

Trinity Broadcasting Network

Quarterly Report

April, May, June 2019

WWTO-TV

Naperville, Illinois

Ascertainment List
Leading Community Issues

Results of ascertainment from civic leaders, response by telephone from TBN viewers, printed media comprising newspaper and magazine publications whenever possible.

Civic

Crime

Economy

Education/Schools

Employment

Environment

Family

Health

Housing-Homeless

Seniors

Substance Abuse

Youth

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Civic

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Somebody's Gotta Do It #206	24:32	24:32	REC	PA/O/E	4/27/2019	8:00 PM
					4/27/2019	11:00 PM

On this episode of Somebody's Gotta Do It, Mike Rowe takes us on a tour with Ranger Vince Vaise, Chief of Interpretation, at the Fort McHenry National Monument and Historic Shrine, to learn about the birth place of our national anthem, The Star Spangled Banner.

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business #TCOB-1922	29:00	29:00	REC	PA/O	5/31/2019	3:30 AM

The United States has the highest incarceration rate of any nation in the world. For every 100,000 citizens, over 650 individuals are serving time in a prison or jail. In this episode of Taking Care of Business, we will explore why so many people, once they serve their time, become repeat offenders and what can be done to break the cycle of recidivism.

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Huckabee #190608	52:30	05:00	REC	PA/O	6/8/2019	7:00 PM
					6/8/2019	10:00 PM
					6/9/2019	7:00 PM
					6/9/2019	10:00 PM

Tonight on Huckabee, is Dr. Jeff Brodsky, President and Founder of Joy International, an organization that rescues and rehabilitates countless sex trafficking victims. Known as "Dr. Jeff," he shares that awareness is good, but awareness without action is apathy. He walks barefoot in solidarity with the many orphaned, abandoned and trafficked children. "The Barefoot Mile" was created by a youth group that wanted to raise funds to help these victims, which has since grown nationally as well as internationally. There is no worst crime perpetrated against a child since the dawn of creation than the trafficking of children; being forced into brothels, being used by men, fifteen to twenty times a day. Children are rescued from brothels as young as four years old. It is an evil and the depths of depravity in our world today knows no bounds.

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Treasures #VOTR0107	28:30	28:30	REC	PA/O	5/11/2019	1:30 AM

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, shows us the life of a former prostitute and how she found hope. Prostitution has been around for thousands of years damaging the lives of many women. Recent statistics tell us that the average prostitute begins selling her body between the ages of 12 and 14. Many of these women face physical dangers from assaults and rape. Some are even murdered in the streets. The great percentage of these women go on to contract sexually transmitted diseases and psychological disorders. To many, this seems like a hopeless situation, but we believe that nothing is hopeless when God enters the picture. No matter what you've done, no matter where you've been, God is able to change your life and turn your life around and give you a new direction, give you new purpose, and heal your broken heart. His love is able to change your life.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Crime

Treasures	28:30	28:30	REC	PA/O	6/15/2019	1:30 AM
#VOTR0202						

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, shares the testimony of a former madame. Prostitution has been an epidemic for thousands of years. In fact, it is considered the world's oldest profession. The lives of those who are prostitutes are greatly affected not only physically but emotionally and mentally. There is another side to the prostitution business. Along, with prostitution comes sex trafficking. Typically, we see men referred to as pimps that handle this side of the business, but on rare occasions, women have decided to step into the business as well. These women pimps, or madams as they are called, handle the money. They transport the call girls and at times get violent to protect their women. This is a problem that is taking place in inner cities around the world. Victory Outreach has seen firsthand the lives of so many who have come out of that lifestyle totally transformed. The message they give to them is that you shall know the truth, the Bible says, and the truth shall set you free. And he who the Son sets free is free indeed.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Economy

Taking Care of Business	27:30	27:30	LCL	PA/O	4/3/2019	3:30 PM
#TCOB-1914					4/5/2019	3:30 AM

Nearly 50% of adults in the U.S. don't have enough cash to cover a \$400 emergency and most can't pass a financial literacy test. With mounting debt from credit cards and student loans, there is a need for a better understanding of basic financial principles. Find out why Financial Literacy is such an important topic in our society on this episode of Taking Care of Business.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Education/Schools

Huckabee	52:30	05:00	REC	PA/O	4/27/2019	7:00 PM
#190427					4/27/2019	10:00 PM
					4/28/2019	7:00 PM
					4/28/2019	10:00 PM

