

TRINITY BROADCASTING
NETWORK

WWTO TV
LASALLE, ILLINOIS

QUARTERLY
REPORT

FIRST QUARTER

JANUARY, FEBRUARY,
MARCH
2015

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 FIRST QUARTER:

JANUARY, FEBRUARY, MARCH 2015

WWTO TV- LASALLE, ILLINOIS PROGRAMS PERTAINING TO LEADING COMMUNITY PROBLEMS FOR THE FIRST QUARTER: JANUARY, FEBRUARY, MARCH, 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.

SENIORS
FAMILY
HEALTH & MENTAL HEALTH
EDUCATION
YOUTH
CIVIC AFFAIRS

THE QUARTERLY REPORT
LOCAL PRODUCTION TITLES

JOY IN OUR TOWN

PUBLIC AFFAIRS PROGRAM, "JOY IN OUR TOWN" IS AIRED FRIDAY AT 12 NOON, AND RE-AIRED SATURDAY AT 3:00 AM, MONDAY AT 10:30 AM, AND THURSDAY AT 3:00 AM, 3:30 AM AND 4:00 AM.

PRAISE THE LORD

PUBLIC AFFAIRS PROGRAM, "PRAISE THE LORD" IS AIRED FRIDAY AT 10:30 AM, AND RE-AIRED SATURDAY AT 1:30 AM, TUESDAY AT 1:30 AM AND THURSDAY AT 1:30 AM.

ISSUE

SENIORS

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SENIOR	Joy In Our Town #012115A	28:38	14:42	LCL	PA

AIR DATE & TIME: 2/20/15 @ 12:00 PM, 2/21/15 @ 3:00 AM, 2/23/15 @ 10:30 AM, 2/26/15 @ 3:00 AM, 2/26/15 @ 4:00 AM, 3/5/15 @ 3:30 AM

Julie Farmer: Alternatives for the Older Adult, begins the program by stating that Alternatives for the Older Adult covers ten counties in western Illinois. She goes on to describe the organization’s “Care Coordination” program. She says that the focus of the program is to develop a care plan with senior citizens and people with disabilities to help them to stay independent. She also points out the Alternatives for the Older Adult has an “Adult Protective Services” program which investigates allegations of abuse, neglect, and exploitation. Alternatives for the Older Adult also has a Caregivers program for overwhelmed caregivers, support groups a senior center, and a program that advocates for the elderly. When asked what is the biggest issue that Alternatives for the Older Adult deals with. Miss Farmer responds by saying that the biggest issues are adult children concerned about their parents, lack of resources, and people being able to stay independent. She says that people that need help should call, every county has a care coordination unit. Someone will set up a home visit and there is no charge to evaluate a person’s needs. She goes on to point out the many people wait for a crisis to begin looking for help. Continuing the conversation Miss Farmer speaks on the needs of caregivers. Many times care givers become overwhelmed, she adds that 13% of caregivers die before the person that they are caring for. She says that caregivers need to take care of themselves and look for support. Next, Miss Farmer describes services offered for grandparents raising grandchildren. She states that Alternatives offers support groups and provides education to these families. She points out that Alternatives has clients from their 40’s and 50’s to some in their 80’s raising grandchildren. Miss Farmer finishes the segment by talking about medical plans. She states that the staff at Alternatives help by providing education, helping to choose what will best meet the needs of the client, and helping fill out forms. So closes by saying that “Unless you have a need, you don’t really know about the resources available and usually find out about them when you are in a crisis.”

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SENIOR	Joy In Our Town #013015A	28:25	13:37	LCL	PA

AIR DATE & TIME: 2/27/15 @ 12:00 PM, 2/28/15 @ 3:00 AM, 3/2/15 @ 10:30 AM, 3/5/15 @ 3:00 AM, 3/5/15 @ 4:00 AM, 3/12/15 @ 3:30 AM

Brian Towne, LaSalle County States Attorney, begins the segment by stating that law enforcement needs more training when looking for signs of elderly abuse and exploitation. He goes on to explain that there are several different types of abuse that the elderly adults may endure including, physical, sexual, emotional and most predominately, financial. When asked what the different types of abuse look like, he explains that physical abuse is just as it described and that emotional abuse can range from harsh words or tones to locking someone in a room and neglecting their needs. He also states that most abuse of the elderly happens at the hands of a caregiver. He continues to speak on financial abuse or exploitation and states that it is most commonly seen as home repair fraud. He talks about businesses that seem legitimate that go to areas that have a high population of senior citizens and talk them into "home repairs" that are unnecessary. Towne goes on to say that some elderly people are easily confused and may be submissive. When the host asks how people can protect themselves, Mr. Towne explains that families should watch out for their elderly family members and neighbors, and tell them that if anyone tries to sell them a service that they should call a family member or friend to discuss it before they agree to any thing. He goes further by saying that they should always ask for a written estimate, schedule an appointment for work to be done, and ask for proof that the company is insured and bonded. He also points out that most reputable, legitimate companies do not go door to door looking for work. Towne adds that it is a good idea to let others in your neighborhood know that there is someone in the neighborhood selling services door to door. During the last few minutes of the program Mr. Towne discusses how computer and telephone scams targeting senior citizens have increased. He says that a few common ruses are phone calls saying that the person has won a sweepstakes or that a family member is in crisis and needs money. He says that if someone was to receive a call saying that they have won a prize, they should always ask where they entered the sweepstakes, he also points out that you will never have to pay to actually win a sweepstakes. He further explains that if someone receives a call saying that a family member needs money for some sort of crisis, such as an illness or bail money, first the person should contact another family member and also remember that a police department will never call for bail money. He also states that these crimes are almost impossible to prosecute because a lot of times the calls are coming from another state which is out of their jurisdiction and they can rarely be proven. He ends the segment by saying that the best thing people can do is to communicate often with their elderly family members and friends, keep on the lookout for them, and if someone tries to sell them something, simply tell them to slow down so that they can get the help of a trusted family member.

