

TRINITY BROADCASTING
NETWORK

WWTO TV
LASALLE, ILLINOIS

QUARTERLY
REPORT

FOURTH QUARTER

OCTOBER, NOVEMBER,
DECEMBER

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 FOURTH QUARTER:

OCTOBER, NOVEMBER, DECEMBER 2016

WWTO TV- LASALLE, ILLINOIS PROGRAMS PERTAINING TO LEADING COMMUNITY PROBLEMS FOR THE FOURTH QUARTER: OCTOBER, NOVEMBER, DECEMBER 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.

CIVIC
CRIME
ECONOMY
EDUCATION
FAMILY
HEALTH & MENTAL HEALTH
HOMELESSNESS
SUBSTANCE ABUSE
YOUTH

THE QUARTERLY REPORT
LOCAL PRODUCTION TITLE

JOY IN OUR TOWN
PUBLIC AFFAIRS PROGRAM, "JOY IN OUR TOWN" IS AIRED MONDAY AT 5:30 PM,
AND RE-AIRED TUESDAY AT 4:00 AM

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: 10/17/16 @ 5:30 PM, 10/18/16 @ 4:00 AM

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.

<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 #112216B	28:48	13:40	LCL	PA

AIR DATE & TIME: 12/26/16 @ 5:30 PM, 11/27/16 @ 4:00 AM

In this segment of *'Joy in Our Town'*, Host Dr. Glenda McCullum speaks with Senior Pastor David Latimore of Mt. Zion Baptist Church in Joliet, IL. Pastor Latimore shares a testimony about his family's transition to a new area. Coming to the city of Joliet post seminary, Pastor Latimore brought to the role, outside leadership skills and knowledge, along with faith, to help him succeed with leading his congregation and ministry. He speaks about the need to develop strong leaders to address the many community issues that face the Joliet area. Pastor Latimore speaks on having to fight for what is believed. He addresses the fact that there is a lack of guidance for the young men in the city and worldwide. Because of this, there is a higher level of crime and more of the need to bring forth counseling to help with rebuilding men in the community. Pastor Latimore also spoke on the role of the father in the household. One part of being a father is becoming an example by living for Christ.

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 #072516A	29:50	14:11	LCL	PA

AIR DATE & TIME: 10/10/16 @ 5:30 PM, 10/11/16 @ 4:00 AM

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 mentoring 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	Joy In Our Town #110116B	29:00	13:42	LCL	PA

AIR DATE & TIME: 11/14/16 @ 5:30 PM, 11/15/16 @ 4:00 AM

In this segment of 'Joy in our Town', Host Emily Young speaks with Chris Baker, founder of INK 180. INK 180 was founded to help former gang members remove their gang tattoos. They have since furthered their ministry to include victims of human trafficking. In addition, they also minister to their clients and teach them about the Gospel Jesus Christ. Chris also gives insight into how fellow Christians can be of assistance and help those without biases and discrimination towards the victims. Also discussed is how it is difficult to pool consistent resources and should not be taken lightly. Chris Baker discusses why the removal of gang tattoos is important to former gang members; including the safety of the client and helping them to move forward as a new creation in Christ.

<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 #110116B	29:00	14:48	LCL	PA

AIR DATE & TIME: 11/14/16 @ 5:30 PM, 11/15/16 @ 4:00 AM

In this segment of 'Joy in our Town', Host Emily Young continues her discussion with Chris Baker of INK 180. Chris Baker begins this segment by speaking about what trafficking tattoos look like and where they are often located on the victim's body. He goes on to add that gangs have recently become more involved in human trafficking, because gangs have found that they can make more money selling a person than selling drugs or guns. When asked, how do victims get out of the sex trafficking world? Chris states that it often happens because they are rescued by a law enforcement agency. He then describes the process that many of these people go through, including medical treatment, counseling, and help with legal battles before they are brought to INK 180 to have the tattoos removed and Chris or a member of his team share the Gospel of Jesus Christ with them. He states that many survivors don't want to hear about God or Jesus and often ask "Where was God when, I was being abused, sold, forced to take drugs...?" Chris shares that he often tells them his own story about the change that God made in his life and explains to them that Satan is their oppressor and that there is hope and another way through Jesus Christ. He goes on to add that it is incredibly important to have people praying for those that are involved in gangs, human trafficking, domestic violence and self-harm. Chris states that amazing things have happened because of prayer alone. Chris is asked to talk about the outcome that is seen for those that have had tattoos removed or covered and he states that so many are thankful to no longer have a constant reminder of their past lives. He states transformation often occurs once that tattoo is gone, he references 2 Corinthians 5:17 says "If you believe, He will make you brand new." Chris then adds, that no community is immune to human trafficking, gang violence, or domestic violence. He closes the segment by praying for those involved in gangs and human trafficking.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	700 Club CBN #11022016 NewsWatch	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 11/2/16 @ 2:00 PM