Tonight on Huckabee, Charlie Kirk, Founder and Executive Director of Turning Point USA, explains that the executive order of free speech on college campuses is a constitutional freedom. If a university fails to protect the constitutional rights of the student, their federal funding could be in jeopardy. College campuses should be a marketplace where you can have debate, dialogue, career preparation, and students getting hardened for the real world. Students should leave more mature than when they entered. Currently, that is not the case, as "safe places" are common across many college campuses. If a student hears something objectional, they can retreat to a physical "safe place" where milk and cookies are provided. An important question to answer is "What kind of country are we going to be?" Three important messages are presented to students: 1. America is the greatest country to exist in the world. 2. The constitution is the greatest political document ever written. 3. Free enterprise capitalism is the most proven economic system discovered. We have been given a gift from God to live in this country. What happens on campus today will happen in Congress tomorrow.

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Education/Schools

Huckabee	52:30	05:00	REC	PA/O	6/8/2019	7:00 PM
#190608					6/8/2019	10:00 PM
					6/9/2019	7:00 PM
					6/9/2019	10:00 PM

Tonight on Huckabee, James S. Robbins, Author of Erasing America Losing Our Future by Destroying Our Past. shares that there is quite a danger if you raise generations of people who do not know all the good of America and who do not understand why this country was founded. America was founded on the idea of freedom and if you erase all that, then there is no reason for people to love or honor this country. Once the slate is wiped clean, others can write whatever future they want on it, such as progressivism or socialism. If you don't have a respect for your past, even with its flaws, then there is no reason to have any kind of loyalty or optimism about this country. There are so many great aspects of our history. Some people say we must remember the past, so we don't make the same mistakes. Well how about we remember the past so we can do the same good things over, and over again. It is pretty consistent across various disciplines and academia, in the media and in politics, where they sign on to the same narrative that anything you can mention about the past is bad and we're going to have revisionist history, so anything that is meant to inspire or make everyone feel good about America and the idea of America, we're just going to wipe that out. It is up to parents to know what their children are being taught and to intervene if they think they are not being taught the right thing. Education is key. It is up to every citizen who believes with a positive and optimistic view of America to address this matter.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Education/Schools

Somebody's Gotta Do It	24:32	24:32	REC	PA/O/E	5/11/2019	8:00 PM
#208					5/11/2019	11:00 PM

On this episode of Somebody's Gotta Do It, Mike Rowe introduces us to STEAM Carnival, where Science, Technology, Engineering and Math (STEM) adds Art (STEAM), with a mission to inspire kids to become inventors.

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Employment

Taking Care of Business	27:30	27:30	LCL	PA/O	4/10/2019	3:30 PM
#TCOB-1915					4/12/2019	3:30 AM

While the unemployment rate may be the lowest it has been in a half-century, the numbers that we are familiar with don't always tell the full story. On this episode of Taking Care of Business, find out the difference between unemployed and underemployed. Unemployed and underemployed people often face a tough time finding a job that will support them and their families. Many are in a tough situation and how they got there is often unexpected.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Employment - Youth</i>						
Somebody's Gotta Do It	24:32	24:32	REC	PA/O/E	4/20/2019	8:00 PM
#205					4/20/2019	11:00 PM

On this episode of Somebody's Gotta Do It, Host, Mike Rowe, takes us inside the national competition for Skills USA to find out how they are creating thousands of great careers while keeping the American Dream alive. Skills USA has filled in the gap that was created when Vo-tech vanished from high schools, by establishing a partnership between education and industry. Every year this organization trains over 300,000 students in dozens of skilled trades; welding, baking, and broadcasting, to name a few. At this competition, every competing student has already won a competition at the state level, and now they are competing for scholarships. Each competition lays out specific tasks to be completed within a certain amount of time with the opportunity to be awarded gold, silver, and bronze medallions. We're looking at a shortage of over 250,000 workers in the next ten years of retiring age. Our entire infrastructure is held together by welds, and the people who know how to make them. Right now, a good welder who is willing to go where the work is could pretty much write his or her own ticket. The baking industry is also struggling to find qualified people. While students are coming out of college mired in debt with no guarantee for a job in their field, the students who participate at Skills USA are gaining valuable training that makes them ready for the workforce as soon as they graduate.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Employment</i>						
700 Club CBN NewsWatch	58:00	5:00	REC	PA/O/E	4/8/2019	2:00 PM
#190408						

