NewsWatch #09272016	1:00:00	5:00	LCL	PA

AIR DATE & TIME: 09/27/16 @ 2:00 PM

CBN News Reporter Lorie Johnson Reports: Heroin use has reached epidemic numbers, with overdoses killing more than 10,000 Americans in 2014 alone. For years, people considered this addiction a big city problem, but people are now quickly learning heroin is in their own backyard. Take for example, Caitlyn Weems, who died of a heroin overdose at age 21. Her mother, Carolyn, says although it's been three years, she still grieves her loss every day. If heroin addiction and overdose can happen to Caitlyn, it can happen to anyone. Raised in a stable, Christian home, she loved sports and school. Caitlin's addiction began innocently and unexpectedly. She first got hooked on prescription painkillers following a series of sports injuries. These powerful, often habit-forming narcotics, called opioids, go by names like Percocet, Oxycotin and Dilaudid. Prescription pain pills and heroin produce the same type of high, but heroin is cheaper and easier to get. Pain pills are also regulated, so you know what you're getting. But when it comes to heroin, dealers often secretly lace it with other toxins, like the all-too-common fentanyl, creating a potentially lethal blend. Nora Kitchens knows all about that. Hooked after that first time, Kitchens stayed that way for years. Heroin addicts continually need more of the drug to get the same high. Kitchens wound up with a \$100-a-day habit. As the number of addicts skyrockets, so does the number of babies born to them. These infants come into world as addicts themselves and most immediately endure painful withdrawal. This happens almost every day at Virginia's Sentara Norfolk General Hospital. The day CBN News visited, maternity nurses helped deliver five addicted babies. Neonatal occupational therapist Steven Brown says the addicted babies appear and behave differently than healthy ones. Weaning them off the drug often takes weeks. Janel Moore, a registered nurse at Sentara Norfolk General, says Child Protective Services is usually notified, but that the goal is to keep the family intact if possible. Kitchens is in that group. Her son William was born addicted. William is now clean and healthy. Kitchens still receives outpatient treatment. Meanwhile, lawmakers are doing what they can. Virginia Delegate Todd Gilbert pushed through legislation allowing law enforcement to administer the so-called "save shot" to overdose victims. Most states are following this lead, with some allowing trained citizens to administer the "save shot," also known as Naloxone or Narcan. There is also the "9-1 -1 Good Samaritan Law," allowing people present during an overdose to call for help without risking arrest. Furthermore, the medical community is enacting regulations surrounding the way doctors prescribe pain medication and the ways doctors communicate with other doctors prescribing pain medication to the same patients. Gilbert said America needs to come to grips with our nation's heroin epidemic. If you suspect someone you care about is using heroin, here are some common warning signs:

Paraphernalia:

- * Burnt spoons
- * Tiny baggies
- * Tan or whitish powdery residue
- * Dark, sticky residue
- * Small glass pipes
- * Syringes
- * Rubber tubing

Appearance:

- * Tiny pupils
- * Sleepy eyes
- * Tendency to nod off
- * Slow breathing
- * Flushed skin
- * Runny nose

Actions:

- * Vomiting
- * Scratching
- * Slurred speech
- * Complaints of constipation
- * Complaints of nausea
- * Neglect of grooming
- * Failure to eat
- * Covering, arms with long sleeves

If you think you might be addicted to prescription pain pills or heroin. Narcotics Anonymous can help.

ISSUE

CIVIC

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CIVIC	Joy In Our Town #061016A	29:14	14:17	LCL	PA

AIR DATE & TIME: 7/2/16 @ 2:30 PM

Ms. Michelle Miller, Esquire shared about what our civic duties in our communities are. Michelle really gave great tips on getting involved in the community, changing the community, nation and even around the world. Michelle spoke on being an individual activist and standing up for your rights. Also taking charge of your life through learning all that you can. Michelle explained that we have the ability to take our lives in our own hands and make the best of it.