CBN News Reporter Heather Sells Reports: Pete Leonard first developed a love for fresh-roasted coffee during a missions trip to Brazil. The former Arthur Andersen business consultant returned home and made his own roaster in his Weber grill. Around the same time, he noticed that a relative who had recently been released from prison was unable to find work. Initially, Leonard thought it was an isolated incident, but he soon learned differently. He discovered that U.S. prisons release more than 600,000 people every year and that they face multiple obstacles in reentering society. Chief among these obstacles is employment. Dr. Karen Swanson, director of The Institute for Prison Ministries at Wheaton College, says that most employers simply don't want to hire anyone with a criminal background. Leonard's solution: Take advantage of America's obsession with coffee by creating a premium coffee-roasting company—and employ former felons to run it. It's a match made in coffee heaven. More than 70 million Americans have a criminal background and at the same time, Americans overall are drinking 400 million cups of coffee a day, driving specialty sales up 20 percent. One of Leonard's early hires, Louis Dooley, was released from prison after serving 15 years for armed robbery and attempted murder. Dooley told CBN News that getting out proved to be a huge challenge. Dooley became a believer and worked hard to turn his life around while behind bars. Still, no employer would take a chance. Another ex-felon, Amy, ran into similar dead-ends. In addition to a banking resume, her background included a white collar crime conviction. Neither she nor Dooley could get past a small box that's on most job applications and must be checked if an applicant has a criminal record. But at 'I Have a Bean.' Leonard's company, both Amy and Dooley found the door open. Leonard said that ultimately, he's not concerned with job seekers' pasts. Since starting the company nine years ago, Leonard has hired 35 people out of prison and says that today, all but two are the success stories he believed could happen. The positive result is no accident. Leonard carefully vets each potential employee before hiring. He finds out if they've worked to rebuild their lives while behind bars—and whether they've stuck to that path after getting out. He's also a stickler for quality. Leonard is more than a boss — he's a witness, watching his employees transform from down and discouraged to confident and marketable. Today, Dooley works as the regional director for Set Free Ministries in Illinois. The non-profit provides Bible study courses to inmates in prisons and jails in Missouri and Illinois. Amy manages the front office for I Have a Bean. Their stories speak clearly to the power of transformation and the hope that former prisoners can find once they're able to find a place in the job market. Dr. Swanson believes the concept could become a game-changer for millions who need a second chance. Such experiences can lead—not just to increased marketability—but to a shot at restoration and a new, productive life.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	700 Club CBN #11042016 NewsWatch	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 11/4/16 @ 2:00 PM

CBN News Reporter Mark Martin Reports: From hacked emails to major data breaches, cyber-attacks could potentially cripple our economy and threaten national security. Hackers shut down half of America's Internet on Oct. 21 by targeting Dyn, a company that manages key parts of the Web's infrastructure. Within minutes, the cyber-attack took major websites like Twitter and Spotify offline. It was just the latest example of cyber warfare. Other major cyber hacks garnering national attention recently include the Yahoo data breach in September, WikiLeaks emails relating to Hillary Clinton's campaign and the Clinton Foundation, and the leak of roughly 20,000 emails involving the Democratic National Committee in July. Hayman believes today's worst offenders in this computer espionage are China, Russia, and North Korea. FBI special agent Robert Cochran tries to spread the word about cybersecurity danger to companies like Eastern Data in Virginia Beach, Virginia. Cochran said that of the 14,000 agents in the FBI, 1,500 fight cybercrime -- a 60 percent increase in just the last five years. He says for now, the United States is focusing on defense in this new form of warfare. While cyber warfare between nation-states may sound far removed, it's clearly happening each day on a smaller scale. How do you protect yourself at home and on the job? One practice can work for all kinds of viruses — good hygiene. In addition to computer hygiene, Kaiser urges people to lock down the log-in. In other words, add an extra layer of protection beyond your password. There are a number of options such as fingerprint scans currently available on many smartphones and tablets. Kaiser also wants people to be cyber-aware. Experts also advise not to forget to back up critical information. Hayman believes education is the best defense. The National Consumers League also helps educate consumers on cybersecurity. So what kinds of laws are on the books to fight cyber-crime? Breyault says on the federal level, the protection is surprisingly minimal, and his organization is lobbying to change that.