CBN News Reporter Ben Kennedy Reports: A shortage of temporary foreign worker visas is making it almost impossible for landscapers and other non-agricultural businesses across the country to find enough employees. In 1991, Jesse Bane started a landscaping company with his family. Over the years Quality One, Inc. has grown into a successful business landing six-figure projects. So the Banes had to look elsewhere. Turns out, the H-2B program is not like that. It's designed to let employers hire temporary foreign workers for non-agriculture jobs. Companies must also show attempts to hire American workers before applying. Created back in the 1950s, H-2B is not an easy process. Employers must submit applications, pay fees, then wait to be chosen through a lottery. But lately getting help through H-2B has proven difficult. The Banes applied in December, and then again this year, for 15 workers but did not get a single one. This forced the Banes to turn down business and leave new equipment sitting in the parking lot with no one to operate it. The H-2B visa cap of 66,000 workers a year was set more than 20 years ago. Congress just passed a bill allowing nearly 70,000 more visas to open up, but DHS Secretary Kirstjen Nielsen limited that to only an additional 15,000 visas. So while lawmakers debate what to do, companies like Quality One, Inc. have this message for their customers.

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<i>Environment</i>						
Huckabee	52:30	05:00	REC	PA/O	5/11/2019	7:00 PM
#190511					5/11/2019	10:00 PM
					5/12/2019	7:00 PM

Tonight on Huckabee, Patrick Moore, Co-Founder of Greenpeace, and author of "Confessions of a Greenpeace Dropout" explains the meaning of various environmental terminology, such as: climate science, climate scientist, climate denier, and sustainable. He explains that facts and science are not about a majority and how Greenpeace changed. The first lesson of ecology is that we're all one system here on earth. He talks about various ways we can change our energy consumption and technologies that are available.

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Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business #TCOB-1919	27:30	27:30	LCL	PA/O	5/08/2019	3:30 PM

Every year, more than a quarter of a million children come into foster care in this country. More and more often, there simply aren't enough families to meet the need, and these children must wait in a residential setting for a family to become available. Child welfare advocates are calling us all to learn more about how to help these children in need. Join us for this episode of Taking Care of Business, and learn more about how foster care is a way of providing a family life for children who cannot live with their own parents, granting them a family life and a chance at stability that they desperately need.

Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business #TCOB-1926	27:30	27:30	LCL	PA/O	6/26/2019 6/28/2019	3:30 PM 3:30 AM

There are over 16 million single parents in America. The cause and challenges many single moms and dads face are unique and can range from tragic to the unexpected. On this edition of Taking Care of Business see how many single parents, and their children, are coping and learn how communities can come together to provide support.

Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise #P060319	56:50	56:50	REC	PA/O	6/03/2019 6/03/2019 6/04/2019 6/11/2019	7:00 PM 10:00 PM 4:00 PM 2:00 AM

Tonight on Praise, Louie Giglio, Pastor of Passion City Church, Best-Selling Author and Communicator, talks about fathers and how we all long for our earthly father's love, acceptance, and involvement in our life. He shares how anyone lacking the blessing of a father can ultimately receive all that we need through a perfect heavenly father.

Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise #P062019	59:00	59:00	REC	PA/O	6/20/2019 6/20/2019 6/21/2019 6/27/2019	7:00 PM 10:00 PM 4:00 PM 2:00 AM

Tonight on Praise, Psychology Professor and Best-Selling Authors, Marriage Ambassadors, Les and Leslie Parrott discuss practical ways to make positive changes in relationships. Relationships in marriage, with our children, parents, friends, anyone we do life with, is the number one source of happiness and fulfillment.