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

March 31, 2015

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SENIOR	Joy In Our Town #022815A	29:18	14:04	LCL	PA

AIR DATE & TIME: 3/19/15 @ 3:00 AM, 3/19/15 @ 4:00 A, 3/19/15 @ 11:30 AM, 3/21/15 @ 3:00 AM, 3/23/15 @ 10:30 AM, 3/28/15 @ 3:00 AM, 3/28/15 @ 10:30 AM

Diane Farrell, Chief Clinical Officer for North Central Behavioral Systems, appears on Joy in Our Town to talk about senior citizens and mental health. Diane begins the program by talking about how getting older affects mental health. She states that keeping busy and finding activities that they enjoy gives the person a feeling of purpose. She adds that building relationships with younger people helps the elder person to live in the present and not in the past. It give them the opportunity to share their wisdom and experiences. Diane points out that people should use their retirement to pursue hobbies and activities that they enjoy. She goes on to say that adult children of seniors should be watchful of their parents and check on them often, just to ask how they are doing. Depression can affect older adults and certain medications can cause mood changes and often addictions. Diane maintains that "it's hard to parent a parent" and that adult children should get professional advice if they think that addiction has become a problem with their elder parent.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SENIOR	Joy In Our Town #012915B	28:57	14:07	LCL	PA

AIR DATE & TIME: 3/28/15 @ 4:00 AM, 3/28/15 @ 11:30 AM

Susan Hayward, Life Coach and Owner of Roots and Wings, begins the segment talking about what her organization does. She describes their services in two parts, the first being "Life Coaching". Life coaching looks at "Where you are currently, what you want to do differently and how to do it", and then they teach skills and strategy to help families move forward. The second is "Eldercare Coaching", in this part they look for ways to meet the needs of the elderly person and their families. Miss Hayward goes on to speak about how many families wait for a crisis to make care decisions for their loved ones. She impresses the importance of planning ahead when there is no stress and the elderly family member can be involved in the decision making process. She describes how hard it is to talk about end of life care and states that her part is to mediate the hard conversations that families have to have, this way helps to eliminate some emotional conflict. Miss Hayward speaks next about a "sequence of plans" that her organization uses to help families make decisions. The first step is to learn what the elderly family member wants and the second is to create a backup plan based on the health, safety and finances of the elderly family member. She explains that planning ahead is so important because it gives families more options. She says that families that plan ahead have the opportunity to visit care facilities and learn about the requirements of each facility. Miss Hayward goes on to say that sometimes the adult children have to make the tough decisions based on the safety and health of their loved one. Miss Hayward goes on to talk about adult children as the caregiver. She points out that often times, one adult child does all of the caregiving and it becomes overwhelming. She states that her organization teaches families how to keep the entire family involved in the care process and they work to bring families together and to stay informed. In the final moments of the program Miss Hayward is asked about how families deal with guilt in making decisions for their elderly loved ones. In response Miss Hayward simply states, "When you don't plan ahead, you will have guilt." Having the tough conversations will diminish guilt.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SENIOR	Joy In Our Town #032015	29:36	15:19	LCL	PA

AIR DATE & TIME: 3/30/15 @ 10:30 AM

Nancy Tuftie, Palliative Care Coordinator with OSF St. Elizabeth Hospital, appears on Joy in Our Town to speak about Advanced Care Planning. She describes Advanced Care Planning as making decisions about what will happen with someone during their end of life care. Planning how a person wants their last days to be is very important. An Advanced Care Facilitator helps people decide things like what sort of pain management they would like, the spiritual care they desire, who will be present during their last days, and who will be their medical care power of attorney. She adds that adults that are eighteen years and older should have an Advanced Care Plan because no one knows what the future holds. Nancy states that having an Advanced Care Plan is important because it makes making the hard decisions easier for loved ones and it lightens the burden of making those choices. She maintains that it is important for people to share their Advanced Care Plan with their doctor and ask their hospital to keep it on file for when it is needed. Nancy adds that it is important to have the Advanced Care Plan so that people receive the care that they choose at the end of their lives.

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

March 31, 2015

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 #012915A	29:53	14:11	LCL	PA

AIR DATE & TIME: 2/13/15 @ 12:00 PM, 2/14/15 @ 3:00 AM, 2/17/15 @ 3:30 AM, 2/19/15 @ 3:30 AM, 2/26/15 @ 3:30 AM

Pastor Richard Giovannetti, Board Member of the Illinois Family Institute, talks about the importance of marriage. Society as a whole is built on marriage. When it breaks down, the family structure breaks down, there is delinquency in the kids and then there are problems in society. When a person goes into marriage, they are going into a partnership, so they have to know who they are first or it will create all kinds of issues and problems in the marriage. When you as an individual go into a relationship, you set the standard. So often people compromise their beliefs hoping that they can change the other person, it rarely happens. Then they end up in really bad situations because they did not follow the standards. Standards are imperative because it is setting the foundation for your future. You are looking at someone who you are probably going to spend the rest of your life with and you have to be happy with the standard that you set. He shares that people need to stick to the relationship because if they don't they will lose it. Mr. or Miss Right is out there, the perfect mate for you is out there. Maturity in a relationship is something that you have to work at for the rest of your life. You don't just fall out of love, you have to choose to love the one that you are with. There are many things that need to be discussed before entering into marriage: children, church. Pastor Giovannetti tells couples to laugh, communicate, and look back to the beginning of their relationship when they could not be pried apart. People grow apart when they lose that first love. That is their fault. They begin to step away and look other places. Get back to that first love because then you can fight and argue and end up laughing about it. Walk through life together as a team, best friends, and lovers. Work it out.