ISSUE

ECONOMY

<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: 10/17/16 @ 5:30 PM, 10/18/16 @ 4:00 AM

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	Joy In Our Town #073116E	28:30	13:49	LCL	PA

AIR DATE & TIME: 10/24/16 @ 5:30 PM, 10/25/16 @ 4:00 AM

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	Joy In Our Town #112216A	28:50	15:03	LCL	PA

AIR DATE & TIME: 12/20/16 @ 4:00 AM

In this segment of, 'Joy in Our Town', Host Dr. Glenda McCullum and guest Pastor Blackful discuss Bethel Family Resource Center and Strategic Community Solutions, Inc. Their goal is to "meet the spiritual and physical needs of the people." His passion for helping the body of Christ and the community stems from his childhood. Pastor Blackful also talks about the Bethel Family Resource Center, which helps with social aspects of the community, and Strategic Community Solutions, Inc. This branch of the ministry/ business, deals with the rebuilding and revitalizing of communities. Their goal is to "go beyond the spiritual" and "beyond the social", to deal with the economic aspect of the community. Strategic Community Solutions Inc. also wants to "begin to create jobs and rebuild those communities." By doing this, positive growth and change can occur; giving residents hope and increasing stability of the community. By providing jobs for the community this lowers the crime rate in the community. Many people through the Resource Center learn how to apply their God given skills to solve the issues they faces. Trades are taught and job placement is provided for those who desire to move to the next level.

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: 10/24/16 @ 5:30 PM, 10/25/16 @ 4:00 AM

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 #111516A	28:48	14:29	LCL	PA

AIR DATE & TIME: 11/21/16 @ 5:30 PM, 11/22/16 @ 4:00 AM

In this segment of 'Joy in our Town', Host Dr. Glenda McCullum continues to speak with Marcus Cage of Divine Works. Mr. Cage shares the difference between behavior modifications and transformation. Modification being the changing around of what is already there and transformation is making something look nothing like what it once was. This process is described by Marcus, by renewing the mind with the word of God. When you have healthy relationships then you have better outcomes in life. Who you hang around is who you become. Cage talks about the program, the mind/success connection and how he brings youth to Christ. Divine Works helps youth realize who they are, their purpose and helps support and mentor.

<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 #111516B	29:15	14:09	LCL	PA

AIR DATE & TIME: 11/28/16 @ 5:30 PM, 11/29/16 @ 4:00 AM

In this segment of 'Joy in our Town', Host Dr. Glenda McCullum speaks with Pastor Christopher Hudson of Wall Breakers International Church of Romeoville, IL. Wall Breakers makes their ministry focus on today's youth and mentoring; especially at-risk boys. Pastor Hudson spoke on mentoring young men and guiding them into knowing who they are. Being able to be male figure in the lives of many young men who didn't grow up with a father in the house. One of the biggest reasons for so much crime, gang affiliation and drugs abuse is due to the lack of the father or male role model in the lives of our youth and young adults. Wall Breakers takes the Great Commission seriously and goes out to the middle schools in the community to speak with the youth. Pastor Hudson discusses how Wall Breakers began and the foundation of their core ministry. Wall Breakers mentorship focuses currently on youth grades 6-8 with possible branching out to high school students. Pastor Hudson feels this time in life (adolescence), is a pivotal point of change and tries to get the parents involved as well.

<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 #111516B	29:15	14:17	LCL	PA

AIR DATE & TIME: 11/28/16 @ 5:30 PM, 11/29/16 @ 4:00 AM

In this segment of 'Joy in our Town', Host Dr. Glenda McCullum continues speaking with Pastor Christopher Hudson. Pastor Hudson talks about his role before starting Wall Breakers and what he has learned through his years of ministry. He also touches upon mentoring the mentors and how the Word of God is considered a mentorship book. He also discusses the difference between a male and a man and the importance of honoring your commitment when in mentorship. "Everybody should be mentoring somebody at some time in their life."