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Family

Better Together #BT19-17	26:38	26:38	REC	PA/O	5/14/2019	12:30 PM
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Today on Better Together the ladies discuss true love in action: adoption. Adoption is an opportunity to change the trajectory of a life and provide the same entitlements of a biological child. There are so many misconceptions about adoption, as well as many unknowns, but why withhold love because of an unknown? Whether we have birthed a child or adopted a child, it is a relationship that we must grow into. When we are adopted into the Body of Christ, we are entitled to all that God has to offer us and our past is wiped clean. As Christians led by the Holy Spirit, God will equip and prepare us, through His grace, to love a child the way He has shown us His love. We are only instructed to love them, train them, and help them to grow well in a space where healing can happen. No matter the season of life, everyone has something to give. It is a mindset to pour into the lives of children and there is always room for family.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Family - Minority

Huckabee #190629	52:30	05:00	REC	PA/O	6/29/2019	7:00 PM
					6/29/2019	10:00 PM
					6/30/2019	7:00 PM
					6/30/2019	10:00 PM

Tonight on Huckabee, Ryan Bomberger, Founder of Radiance Foundation and Author of Not Equal, Civil Rights Gone Wrong, shares how his mother experienced the horror and violence of rape and yet chose to give him the incredible gift of life and adoption. For this reason, Ryan is passionate about defending any human life and explains that none of us control the circumstances of our conception. His parents shattered the myth of the unwanted child and demonstrated that God allows triumph to rise from tragedy. Ryan shares that his worth is equal to anyone that is planned and that we are all created in the image of God. We are fearfully and wonderfully made because we are made by the Creator. Radiance Foundation began with the topics of race and abortion combined to address the disproportionate impact of abortion in the Black community. We hear that Black lives matter, well Black lives matter in and out of the womb. Every human life matters.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Family

Treasures #VOTR0111	28:30	28:30	REC	PA/O	6/8/2019	1:30 AM
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On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, let's us hear stories of mothers who have had to live with the harsh reality that their child is sentenced to many years in prison. This topic has affected families from different backgrounds and social status. Every parent has hopes and dreams for their children. When you see them going in the wrong direction and headed for tragedy, most parents can feel helpless. One wrong decision can change a life forever. As a parent, you never dream or even image a son or daughter would be sentenced like a caged animal alone in a 5x8 foot cell or having to deal with the pain that your child has little or no hope of being free again. When your child is locked up in a cold prison cell, the pain can be devastating to a mother. But even in the midst of this horrific situation, God has given peace to many of these mothers. A peace that surpasses all understanding. God has been an anchor to these mothers during their time of hardship and turned their pain into hope.

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Treasures #VOTR0401	28:30	28:30	REC	PA/O	6/29/2019	1:30 AM

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, shows us the life of a woman who was held captive by domestic abuse and the terrifying circumstances she had to endure, and how God ultimately changed her life. The perils of domestic violence are affecting millions of people. Day after day, physical, emotional, and verbal abuse are devastating many families. These people often endure tremendous pain and are unable to go about their daily lives. Instead they are constantly looking over their shoulder and living in fear of what awaits them at home. The answer is always found in Jesus. He is the one who can change and deliver us. Jesus is the one that is able to change a life and then change an entire family.

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Taking Care of Business #TCOB-1916	28:15	28:15	LCL	PA/O	4/17/2019 4/19/2019	3:30 PM 3:30 AM

In a recent year, 47,000 individuals committed suicide in this country, 70,000 people died of drug overdose and many more died because of alcohol addictions. What is happening and, more importantly, what is being done to intervene? Depression and addictions are causing more suicide related deaths than at any other time in American history. Self-harm is not always caused by a gun; often it is a drug overdose or alcohol induced event. On this edition of Taking Care of Business, see the sad realities facing our society and meet those who are trying to intervene.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business #TCOB-1923	28:30	28:30	LCL	PA/O	6/5/2019 6/7/2019	3:30 PM 3:30 AM

Public Health is more than clean air and water. Public health includes our schools, our available medical facilities and resources, reducing violence and crime. On this edition of Taking Care of Business see the efforts being made to create safe and healthy communities where we live, work and play.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise #P040419	58:20	58:20	REC	PA/O	4/04/2019 4/04/2019 4/05/2019 4/11/2019	7:00 PM 10:00 PM 4:00 PM 2:00 AM

Tonight on Praise, Erwin McManus, Best-Selling Storyteller and Lead Pastor of MOSAIC, talks about how very few people are taking the necessary time to build their inner world. They are fighting trying to make it through the day as they struggle with depression, stress, anxiety, or panic attacks. His recent book, The Way of the Warrior, uses the analogy of a warrior to fight for your soul, which is the greatest battle for anyone. He addresses humanities' inability to create peace and individuals' challenge to find inner peace.