<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 #012915A	29:53	12:50	LCL	PA

AIR DATE & TIME: 2/13/15 @ 12:00 PM, 2/14/15 @ 3:00 AM, 2/17/15 @ 3:30 AM, 2/19/15 @ 3:30 AM, 2/26/15 @ 3:30 AM

Pastor Sherry Stevenson of Crossbridge Community Church of the Nazarene, talks about the importance or pre-marital counseling. Once a couple decides to get married, pre-marital counseling can help them think about things and work through issues that they may not have considered. Marriage is a long term process, it is for life. Couples need skills that will help them get through the journey. True feelings, budgets, and communication are all part of counseling. Part of it too is realizing that you are individuals and you need that individuality in order to be healthy. When we find the right mate, they are a compliment to us not to complete. We need to make sure that we're healthy individuals to have a healthy marriage. Talk about finances, trust, sexual expectations, and parental expectations. Basically what pre-marital counseling does is start conversations. Marriage is not 50/50. It is 100 percent from both people. Our culture says that marriage is disposable. Marriage is a once in a lifetime thing, we have to find ways for it to last a lifetime.

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

<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 #012115A	28:38	13:26	LCL	PA

AIR DATE & TIME: 2/20/15 @ 12:00 PM, 2/21/15 @ 3:00 AM, 2/23/15 @ 10:30 AM, 2/26/15 @ 3:00 AM, 2/26/15 @ 4:00 AM, 3/5/15 @ 3:30 AM

Margaret Morrison: Director of ADV/SAS, begins the segment by describing ADV/SAS as a non-profit agency in the North-Central Illinois that has been serving survivors of sexual assault and domestic violence for over 30 years. ADV/SAS began as a service for survivors of domestic violence and non-offender family members then in the early 1990's services were extended to meet the needs of survivors of sexual assault. Miss Morrison states that ADV/SAS is an emergency shelter for people in danger and their facility has beds for up to 22 people but says that they are never full because even if they don't have a bed available, "a sleeping bag is better than an abusive home." She also points out that people that have been abused or assaulted have trouble talking about the problem and tend to minimize the problem and have been isolated by their abusers. When asked; "What does domestic violence look like?" Miss Morrison describes it as a pattern of behavior that leads to control and dominance over another individual. One person feels that they have the "right" to control everything. There is isolation from family and friends, accusations of unfaithfulness and constant checking up on what their victim is doing. Often times the victim loves their abuser and they want the relationship to work. She states that it is hard for people to leave because they fear that their abuser will follow through on their threats or they will lose their children. In many cases leaving an abuser takes leaving many times before they actually leave for good. Miss Morrison goes on to say that people should have a safety plan if they go back to an abusive home. They can hope for the best but should always plan for the worst. Women with children may have a harder time leaving an abusive home because it is hard to decide which is worse the abusive home or a single parent home. In cases like this ADV/SAS provides education on the effects that living in an abusive environment has on children. Many times the parents will say that "the children have never seen the abuse" but Miss Morrison points out that just because they haven't seen it, they have still heard it and felt it. The kids know when things are tense. She also points out that often times if there is a spouse being abused the children are also being abused. Miss Morrison closes the segment by saying that "We want to help" and then gave crisis hotline phone numbers. 800-892-3375 for ADV/SAS, 800-799-7233 for National Domestic Violence Hotline, and 800-656-4673 for the National Sexual Assault Hotline.

<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 #022815A	29:18	14:44	LCL	PA

AIR DATE & TIME: 3/19/15 @ 3:00 AM, 3/19/15 @ 4:00 A, 3/19/15 @ 11:30 AM, 3/21/15 @ 3:00 AM, 3/23/15 @ 10:30 AM, 3/28/15 @ 3:00 AM, 3/28/15 @ 10:30 AM

Diane Farrell, Chief Clinical Officer for North Central Behavioral Systems, appears on Joy in Our Town to talk about the topic of sibling fights. She states that sibling fights to some extent are normal and healthy. She adds that children fight where they feel safe and comfortable and parents should monitor to make sure the children are safe. Sibling fighting becomes unsafe and unhealthy when the fight becomes out of control and the same person is always being victimized. Diane states that adults need to let go of fights that were had with siblings as children to become functioning healthy adults and counseling helps adults to move past issues that are being held on to. She goes on to speak about blended families and explains that step-siblings often struggle because many times their role in their family changes, and birth order changes, she adds that getting counseling for the entire family can help with the transition. Diane goes on to speak next about fights between adult siblings, stating that these types of fights are also normal and healthy as long as they don't escalate to physical violence. She adds that most fights between adult siblings occur after the loss of a parent and points out that communication is key when dealing with this type of situation.