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 #112216B	28:48	14:38	LCL	PA

AIR DATE & TIME: 12/26/16 @ 5:30 PM, 11/27/16 @ 4:00 AM

In this segment of '*Joy in our Town*, Host Dr. Glenda McCullum speaks with Minister Tammie Latimore who heads up the LOVE ministry at Mt. Zion Baptist Church. Minister Tammie is mother of five children and she shares the challenges that she faces trying to balance being a Minister, a Pastor's wife and mother. Minister Tammie gave some great tools to strike a balance in any life lived. One being, when dealing with ministry and having a family you must know seasons in which you have to spend more time with your family and put them first. Minister Tammie stated that family is your first ministry and should never be neglected. Minister Tammie also spoke on raising up young women with modesty. Etiquette is a foreign language in today's world. Minister Tammie and Love Ministry has designed an atmosphere for women to come and share what their issues is.

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 #092716A	28:30	13:48	LCL	PA

AIR DATE & TIME: 10/3/16 @ 5:30 PM, 10/4/16 @ 4:00 AM

In this segment of 'Joy in our Town', Host Emily Young talks with Debralee Townsend, founder and director of Anger Adjusters. Anger Adjusters was started as a research project due to the violence seen in youth. Purpose Driven Anger Management is derived from this research project and works to help people learn how to control their anger and repurpose or channel it in a positive way. Debralee Townsend gives examples about different anger triggers and responses. She also discusses what acceptable or righteous anger is acceptable and what is not. Our guest gives several examples of what negative anger can lead to.

<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 #092716A	28:30	14:12	LCL	PA

AIR DATE & TIME: 10/3/16 @ 5:30 PM, 10/4/16 @ 4:00 AM

In this segment, Host Emily Young and guest Debralee Townsend continue their discussion about anger and managing anger. The discussion turns towards mental health and how perceptions of anger vary; even with those who have a mental illness. Debralee Townsend states that those with mental illness are more receptive to change in their behaviors. She goes on to explain how creating a culture of respect and replacing anger with a purpose is an important part of anger management. Debralee talks about how re-examining our lives to find our true purpose will help people leave a legacy of more than just "stuff".

<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 #110116A	29:44	14:17	LCL	PA

AIR DATE & TIME: 11/7/16 @ 5:30 PM, 11/8/16 @ 4:00 AM

In this segment of 'Joy in our Town', Host Emily Young continues to speak with Pastor Mel Flowers of Kingdom Harvest. During this segment, Pastor Flowers gives an explanation of what grief is. Pastor Flowers also touches upon dealing with said grief and working through the emotional process. Pastor Flowers shares a couple of personal stories of grief and what we as Christians, must do to not let the grief overtake us. One of the major personal times in Pastor Flowers' life was when he lost his father. Being close to his father caused him to learn how to morn for a season. God taught Pastor Flowers that to morn and grieve the wrong way causes the heart to become heavy and the mind to travel down a road of depression. Traumatic things happen in life and how we respond to them determines a lot concerning our mental health. There is a decision to either let what has happened to overtake you and shut you down or be a learning tool for the future. Counseling is one way to help people who are dealing with grief and traumatic things. In counseling people are taught to learn how to deal with the memory of what has taken place. If we allow and stay in the presence of the Holy Spirit, He will heal us, mend us and make us whole. Jesus is the way the truth and the life so when we come to him he can help us and show us how to dealing with matters of life.

<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	26:50	26:50	REC	PA/O/E

AIR DATE & TIME: 10/5/16 @ 12:00 AM, 12/14/16 @ 1:30 PM, 12/21/16 @ 12:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices. Brain research and memory research shows you build memory about food. Information enters through the five senses and goes into the brain. What you put in your body is going to change the way your body reacts and functions. Be mindfully aware and have conscious consumerism. Ask yourself: What is on my plate? What is it going to do to my body? Where did it come from? What has this done to the earth? Research shows that 80% of an eating decision is in the mind. We need to be healthy mentally and physically. Research has shown that it takes twenty-one days to build a long-term memory. Then it's another two cycles of twenty-one days, which comes to around sixty-three to stabilize or automatize, which is the scientific word for building a habit. The Modern American Diet is more addictive than heroin and cocaine. We have to recognize that what you are thinking about is having a physiological effect. Your mind is your soul; it's your intellect, your will, and your emotions. Then you have your physical body, of which your brain is a part. So, your mind is changing your brain, which is changing your body. We need to be very conscious of what we are thinking about when it comes to food and everything in life.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Dr. Leaf Show #0001	27:05	27:05	REC	PA/O/E