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Health

Praise	59:57	59:57	REC	PA/O	4/09/2019	7:00 PM
#P040919					4/09/2019	10:00 PM
					4/10/2019	4:00 PM
					4/17/2019	2:00 AM
					5/07/2019	10:00 PM
					5/08/2019	4:00 PM
					5/15/2019	2:00 AM
					6/16/2019	1:00 AM

Tonight on Praise, Jordan Rubin, Founder of Ancient Nutrition, and Chiropractic Physician and Nutritionist, Dr. Josh Axe, discuss the nutrient, collagen, that virtually everyone is missing from their daily diet and is so important that it makes up ninety percent of our bodies tissues and organs.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health – Mental Health

Better Together	27:45	27:45	REC	PA/O	6/3/2019	12:30 PM
#BT19-26						

Today on Better Together the ladies discuss overcoming shame. Not just emotional and spiritual, there is a physical impact when you feel shame. Ask yourself: "What has shame kept me from doing, seeing, or enjoying in life?" Shame keeps me from experiencing how God loves me. True intimacy with God because it doesn't match up with the narrative in my mind. Shame is chains and shackles us. It is emotional and mental. What magnifies it is the connection with my identity. How can I fix something that is inherently inside me that is broken or damaged? When it comes to women, shame corrodes our core image, making us feel worthless. If I'm not enough, then I shouldn't try, I shouldn't take risks, I shouldn't move forward. Society tells us that you're not thin enough, smart enough, not rich enough, etc. These false accusations keep us in a place of unauthenticity where we get comfortable living. You can try to mask that shame and find your value through accomplishments, things, or people. Be aware of when you hear "should" statements. There is a feeling of shrinking; I feel smaller, I feel like I should hold back, or I feel like I should hesitate, this feeling is an indication of the very place where I need to move forward. By shrinking back I'm reinforcing whatever the thought is that is keeping me in that place. Psychologist call it "confirmation bias." Our mind is constantly filtering information to reinforce what we already believe. You have to do the work to move forward and get past the chains. It may mean getting counseling, being honest, or taking chances. Everything about Jesus Christ says that you have inherent worth. You are made in the image of God. Our identity is in Christ and He came that you might have life and life more abundantly. God offers us freedom. We shrink back because our feelings don't agree. So we need to keep working on renewing our mind and meditating on the word of God so that we can bring our mind closer to the mind of God toward us, then let our feelings catch up.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

Wonderful You	27:30	27:30	REC	PA/O	4/11/2019	5:30 PM
#2					4/12/2019	3:30 PM

Today on Wonderful You we learn about the complexities of the brain and its connection to our gut health. We can improve our brain health by developing acceptance of things beyond our control and focusing on what we can do, practicing gratitude, breathing deeply, and eating a healthy diet that contain essential fatty acids.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Wonderful You #1	27:30	27:30	REC	PA/O	4/18/2019	5:30 PM
					4/19/2019	3:30 PM
					5/09/2019	5:30 PM
					5/10/2019	3:30 PM

Today on Wonderful You we learn about the musculoskeletal system and the importance of exercising, maintaining a healthy weight, maintaining good posture, and eating a nutritious diet containing essential amino acids for healthy bones and muscles. Increasing mobility improves bone strength, muscle strength, balance, flexibility and range of motion.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Wonderful You #8	27:30	27:30	REC	PA/O	4/25/2019	5:30 PM
					4/26/2019	3:30 PM
					5/30/2019	5:30 PM
					5/31/2019	3:30 PM

Today on Wonderful You we learn about the function of the integumentary system, which is the skin. The largest organ of the body, skin is on both the outside and inside of every organ of the body. Changes within our body, exposure to sunlight, toxins, stress, and environmental stress effect the outside as well as the inside. Protect your skin through hydration, sunscreen, hats, long sleeves, umbrellas, and a diet high in antioxidants and essential amino acids. It is also important to regularly evaluate changes in your skin and be sure to check the bottom of your feet.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Wonderful You #3	27:30	27:30	REC	PA/O	5/2/2019	5:30 PM

Today on Wonderful You we learn about the anatomy and function of the digestive system and its importance to our immune system. Prebiotics, probiotics, eating more slowly, chewing food more thoroughly and even fasting can support a healthy digestive system.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Wonderful You #4	27:30	27:30	REC	PA/O	5/3/2019	3:30 PM