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

<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 #032015	29:36	13:47	LCL	PA

AIR DATE & TIME: 3/30/15 @ 10:30 AM

Susan Bursztynsky, President and CEO of Easter Seals of LaSalle & Bureau Counties, appears on Joy in Our Town to speak about families with children with special needs. Susan begins the program by stating that if you think your child has a developmental delay, you should have them screened immediately and adds that Easter Seals offers free screenings for children ages 0-3 years, they have online screening if you are unable to get to the center and Child and Family Connections also offers free screenings. She states that many parents ask their physician about their child development. She maintains that if a parent believes that their child does have a developmental delay they should push to have their child screened. Susan says that parents can be watchful for normal development in their child, noticing that their child doesn't startle to loud sounds, roll over by a certain age, or follow an object with their eyes; may be a cause for concern. She adds that many parents feel guilt if their child is diagnosed with a special need and recommends that the parents reach out to other parents or find a support group that can help them. She recommends that parents get therapy for their child right away if they are diagnosed and advocate for their child. They should know what is in their child's IEP (individual education plan) and know what services the child's school should be providing. Susan goes on to speak about what parents can do as the child with special needs gets older, she recommends that parents plan what sort of care their child will need as they get older and look into guardianship when the child reaches the age of 18 so that decisions can be made in the best interest of the child. In closing her segment Susan reminds parents that they need to make time for themselves and other children in the home.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	700 Club CBN Newswatch #02122015	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 2/12/15 @ 2:00 PM

CBN News Reporters Tracy Winborn and Caitlin Burke Report: For decades, marriage has been a key factor in achieving the American dream. Now, a study shows the Millennial generation is taking a different path to success. For many, that means saying 'I don't' to marriage. Sisters Nicole and Erica Barrada appear to be your typical 20-somethings, just hanging out and having a good time. After earning their degrees, they're working full time, paying off student loans, and enjoying the freedom of single life. The Barrada sisters are like many Millennials. They say they've got their priorities straight and marriage isn't anywhere near the top of the list. Instead, it's more about getting an education and pursuing their careers. A recent study by the Urban Institute finds the marriage rate has dropped for years and the percentage of Millennials marrying by age 40 will fall lower than any generation before them. From 1990 to 2010 that rate dropped less than 10 percent, from Baby Boomers at 91 percent to Generation X at 82 percent. By the time Millennials reach 40, it could fall as low as 69 percent. Economist and CBN Contributor Stephen Moore said this decline could pose a serious problem. He also worries this Millennial trend could mean more children growing up without a mother and a father in the home. The Barrada sisters say their Christian faith gives them a more traditional view. While they're saving their sexual purity for marriage, planning a family has not really been a priority. To see where some of their peers stand, CBN News hit the streets near Georgetown University. We couldn't find one student who had any desire to marry anytime soon. In fact, some were even opposed to the idea. Pastor Roderick Hairston, a former chaplain of the Baltimore Ravens, wrote a book called, "Cover Her." He says the church should be concerned with this generation delaying marriage and agrees one of the most devastating effects will be on children. He also believes the benefits of a godly marriage can't be ignored, including the spiritual and emotional benefits. He also said it's even good for physical health. Still, the Barrada sisters say they're happy and healthy being single, and like many Millennials, they're not anxious to change their minds anytime soon.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	700 Club CBN Newswatch #02262015	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 2/26/15 @ 2:00 PM

CBN News Washington Senior Correspondent Paul Strand Reports: Scripture asks, "Can a man play with fire and not be burned?" Frequent users of pornography seem to think so. But many not only hurt themselves, they bring pain to others as well. Still, pornography has become so mainstream, even among churchgoers, much of society is starting to believe it's harmless. What you'll often hear from porn users is, "I'm not hurting anybody!" But the truth is there are very real victims, such as the girls and women working in the industry, some of who are actually sex-trafficked and forced to act in obscene productions against their will. "Naideen" testified about that at a recent summit in the Washington, D.C.-area of the Coalition to End Sexual Exploitation. Such cooperation included faking the smiles and looks and sounds of pleasure that are then used to justify the assertion that the females in porn obviously enjoy being in it. This blatant exploitation wouldn't happen and these women wouldn't be getting hurt if there wasn't such an X-rated demand, if the buyers stopped buying and the market for pornography dried up. But these consumers also often hurt the people closest to them, like the wife of Matt Russell. He carried a longtime porn addiction into their marriage. Cathy Dyer's husband, Greg, drove her to seek therapy after he deserted her for an affair that followed his lifelong addiction. These husbands eventually broke free and both couples reconciled, joining Lakeland, Florida's First Baptist Church at the Mall that tackles porn addiction directly. Kevin Conrad leads an accountability support group at the church. Trena Mewbom, First Baptist's director of Counseling and Support Groups, sees how desire for the X-rated destroys marriages. First Baptist's Senior Pastor Jay Dennis has written books about how users can break free from the X-rated material, and his church produced a DVD about it, called "Our Hardcore Battle Plan." In it, church member Tom Wolfe testifies how his heavy porn use led to sex addiction and a series of affairs. Mewborn said she has seen men in the business world lose jobs over pornography. Missionary trainer Nik Ripken told CBN News so many young Christian men are now addicted, they can't be trusted to go on the mission field. And you can see it in the numbers: the current ratio is seven female missionaries for every male. But men aren't the only ones hooked. That's what former addict Crystal Renaud of Dirty Girl Ministries pointed out at the same conference on sexual exploitation where former porn star "Naideen" testified. Renaud testified how the X-rated material can carry people into darker and riskier places. Sometimes it even leads to criminal behavior. Psychotherapist Mary Anne Layden told the Coalition to End Sexual Exploitation summit that in her research she sees a consistent link between those who consume porn and those who commit sexual violence. And she spoke of a frightening study she did tracking college males who used more pornography from freshman to senior year. She also shared at the conference recent research on the behavior of many porn consumers:

- They have more sex partners
- Are less attracted to their partners
- Want less sex with them
- Try to get them to act out scenes from porn films
- Have affairs if they're married
- Go to prostitutes.