AIR DATE & TIME: 10/5/16 @ 1:30 PM, 10/12/16 @ 12:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a 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, shortened to the "MAD" Diet. Real food is nutritious, has very few ingredients, is organically grown from the ground, is sustainable, and picked when it is ripe. A happy animal is allowed to do what it does the way God designed it to do; roam freely and eat things as it's roaming around, which produces happy food. When you've had sufficient nutrition for your body, you stop eating. However, on the MAD diet the opposite happens. The MAD diet contains conventional-processed, food-like, products. An unhappy animal is restricted, force-fed, fattened up with hormones, full of antibiotics, and stressed. We have to eat food to survive, but the problem is what man has done to food. If we eat for health and not for losing weight, we will naturally get the correct weight. It's real food that you should be eating.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Dr. Leaf Show #0002	26:55	26:55	REC	PA/O/E

AIR DATE & TIME: 10/12/16 @ 1:30 PM, 10/19/16 @ 12:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food. Real food is made the way God designed it, without chemicals, herbicides, pesticides, or Genetically Modified Organisms (GMO). Biomimicry is looking at the intelligence of nature. The ecosystem is completely diverse. Going from diversity to monoculture is very dangerous. We need the variability. Learn how to eat properly. Find out what it's doing for and to your body - the good and the bad stuff. Get the knowledge to change your diet and lifestyle.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Dr. Leaf Show #0005	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 10/26/16 @ 1:30 PM, 11/2/16 @ 12:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss living under a sense of urgency. With the advances of technology, we're just rushing from one thing to the next and we're constantly living under this directorate of time instead of going through life calmly and peacefully. Rushing from one thing to the next impacts our choice of food, when we eat, our physiology, our brain, and our brain functioning, which is called, literally, hurry sickness. The hurry sickness puts us in toxic stress. Stress is good to help us focus. Toxic stress takes that away, and then you have the opposite reaction. It pushes you into that zone where you're not thinking straight, where you make wrong choices. If you lead a disciplined lifestyle and you learn to renew and discipline your mind, you can apply that kind of thinking to your everyday life, including eating. Be intentional about your eating process. Try to separate your mealtime from your work. Don't eat standing up. Make eating your relaxation. Eat when you are calm to get more benefit from that food.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Dr. Leaf Show #0007	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 11/9/16 @ 1:30 PM, 11/16/16 @ 12:00AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the gut-brain connection. Brain tissue that we find in the brain is also in the gut. That gut-brain connection is a two-way connection and it's controlled by the enteric nervous system that contains 200-600 million neurons, which is more neurons than in the spine. In the Blue Zones of the world is where you find centenarians; people who live more than a hundred years of age. The underlying commonality is spirituality, community, attitude, and nutrition. And, the nutrition that they have is real food. When you decide to change the way you're thinking, you're going to change your physical status. Your brain and your whole body will respond. That's the eighty percent of the signal, and then the biology, the biological components of food, forms the other twenty percent of the signal. The thought that you are thinking right now at this moment is actually influencing all 75-1000 trillion of your cells, either positively or negatively. Fasting is important spiritually and physically. Some of the benefits of fasting are cardiovascular benefits, increased longevity and resistance to age-related diseases, enhanced mental and physical health, increased cellular energy, decreased inflammation, protects against the onset of illness, and protects against stroke and high blood pressure.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Dr. Leaf Show #0009	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 11/23/16 @ 1:30 PM, 11/30/16 @ 12:00AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist, and Dr. Lillian Lockett Robertson, an OB/GYN, to explore the supermarket, how to cook, what to do, and how to shop. Eat real food. Buy real food. There is a definite engineered design in the supermarket. A lot of people have heard: avoid the center aisles and go to the outside, where your fresh produce is because everything down the center aisles are basically in boxes and containers. The Modern American Diet food-like products are industrially manufactured. When something is added, that means that something is being removed, so we should be wary of an added anything. Eating is eighty-percent dominated by our thought life and what we've built memories of. Eat real food. Read the labels. Buy local. You can find community-supported agriculture. Real food makes physiological changes in your brain. So, your mind, the thinking to choose to eat well, the intellectual stimulation, the being happy, and then choosing to eat the real food, and eating the real food, satisfies you. Eating real food is the way God designed us to eat.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Dr. Leaf Show #0011	27:50	27:30	REC	PA/O/E