Today on Wonderful You we learn about the cardiovascular system and the importance of knowing your numbers for blood cholesterol, blood pressure, and blood sugar to empower you to make positive changes in your lifestyle. Avoiding artificial sweeteners; reducing sugar, carbs, salt, alcohol and processed foods from the diet; moving the body; and eating low glycemic fruits and more vegetables also help to support overall cardiovascular health.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #190410	CBN	58:00	5:00	REC	PA/O/E	4/10/2019 2:00 PM

CBN News Reporter Lorie Johnson Reports: Negativity, anxiety, anger, stress, trauma, and depression: chances are very high that you or someone you love struggles with these negative emotions. There are many ways to deal with emotional pain. Self-medication with harmful substances or behaviors briefly offers relief, only to make the problem worse in the long run. These include food, drugs, alcohol, risky sexual behavior, shopping, mindless TV, video games or internet surfing. Christian psychiatrist Dr. Daniel Amen offers new hope. He says many of can turn around our negative emotions by changing some of our daily habits. Furthermore, he suggests several coping mechanisms that can make us feel better now and later. Nationwide, his Amen clinics see 4,000 patient visits a month. They have the world's largest database of functional brain scans relating to behavior. He says the SPECT (single-photon emission computed tomography) scan allows doctors to analyze the blood flow and activity inside the brain. Brain scans are so useful, he says, that nearly eight out of ten diagnoses and treatment recommendations were different after the clinicians used the information from the SPECT scans, compared to current diagnostic methods. He developed a program that resulted in one of the highest published success rates in treating mental health, which he shared in his book, *Feel Better Fast and Make it Last*. Many people are amazed to learn that our diet contributes enormously to our mental well-being. Unfortunately, the Standard American Diet is indeed "SAD," because it sabotages our brain. He recommends a whole-food diet complete with lots of plant-based foods and healthy fats. Dr. Amen points out the importance of having enough good bacteria in our gut. He says scientific evidence proves our gut microbiome directly influences the way we think and feel. He says brain scans even reveal the damage extra body fat can have on our brains. Dr. Amen says too many Americans aren't getting the proper vitamins, minerals and other nutrients necessary for optimal mental health. For example, he says eighty percent of Americans are deficient in Vitamin D, often called the "happy vitamin." Vitamin D comes from sun exposure, but since so many of us are indoors most of the time and wear sunscreen when we're outside, he recommends a Vitamin D supplement. Dr. Amen praises fish oil or similar supplements to feel your best. There are 16 different brain types according to Dr. Amen. He offers a free, five-minute quiz to learn your brain type and which supplements might be beneficial. Isolation contributes to mental health problems like depression and stress. Television, social media, and video games can do more harm psychological harm than good. Staring at screens also tends to promote a sedentary lifestyle, which also raises the risk of emotional issues. Dr. Amen recommends regular exercise because it releases endorphins, our brain's feel-good chemicals. Working out also improves the hippocampus, the region of the brain that helps regulate mood. Exercise also helps us get a good night's sleep, another critical component to mental wellness. Dr. Amen was a consultant on the movie "Concussion," starring Will Smith, that focused on the work of Dr. Bennet Omalu, who identified the danger of Chronic Traumatic Encephalopathy (CTE) among football players. Dr. Amen said mood issues can often be the result of hits to the head. Dr. Amen says we all feel emotionally low at times and want something to turn things around right away. The trick, he says, is choosing things that safely appeal to as many senses as possible. For example, he recommends looking at a picture of loved ones, nature of fractals, which are never-ending patterns. Listening to the sound of the ocean or your favorite music can instantly improve your mood. Anti-oxidant-rich dark chocolate is a healthy taste, as is cinnamon, but watch the sugar content. When it comes to touch, massage proves beneficial, as does simply holding the hand of a happy person. So, while far too many Americans deal with negativity, anxiety, anger, stress, and trauma, some cases, not all, appear to be linked to our food supply and culture. The good news: for certain people, lifestyle changes can help restore joy and peace.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