Some men justify the reason they're such lustful creatures is that's just who men are. But Pastor Dennis is having none of that. Greg Dyer said they know in their hearts they're wrong. Dennis said viewers can change all this — and they can start by imitating the godly man Job. Some declare they cannot live without pornography. But Dennis is quick to assert that just isn't so. The truth is no one in history has ever died from a lack of pornography.

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

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 #102214B	29:48	14:26	LCL	PA

AIR DATE & TIME: 1/16/15 @ 12:00 PM, 1/17/15 @ 3:00 AM, 1/19/15 @ 10:30AM, 1/22/15 @ 3:00 AM, 1/22/15 @ 4:00 AM, 1/29/15 @ 3:00 AM, 1/29/15 @ 4:00 AM

Trooper Jason Wilson, of the Illinois State Police, gives some tips for safe travel in the winter months. He recommends that the first thing that people should do before traveling in cold weather is an equipment check before getting on the road. Make sure tires are good, fluids are filled and that an emergency kit is ready with all items that would be needed in case of an emergency. Trooper Wilson says that if a traveler does have an emergency or accident that they should stay with their car and conserve fuel if they are stranded so that the car can be warmed up over and over again until help arrives. He also reminds people to dress for cold weather even if they are only going to be driving for a few minutes because if there is an emergency it may take an extended period of time for help to reach you.

<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 #011215A	28:55	13:43	LCL	PA

AIR DATE & TIME: 1/30/15 @ 12:00 PM, 1/31/15 @ 3:00 AM, 2/2/15 @ 10:30 AM, 2/5/15 @ 3:00 AM

Kay Smith, Health and Wellness Director, of the Y talks about getting healthy. The YMCA was started in 1844 in London by George Williams as a way of getting young men off the streets and into a healthy lifestyle. Exercise should be a part of everyone's life from 0 to over one hundred years of age. If young children are brought up in an atmosphere of an active lifestyle, they will most likely incorporate it into their own for the rest of their life. Eighty-five percent of people who start an exercise program will fail to continue with it. They get discouraged and stop. It is important for people to take small steps and set reasonable goals that they can reach. Then set another goal one they meet the progress that they were working towards. By taking smaller steps people will not wear out or become overwhelmed and quit. The CDC recommends that people have 30-60 minutes of cardiovascular exercise each day. This can be broken down into shorter time periods over the day to make it more manageable. Kay also stresses that it takes time to work up to longer periods of time. Make exercise a habit. If you have children, incorporate your exercise into play time. If you have a sit down job, do chair stretches, walk the stairs or park farther away. These are little things that can get people moving. Moving is exercise. Kay also talks about how older adults with health issues can still work exercise into their life. Anything that gets their muscles moving will make them feel better.

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

<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 #011215A	28:55	12:03	LCL	PA

AIR DATE & TIME: 1/30/15 @ 12:00 PM, 1/31/15 @ 3:00 AM, 2/2/15 @ 10:30 AM, 2/5/15 @ 3:00 AM

Miranda Reinhardt, Registered Dietitian with the Y, talks about promoting healthy eating to keep the body healthy. Dietitians work to help people eat properly, live a healthy lifestyle and prevent disease. If you're trying to get someone to exercise and they aren't eating healthy, their body is not nourished, they are not going to succeed very well. People need to accept the body that they were given first. People make eating more complicated than it has to be. The idea is to incorporate all foods. Eat healthy living foods the majority of the time but don't deny the treats or unhealthy foods. If people feel like they've failed at eating, then they tend to stop everything else that they were doing (exercise). There are three main keys to being healthy. Number 3 is eating healthy. Number 2 is exercising or getting the body moving. Number one for become healthy is feeding the soul. Health doesn't start with food and exercise, it begins with your spirit. Miranda suggests paying it forward and doing random acts of kindness to take the focus off of you and what you're eating. Shapes and sizes don't matter, you can be healthy and not look like someone else. If you are healthy, you are eating properly, you're moving your body, and you are feeding your soul.