AIR DATE & TIME: 12/7/16 @ 1:30 PM, 12/14/16 @ 12:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Esther Houston to discuss postpartum depression, also known as the baby blues. Suffering exists in life and we are here to learn through our suffering with the help of others. Something like postpartum depression is a very real thing that actually needs to be addressed as a very complex process unique to each individual. We can't just say it's a disease, label it, medicate it, and think that it's over and blame the mother. We've got to recognize the whole person. Who is this mum? What is she going through? What are her life circumstances? What is her past? What is her support system? What are the physical needs in her body and diet? We have to look at the whole person in a very loving and very supportive way. The more loving and supportive we are, the more we will actually help each other be better mothers.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN #11162016 NewsWatch	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 11/16/16@ 2:00 PM

CBN News Reporter Lorie Johnson Reports: Busy, sleep-deprived, and stressed-out. These are the terms that describe most young parents. That roller-coaster lifestyle rocks your blood sugar and hormones, creating the perfect storm for weight gain. Even Mark Macdonald, the nutrition expert and bestselling author, gained 35 pounds after becoming a father. Mark and his wife, Abbi, didn't like the direction in which they were going — so they learned to gain control instead of gaining weight. Mark shares their secrets to success in the book. "Why Kids Make you Fat. . . And How to Get Your Body Back." He explained that when it comes to managing weight, new parents fall into four traps: lack of sleep, stress, lack of exercise and poor diet. While all those factors need to be addressed, Mark notes that diet is the most important. He says the secret to losing weight and keeping it off is what he calls "Eating in Threes," which means eat a protein, a fat and a carbohydrate every three hours. Abbi said she's noticed in her own life the importance of eating frequent, balanced meals. The key to "Eating in Threes" is understanding which foods are proteins, fats and carbohydrates. Most animal products are proteins. This includes meats like beef, pork, chicken and turkey, also yogurt (Greek yogurt is higher in protein than regular) and cheese. Seafood also qualifies as protein. There are also plant-based proteins, like tofu, a soy product. Fats include foods like olive, coconut and soybean oils. These are often the main ingredient in mayonnaise and salad dressing. Butter is also a fat, as are nuts like pecans and walnuts, as well as nut butters, such as almond butter. Avocados are also considered fats. Carbohydrates cover a lot of ground. Typically the healthiest carbs are vegetables. Fruits are also carbohydrates. Grains are carbohydrates as well, such as wheat, corn and rice and all the many products that come from them such as all breads and tortillas. Perhaps the unhealthiest carbohydrate is sugar. Some foods fit into more than one category. For instance, cheese is a protein, but because it contains a lot of fat, can also be considered a fat. Mark says if you can, eat your protein, fat and carbs in a certain order. Most Americans eat way too many carbohydrates and too few proteins. Her other grab-and-go favorites include nitrate-free turkey jerky, protein bars, nuts, vegetables and fruit. Although packing your food and taking it with you is usually healthier and cheaper, you can still "Eat in Threes" at restaurants, even fast food establishments. A good choice is grilled chicken as the protein, lettuce as the carb and salad dressing as the fat. Another option is an open faced sandwich using grilled chicken as the protein, half a bun as the carb and mayonnaise the fat. Less sleep, which goes hand-in-hand with parenthood, delivers a one-two hormone punch for weight gain. This is because not getting enough sleep increases the hunger-stimulating hormone ghrelin and lowers the appetite-suppressing hormone leptin. Mark advises parents to try to get more sleep. If that's not possible, he says at least they can learn to get better quality sleep, which pays dividends. This can be accomplished by avoiding the snooze button. Replace 30 minutes of useless sleep with quality sleep. For instance, instead of setting your alarm for 6:30 a.m. and hitting the snooze until 7:00, set your alarm for 7:00 and don't hit the snooze. Too many busy parents are dehydrated, which can lead to weight gain. Believe it or not, our brain sometimes tricks us into thinking we're hungry, when we're actually thirsty. How many ounces should we drink a day? A good rule of thumb is our body weight divided by two. For example, a person who weighs 120 pounds should drink 60 ounces of water a day. Parents know all too well the pre-kid days of spending an hour a day at the gym are long gone. But with a little creativity, you can work-out while getting more family time. Family walks, especially for dog owners, can be a daily or even twice-daily routine. Mark straps on a weighted vest to make his walks a bit more challenging. Even time in front of the screen doubles as core strength training if you sit on a stability balls instead of a chair. Finally, letting go of those little annoyances that accompany parenthood goes a long way towards losing weight. The Macdonalds say following their prescribed guidelines will help shed the pounds and create new, sustainable habits that keep it from coming back.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN #12272016 NewsWatch	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 12/27/16 @ 2:00 PM

CBN News 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. He was thrown 40 feet from the vehicle and landed on his head. Black's grandmother, Mary Orr, said even the doctors had given up hope. 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 directs 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 Derrick 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 #12292016 NewsWatch	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 12/29/16 @ 2:00PM

CBN News 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. 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. LaWanda 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.