700 Club CBN	58:00	5:00	REC	PA/O/E	5/1/2019	2:00 PM
NewsWatch						
#190501						

CBN News Reporter Lorie Johnson Reports: When we think about life's biggest decisions, images of choosing the right spouse, career or home come to mind. What to eat? Not so much. New research may change that. Scientists now know our body has five natural defense system that are magnificently effective at warding off our scariest diseases. There is a catch, however. These defense systems only work properly when nourished with healthy foods. In his new book Eat to Beat Disease Dr. William Li explains how our body's defense systems work and lists 200 foods that keep them humming. Readers will be thrilled to discover delicious sourdough and pumpernickel bread actually feed one of our health defense systems, as do certain cheeses. Many foods, called "grand slams" fuel all five defense systems. This health defense system keeps cancers small. Believe it or not, we all have cancer cells within our body, but angiogenesis is a form of protection that starves those cancer cells and prevents them from growing and invading the rest of our body. Angiogenesis regulates our blood vessels. More than 100 foods can enhance angiogenesis such as pomegranate, black raspberries, and tomatoes. Dr. Li takes it a step further by pointing out that when it comes to tomatoes, cooked, San Marzano contains the most cancer-fighting lycopene. Vitamin K-2 is key to controlling angiogenesis, you can find this vitamin in Gouda, Jarlsberg, and Edam. It may sound a little gross, but trillions of living bacteria call our intestinal tract home. Not only that, but we rely heavily on these microscopic critters to keep every aspect of our minds and bodies operating smoothly. The kind of bacteria and the amount of them comprise a very complex ecosystem called our microbiome. Dr. Li says a balanced microbiome leads to good physical and mental health. Dr. Li says fermented foods like Kim Chi and yogurt contain healthy bacteria, also known as probiotics. Fiber-rich foods like broccoli, which are called prebiotics, play a role because they feed the good bacteria. Some people are surprised to learn sourdough bread boosts our microbiome. Pumpernickel bread, which is made from rye flour, also fortifies the microbiome. We all know DNA contains the genetic code we inherited from our parents. However, it's much more than that. It issues commands to our entire body, telling it what to do. Unfortunately, it's a fragile system that is constantly under attack from the environment. Natural enemies such as ultraviolet radiation from sun exposure can weaken DNA, as can toxins such as second-hand smoke and gasoline fumes. (Dr. Li recommends standing down-wind of these fumes when filling our cars). Foods that repair and strengthen our DNA include kiwifruit, spinach and lentils. Get this: over 100 different types of oysters strengthen DNA, particularly Pacific oysters. In one study, the oysters reduced DNA damage by a whopping 90 percent! Only recently have scientists uncovered the protective properties of our own stem cells, which are vital for growing and maintaining our organs. Researchers now tell us these foundational life units can actually regenerate our bodies throughout our lives. As if we need another reason to love chocolate, recent studies show the dark bean can be a super fuel for stem cells. Our immune system is one of the most well-known health defense systems, yet scientists continue to learn more about how it works. It keeps us from getting an infection after we've been exposed to bacteria, fights off viruses and more. In short, a strong immune system provides protection against pathogen seeking to harm us. In addition to cancer, dozens of other conditions can be blamed on weak immune systems such as allergies, Celiac Disease, Psoriasis even Diabetes. Foods that stimulate the immune system include mushroom, garlic, and particularly extra virgin olive oil. Dr Li says certain olive oils contain more of the healing hydroxytyrosol and polyphenols than others. He recommends buying olive oil made from Koroneiki, Picual or Moraiolo olives. So, while many view food as an afterthought, Dr. William Li says putting a little thought into what we eat can pay dividends when it comes to our health.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Housing - Homeless

Taking Care of Business	27:30	27:30	LCL	PA/O	6/19/2019	3:30 PM
#TCOB-1925					6/21/2019	3:30 AM

Every night in America, over 500,000 people sleep on the streets without a roof over their head. Millions more are homeless without a place to call their own. While homelessness is caused by many factors, in a nation where home ownership should be attainable by any citizen, this is not the case. Many people have given up on the American dream of owning a home. The reasons are many and complicated. Taking Care of Business examines our nation's housing dilemma.

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Seniors - Retirement

Taking Care of Business	27:30	27:30	LCL	PA/O	6/12/2019	3:30 PM
#TCOB-1924					6/14/2019	3:30 AM

On this episode of Taking Care of Business we look into retirement. We'll hear from experts on how to plan for your retirement. Topics include financial planning, medical expenses, Social Security, Legal, and savings opportunities. And finally, we'll learn that retirement is more than just a financial issue. It's about life! Will you enjoy or endure this season of life?