<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 #012015B	28:33	12:11	LCL	PA

AIR DATE & TIME: 2/16/15 @ 10:30 AM, 2/19/15 @ 3:00 AM, 2/19/15 @ 4:00 AM

The program begins by Ben Corey, American Red Cross External Communications Manager, stating that the Red Cross is the nation's largest blood supplier. They supply 40% of the nation's blood to 2600 hospitals across the country. He continues by saying "Every two seconds someone in America needs a lifesaving blood transfusion." He also states that there is always a decline in blood donation in the winter months due to weather, flu and other illnesses. Next, Mr. Corey describes the donation process: when a donor arrives they check in and receive an information booklet that describes eligibility requirements, then they go over their health history with a staff member, next is a temperature check, blood pressure, and iron level test. Finally, the donor is seated and the actual blood donation begins and usually takes 10-15 minutes, then the donor is asked to stay and additional 10-15 minutes for cookies and juice. The full process takes about an hour of time and one donation could potentially save up to three lives. Mr. Corey goes on to describe the eligibility requirements for being a blood donor. He says that a donor must be 17 years old or 16 with a parent's consent, they must weigh at least 110 pounds, and be in generally good health and feeling well. If a person is concerned about medications that they take, they can call 800-Red-Cross or check on redcrossblood.org. He goes on to say that if people are worried about the needle they should bring moral support. Mr. Corey continues the conversation by saying that people can give blood every 56 days, that's about 6 times per year. He explains that all blood types are needed and that the Red Cross needs to collect 15,000 pints of blood per day to meet the demand. When asked what type of accidents and diseases are blood donations used for? Mr. Corey states that there are many instances when a blood transfusion is necessary including trauma victims, cancer patients, surgery patients, organ transplant recipients, and people with sickle cell disease. He states that all blood has a shelf life; red blood has a 42 day shelf life and platelets have a shelf life of five days. He states that "whole blood" has three separate components that are used for different types of patients. The most common transfusion is "red blood" this is typically used for trauma or surgery patients, next is, platelets; which are used for cancer patients, and lastly plasma which is commonly used for burn victims. In closing Mr. Corey is asked how people can help. He says that people and business can help by hosting a blood drive, volunteer as a coordinator, or volunteer at a blood drive.

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

March 31, 2015

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #008	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 1/27/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

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

March 31, 2015

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #001	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 3/3/15 @ 12:00 PM

Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

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

March 31, 2015

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #002	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 3/10/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for love. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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

March 31, 2015

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #003	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 3/17/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN Newswatch #01162015	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 1/16/15 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Inflammation is a serious health problem you can't even feel, but it does tremendous damage, especially over a long period of time. Scientists say inflammation could be behind heart disease, arthritis, cancer, ADD/ADHD, diabetes, stroke, migraines, thyroid issues, dental issues, and more. Although inflammation is caused by toxins like cigarette smoke and environmental pollutants, the biggest factor is an inflammatory diet. Many of the foods we eat cause inflammation and simply avoiding them can lead to immediate and dramatic improvements. Then on top of avoiding the bad foods, adding anti-inflammatory foods to your diet creates an even healthier you. Many people who follow an anti-inflammatory diet also lose weight. Mark Sisson is a leading expert on an anti-inflammatory diet. At age 60 he is the picture of health: He has the body of a man half his age, inside and out. He does not suffer from any diseases or chronic conditions and doesn't take any medications. But he hasn't always been this healthy. His anti-inflammatory diet changed everything. Sisson follows the Paleo Diet. Last year the Paleo Diet was the number one searched diet on the Internet and Sisson's is the top Paleo Diet website. He's been studying nutrition research for the last 25 years and writes about his findings on "Mark's Daily Apple." The Paleo Diet is about avoiding foods that cause inflammation. That means no sugar, no wheat, no trans fats or industrialized Omega-6 fats, and very little or no dairy. Sugar weakens your immune system and causes insulin problems. Wheat treats your body much the same way. In fact, many people who follow the Paleo Diet stop eating all grains, such as rice, corn and oats, in addition to wheat. Sisson didn't even know wheat was causing him problems until he stopped eating it. Highly inflammatory trans fats and industrialized Omega-6 fats are Paleo no-nos. Trans fats are man-made oils that have been hydrogenated, meaning they have been infused with hydrogen for the primary purpose of prolonging the shelf-life of a processed food. Therefore, most trans fats are in packaged foods. You can recognize whether a product contains a trans-fat by looking at the list of ingredients. If you see the word "hydrogenated," it's in there. Vegetable shortening and margarine are also trans fats. Industrialized Omega-6 fats are also highly inflammatory. Theoretically they could be considered safe if consumed in equal amounts as Omega-3 fats, such as fish oil. But the average American consumes 20 times the amount of Omega-6 fats as Omega-3 fats, and this imbalance causes inflammation. Industrialized Omega-6 fats are the vegetable and seed oils. These oils are on many grocery store shelves in the form of vegetable oil, corn oil, peanut oil, safflower oil, sunflower oil, and soybean oil. The Paleo Diet advises followers to steer clear from these oils as well as canola oil. The Paleo Diet also eschews dairy that can cause inflammation, allergic reactions, and stomach problems. People considering the Paleo Diet may wonder, after giving up sugar, grains, trans fats, industrialized Omega-6 fats and dairy, what's left to eat? As it turns out, a lot! Healthy fats include things like avocados, nuts and seeds, olive oil, fish oil, and coconut oil. Coconut oil is one of many saturated fats that the Paleo Diet encourages. Saturated fat from beef and pork are also encouraged. The endorsement of saturated fat is controversial. Some health professionals believe saturated fat leads to heart disease and should not be consumed. However, many recent studies, which are very reliable in that they are large and exhaustive, find no evidence that eating saturated fat is bad for your heart. Nevertheless, much of the medical community still relies on industry standards from the past that condemn the consumption of saturated fat, though the number of people holding to that belief is reducing every year. Of course, any diet is best when combined with exercise. Sisson combines the Paleo Diet with what he says research proves is the best exercise: a three-fold plan of slow, steady movement, occasionally lifting weight, and a series of all-out sprints. Most of us know a sedentary lifestyle is hazardous to our health. But that doesn't mean we have to overdo it in the opposite direction by killing ourselves at the gym. Sisson said his research shows simple movement, such as walking, and very slow movement at that, not even breaking a sweat, is what's best for our health. But the key is to do it a lot. For those of us who have desk jobs, this can be a challenge. Sisson points out that walking before and after work, and taking several walking breaks throughout the day can make a huge difference. Sisson also recommends lifting some weight about twice a week. This does not mean you must purchase a gym membership and lift dumbbells twice a week. In fact, he uses his own body weight as resistance, and so can you, by doing push-ups, lunges, sit-ups, pull-ups, and so on, and just by lifting heavy objects in your daily life. Sisson said the latest research in sports medicine proves the value of sprinting. Sprints are short bursts of aerobic activity, such as running, biking and swimming, where you exert 100 percent of your total energy. Sprints typically last only 30 seconds or so. Sisson said only a few sprints once a week will yield results. In addition to a good diet and exercise plan, a healthy lifestyle relies on proper sleep. Your body repairs itself when you sleep. Without enough sleep, our immune system suffers and we increase the secretion of hormones that make us hungry. If you have trouble getting to sleep at night, go without any caffeine after noon and avoid all electronics at least one hour before bedtime. So for an anti-inflammatory diet, try the Paleo eating plan. It's known for what it's missing: sugar, grains, trans fats, industrialized Omega-6 fats and dairy. That way you'll be left eating foods that keep you thin and healthy.