ISSUE

HOMELESSNESS

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOMELESS	Joy In Our Town #110116A	29:44	14:57	LCL	PA

AIR DATE & TIME: 11/7/16 @ 5:30 PM, 11/8/16 @ 4:00 AM

In this segment of *'Joy in Our Town,'* Host Emily Young speaks with Pastor Mel Flowers of Kingdom Harvest Family Church. Pastor Flowers discussed the need for churches to have a feeding program/ food pantry to assist with helping those who are hungry and homeless. People face problems on a daily basis, including lack of the basic things needed to function. In the past several years the number of homeless people has grown. Lack of work is an important issue that many face. There seems to be an unbalanced number of what is available as far as jobs which causes families to not have what is needed. Many people are just one paycheck away from being out on the streets. So churches are important in the community because they help provide food, shelter and the restoration of the hope that has been lost. Pastor Flowers discussed why having these kinds of programs help churches minister to the practical need of the people which in return provides opportunity speak about Jesus being the door to the Kingdom of God that has solution to every problem.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOMELESS	Joy In Our Town #112216A	28:50	13:17	LCL	PA

AIR DATE & TIME: 12/20/16 @ 4:00 AM

Pastor Lawrence Blackful, Jr. is the senior pastor of Bethel Baptist church in Chicago Heights, IL. Pastor Blackful is also the CEO of Bethel Family Resource Center and Strategic Community Solutions, Inc. The Bethel Family Center helps families who are in need of everyday living items and even somewhere to sleep. Pastor Blackful spoke about the great need for providing housing and food for what seems to be a growing population of homeless and or families who have fallen on hard times. Over the years you see a lot more single parents with multiple kids who are in need of help. They take a "holistic" approach to ministry; addressing the mind, body and soul of those in need. The solution to not returning to the hardship of homelessness is discovering how they got there in the first place. This is where the Resource Center helps out with counseling and mentorship programs

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOMELESS	Joy In Our Town #111716A	28:42	13:47	LCL	PA

AIR DATE & TIME: 12/5/16 @ 5:30 PM, 12/6/16 @ 4:00 AM

In this segment of *'Joy in our Town,'* Host Dr. Glenda McCullum talks with Marilyn Farmer, Executive Director of MorningStar Missions Ministries in Joliet, IL. Morningstar is a faith-based, homeless shelter that provides temporary housing, food and clothing to the homeless and shares the gospel of Jesus Christ with them. They offer emergency shelter for men, long-term recovery programs, family assistance and other services for those in need. Marilyn gives host Dr. Glenda McCullum a semi-typical day at the mission and some of the services they provide. The guest also shares a few stories of people who are at Morningstar and utilizing the available resources.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOMELESS	Joy In Our Town #111716A	28:42	14:25	LCL	PA

AIR DATE & TIME: 12/5/16 @ 5:30 PM, 12/6/16 @ 4:00 AM

In this segment of 'Joy in our Town,' Host Dr. McCullum continues to speak with Marilyn Farmer of MorningStar Mission. They also provide services for expectant mothers including but not limited to; counseling, housing and job preparedness. The Mission also has job readiness classes that include resume writing, dressing for their interviews, etc. The goal of Morningstar is to "reach the gospel of Jesus Christ for everyone who comes through the door." Morningstar encourages those individuals who make their way through the mission's doors to make God the center of their life, and get involved in their local church/ ministry.

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: 10/10/16 @ 5:30 PM, 10/11/16 @ 4:00 AM

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 #111716B	28:44	13:32	LCL	PA