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Substance Abuse

Treasures	28:32	28:32	REC	PA/O	6/22/2019	1:30 AM
#VOTR0203						

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, let's us hear from a woman who was rescued from a life of gangs, violence and crime. The life of a gang member can be very violent and dangerous at times. From drugs and alcohol to fights and shootouts, gang members constantly risk their lives to defend their neighborhood. We often think of gang members as dangerous men with violent tempers, but they aren't the only ones defending their streets. Over the years, many women have also joined gangs. Many of them join in hopes of finding a sense of belonging, others for protection, and still others just want to be respected. They fight for their gang no matter the cost. These women are very violent and very dangerous. Through a Bible study women's lives have been changed. God has forgiven them, and he who is forgiven much, loveth much.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Substance Abuse

Treasures	28:32	28:32	REC	PA/O	4/6/2019	1:30 AM
#VOTR0102						

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, and Sonny Arguinzoni, Jr., Pastor of Victory Outreach Chino, focus on the devastation of drugs and teens. Never has there been a generation more affected by drug abuse. There are 24.7 million methamphetamine users worldwide and meth has the highest relapse rate of any drug. Although drugs have invaded inner cities and suburbs, there is hope. Once addicted to meth, Ezra La Turco shares how drugs impacted his life as a young man. After committing himself 100% to God and the vision of Victory Outreach through their youth ministry called G.A.N.G. (God Anointed Now Generation), Ezra is now involved in ministry at the U.T.C. Urban Training Center, reaching people like himself and their families.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Substance Abuse

Treasures	28:32	28:32	REC	PA/O	4/20/2019	1:30 AM
#VOTR0104						

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, shows us a home affected by alcoholism and how it impacted a family. Alcoholism has crept into many homes over the years. The pattern of the social drinker turning into an alcoholic has affected many lives so the point that entire families have experienced the pain that comes along with this vicious cycle. Children are among the most damaged by alcoholism. Statistics show that an estimated 6.6 million children live in a household with at least one alcoholic parent. Many of these children develop emotional issues such as guilt, anxiety, anger, and depression. Some often have difficulty building relationships with others, make decisions which lead to violence and crime, and for many, they end up following in the footsteps of their parents. It's a very sad cycle that many families cannot break for generations. However, this family was transformed by the power of Jesus Christ. He's able to change you and your entire family, as well.

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Youth

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business	27:30	27:30	LCL	PA/O	4/24/2019	3:30 PM
#TCOB-1917					4/26/2019	3:30 AM

Adults who mentor young people in our culture may often go un-noticed, but their work and dedication have a long lasting, positive impact on our society. Whether it's professional, personal or spiritual, those who mentor young people often become a catalyst for growth and accomplishment. The support of a caring adult can be powerful in the life of a young, impressionable boy or girl. On this edition of Taking Care of Business, meet those who are mentors and the individuals they have impacted.

Youth

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business	27:30	27:30	LCL	PA/O	5/1/2019	3:30 PM
#TCOB-1918					5/3/2019	3:30 AM

Although the teen pregnancy rate is the lowest in history, 3 out of 10 young girls will become pregnant before the age of 20. Each pregnancy represents a young woman with hopes and dreams. On this program, see the stories of young mothers who are overcoming adversity with a spirit to succeed and to achieve their personal best.

Youth

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Treasures	28:32	28:32	REC	PA/O	4/13/2019	1:30 AM
#VOTR0103						

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, and Sonny Arguinzoni, Jr., Pastor of Victory Outreach Chino, address teenage rebellion. Many young people just want to feel loved and accepted. If this is not provided at home, sometimes they find someone or something that are only harmful to them. Priscilla shares her story of hopelessness and how she found purpose in Christ.

Youth

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Treasures	28:30	28:30	REC	PA/O	4/27/2019	1:30 AM
#VOTR0105						

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, shows us the lives of a few people who suffer from child abuse and how God was able to heal all their wounds. The harsh reality is that one in every five girls, and one in every 20 boys, are victims of child abuse. Many of these abused children grow up with psychological complexes and a poor self-image. More and more we see the news and hear how dangerous it is for our children. They are not even safe in their own schools. Psalms 147:3 says "He heals the brokenhearted and binds up their wounds." What seems impossible to men is possible for God. Society says there is no hope for any of these innocent victims. But God not only heals the physical sickness and disease, but God can heal the heart and the mind and the emotions.

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