The figure designated as **SEGMENT DURATION** is based on our good faith judgment and may not represent exact time.
 March 31, 2015

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN Newswatch #02172015	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 2/17/15 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: February is American Heart Month. Heart disease kills more Americans than any other cause of death. Most doctors tell people high cholesterol is responsible for heart disease. But not all doctors see it that way. Cardiologist Dr. Stephen Sinatra, author of the book "The Great Cholesterol Myth," says the real cause of heart disease is inflammation, not cholesterol. Sinatra used to believe high cholesterol was responsible for heart disease until he saw with his own eyes, in his own patients, that wasn't true. He noticed many of his heart patients had low cholesterol and saw that many people with high cholesterol did not have heart problems. Sinatra is among a growing number of physicians who actually tout the benefits of high cholesterol in most cases. He said high HDL cholesterol is good for you and says even LDL cholesterol is good for you as long as it's the large, fluffy particles. He admits the small, dense LDL particles are harmful. Therefore, he recommends, instead of getting your overall LDL cholesterol checked, you get it further broken down into particle size. Since Dr. Sinatra does not think high cholesterol is responsible for heart disease, he does not think cholesterol-lowering statin drugs are helpful to most of the people taking them. Instead, he believes only a very small percentage of people who are taking statins actually need them. For example, he usually only prescribes statins to middle-aged men who have coronary heart disease. He also says a small number of women need statins, but mostly because they benefit from the statin's anti-inflammatory properties, not its ability to lower cholesterol. On the other hand, by and large, Sinatra believes statins are far too over-prescribed. Although drug companies sell \$30 billion worth of statins every year, Sinatra said the people who take them are paying a price with their health as well as their wallet. In other words, for many statin users, the risks outweigh the gains. Muscle pain and fatigue are two of the key complaints he hears from statin users. Sinatra said the reason for these symptoms is often misdiagnosed. Patients over 70 years old are especially vulnerable, he said. Sinatra says one of the best things about statins are their ability to reduce inflammation. But since statins have so many side-effects, most people are better off ditching the statin and reducing inflammation the natural way, by reducing the amount of sugar they eat. Sinatra looked at the evidence and concluded, instead of cholesterol, it's inflammation that causes heart disease. Inflammation is caused by a number of things. Eating too much sugar is at the top of the list. Sugar damages arteries, increases blood pressure, and ages your organs. Of course, we all know that sugar is the white, granular stuff we put in our coffee. But sugar comes in many, many other forms. For example, high fructose corn syrup is a sugar. It is the primary ingredient in soda and candy and is found in the list of ingredients in a huge number of other products, many that you probably don't even consider a "sweet," such as bread or pasta sauce. Many other syrups and ingredients that end in "-ose" are also sugars. In addition to avoiding foods that contain sugar, reducing inflammation also involves avoiding foods that turn into sugar once you eat them. These are called refined carbohydrates, and are grains that have been stripped of the healthiest part, leaving only the starchy portion of the grain. Refined carbohydrates are the "white" foods, such as white bread, white bagels, white hot dog or hamburger buns, white pasta, white rice, white tortillas, and so forth. Sinatra recommends replacing sugars with vegetables and healthy fats, such as nuts, avocados, fish, and olive oil. He also touts saturated fats like butter, unprocessed meat, and coconut oil. He encourages people to put aside their fears that saturated fats cause heart disease. Although they may raise your cholesterol, he believes that will not hurt you, and in fact, will probably improve your health. However, Sinatra points out that it's very important not to confuse good fats with trans fats. Trans fats, which are also called "hydrogenated" oils, are extremely harmful to the heart. Trans fats are man-made fats and are found in processed foods.