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

In this segment of, 'Joy in Our Town', Host Dr. Glenda McCullum speaks with Reverend Kurt Williams of Kingdom Lifeline Ministries, Chicago, IL. Kingdom Lifeline is a ministry on the west side of Chicago, with the main focus of changing lives and helping men realize their purpose in Christ. Kingdom Lifeline specializes in assisting men who wish to change their lives for the better. They educate, minister, guide, and mentor men who have a "will to succeed" and who want to be effective leaders in their lives, homes and in the church. Reverend Williams describes how Kingdom Lifeline works and benefits men in the program. The program is nine months long and helps establish positive behaviors that will not only help the men leaving the program, but others as well. The men who leave the program, leave with newly acquired skills, purpose and sense of self. Kurt Williams is the founder of Kingdom Lifeline Ministries which helps men recover from different types of addiction. The program builds families and relationships that help encourage the men to stay clean. It also encourages them to look for Jesus as the one who is the deliverer and the one who can show them the right way to live according to the Word of God. Kingdom Lifeline trains men to be strong men for their families and for society. The program is based on finding the skills and the purposes of God in each man so that they can start to live from a place of victory. The families that you gain during the program are ones who you have forever. Reverend Williams speaks about mentoring the men to help them in return help someone else. The men come in to live together under one roof but each man is treated as individuals not as a group. The program is geared towards the purpose of the individual man and teaching job skills such as carpentry work.

<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 #111716B	28:44	14:42	LCL	PA

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

In this segment, Host Dr. Glenda McCullum introduces the audience to Anthony Ponta. Anthony is a member of Kingdom Lifeline and shared his testimony of how Kingdom Lifeline has helped him grow as a person and man of God. Before Kingdom Lifeline Anthony dealt with addictions and he spoke concerning the struggles that are out there in our communities. His eyes saw a lot coming from abuse to homelessness. As many who are out on the streets have turned from or been pushed away from family. This may cause people to depend on their addictions to fill the void. Programs like this one can provide stability to those who no longer have a stable life and help to redirect them by teaching life skills. Anthony describes what a typical routine is inside the ministry and the daily meditations. Anthony Ponta was introduced to the ministry through a mutual friend and the thought was implanted in his heart by God. Anthony credits Kingdom Lifeline for the positive & Godly influence in his life.

<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 #10202016 NewsWatch	1:00:00	5:00	LCL	PA/O/E

AIR DATE & TIME: 10/20/16 @ 2:00 PM

CBN News Reporter Caitlin Burke Reports: Alcoholism remains a leading cause of death in the United States. But even with all the research poured into the problem, it's a condition that's often misunderstood. When someone consistently drinks large amounts of alcohol it injures the brain, specifically the limbic system, or the brain's control center. When alcohol is consumed, it enters the blood stream and goes to this control center where it releases dopamine. While that chemical can make you feel good, it can also injure the brain as more of it is released overtime. The alcohol essentially causes the brain's control center to short circuit, overwhelming how you think, feel, and manage your emotions. Another misunderstood fact about alcoholism: females can become addicted more easily than their male counterparts. When a female drinks, her body absorbs 50 percent more alcohol per drink than a male. Because of this, Urschel says female alcoholics face more medical problems. This becomes even more of a concern as alcohol beverage companies spend millions appealing to women through television ads and social media. Hanna Fobare, 24, believed all the hype and turned to drugs and alcohol when the pressure to perform in college athletics got to be too much. As Fobare embraced her new lifestyle--the friends, parties and boys--the addiction quickly took over. When she started failing classes, Fobare realized she couldn't lie to her family any longer. Her parents stepped in and sent her to Enterhealth. There she received a dual diagnosis--as is common with many alcoholics. Fobare is now one year sober, but it hasn't been easy. Her first attempt led to a relapse, detox and time in a state-funded rehab facility. Both she and Urschel stress that the hardest thing for a recovering addict to understand is the need for constant maintenance. While the alcohol damage never goes away, Urschel says the brain contains an amazing ability to reboot and heal. With the right treatment, there's a 85 to 90 percent chance the brain will go back to its normal state.

ISSUE

YOUTH

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #111516A	28:48	14:29	LCL	PA

AIR DATE & TIME: 11/21/16 @ 5:30 PM, 11/22/16 @ 4:00 AM

In this segment of *Joy in our Town*, Host Dr. Glenda McCullum talks mentoring and education with Marcus Cage of Divine Works S & B. Divine Works is an organization that teaches youth about healthy relationships, behaviors, and change. Divine Works specifically works with the youth to help guide them on to a non-destructive path. With all the pressures of the world hitting the youth, they find themselves having to make decisions of doing right or wrong. From social media to peer pressure the weight can be heavy. This is why the word of God is so important and teaching our young people how to build a relationship with Father God. Marcus Cage talks about what is the purpose and goal for Divine Works. Cage wants to help create opportunities for youth and help guide them along with teaching them about the Word of God and who they are in Christ. Mr. Cage hopes to create positive change in the lives of the youth and his team.