The figure designated as **SEGMENT DURATION** is based on our good faith judgment and may not represent exact time.
 March 31, 2015

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN Newswatch #02202015	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 2/20/15 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Most of our health problems are said to be the result of three things: bad food choices, inactivity, and unmanaged stress. Therefore, it's no surprise Seventh Day Adventists live an average of 10 years longer than most Americans. They don't do any of that. Take for example Benita Welebir. At age 100 she still enjoys a healthy mind, body, and spirit. She's not alone. There is an unusually high concentration of centenarians in her hometown of Loma Linda, California. It's one of only five "blue zones" worldwide. Researcher Dan Buettner found these zones when he searched for where people live the longest. The others are Okinawa, Japan; Kria, Greece; Sardinia, Italy; and Nicoya, Costa Rica. Loma Linda is an hour east of Los Angeles where about a quarter-million people live. The reason they're so healthy is because most of them are Seventh Day Adventists. On average they live 10 years longer than most Americans. Dr. Larry Beeson, an epidemiologist at Loma Linda University, has been involved in researching the health of Seventh Day Adventists for the last 50 years. They strongly adhere to the belief of respecting the human body as the temple of the Holy Spirit. That means no alcohol, no tobacco, and following a plant-based diet. Welebir said her primary food source throughout her entire life has been vegetables. Many Loma Linda residents, like Welebir, are total vegetarians. Others will eat eggs and some have dairy such as cheese and milk. There is a group that eats fish, and there are those who eat small amounts of poultry and beef. Beeson said different dietary choices result in varying health outcomes. Diet isn't the only factor in these longer lives. Seventh Day Adventists strictly observe the Sabbath. Every week, beginning with sundown on Friday, they rest for an entire day. This allows them to recuperate from the week and recharge for the one ahead. They also use it to spend time with friends, family, and God. Stuart Harty is one of the pastors of Loma Linda University Church of Seventh Day Adventists, one of the largest Adventist congregations. He said resting on the Sabbath includes abstaining from electronics. Likewise, when Welebir is asked what she feels are the keys to her longevity she emphasizes down-time. Medical research confirms one of the greatest killers is stress. Observing the Sabbath is a way to de-stress. Exercise is also a priority. Throughout her life, Welebir was extremely active, running and horseback riding. These days she makes it a point to walk every day. She does what she can, even though her strength isn't what it used to be. Seventh Day Adventists are able to stick to their healthy lifestyle because they're surrounded by others living the same way. Josiah said human behavior, good or bad, is contagious. Science proved her right. Studies show that if your three best friends are obese, you have a fifty-percent likelihood of also being obese. Seventh Day Adventists place a high priority of treating the human body as the temple of the Holy Spirit, which means on the whole, they don't drink, don't smoke, eat very little meat, exercise, and observe the Sabbath. As a result they live an average of 10 years longer than most Americans.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN Newswatch #03022015	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 3/2/15 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Do foods like skim milk and balsamic vinegar seem healthy? The amount of sugar in these foods may surprise you. Many so-called health foods are loaded with sugar. These hidden sugars are part of why so many people are unhealthy. Americans consume a shocking amount of sugar. Many people eat and drink the equivalent of an entire cup of sugar every day! That's double the amount of sugar average Americans consumed 100 years ago. All of that sugar can be deadly. Dr. Gerald Edelman, a Dallas oncologist and author of the book, "Sugar Rehab," has seen firsthand the damaging effects of too much sugar. He says sugar stimulates cancer cells directly and indirectly. He adds cancer survivors who are also diabetic have a much higher chance of their cancer coming back than people with low blood sugar. Edelman points out that too much sugar can cause obesity, a known risk factor for many health problems, from heart disease to high blood pressure as well as the common cold. John Speanburg is one of Edelman's patients. He has Hodgkin's lymphoma, cancer of the blood. After following Edelman's advice to slash the sugar, he lost weight and has been cancer-free for nine years. Edelman suggests an easy way to curtail sugar intake. He recommends looking at a product's nutrition facts panel on the label. He said if an item contains more than two grams of sugars per serving, don't eat or drink it. He warns not to be fooled by healthy-looking foods. As an example, he pointed to a popular protein shake that contained 44 grams of sugar per serving. Sugar is highly addictive. Brain imaging shows the pleasure and reward centers light up the same way when a person eats sugar as they do when a person takes cocaine. Also, it is difficult to get off the roller-coaster ride consisting of the sugar "high" followed by the sugar "crash." Most people who try to cut back on the amount of sugar they consume stop eating the obvious offenders such as desserts like cakes, cookies, ice cream. Unfortunately, that's only the beginning. Many foods that appear healthy are just as sweet as dessert. For instance, those little packages of oatmeal can contain as many as 12 grams of sugar per serving. A low-sugar alternative are the old-fashioned, slow-cook oats or steel-cut oats, which contain only one gram of sugar per serving. These types of substitutions are the foundation of nutritionist and best-selling author J.J. Virgin's latest book, "J.J. Virgin's Sugar Impact Diet." She shows how to choose lower-sugar alternatives to foods with high sugar impact. Sugars hidden in foods being marketed as health foods are why so many people have difficulty losing weight. Virgin says low-fat and fat-free foods often contain far more sugar than people realize. For example, many fat-free salad dressings are one-third sugar. She said a good diet contains a large percentage of healthful fats, the same ones that have been unfairly demonized. Virgin attributes her svelte figure and glowing hair and skin to a diet high in healthy fat. She said a good way to crush sugar cravings is to replace sweets with healthy fats. Perhaps the biggest sugar scam are the words "fruit" and "juice" on the labels of processed foods. These items are made of the super-sweet concentrated fructose that's left over after the healthy fruit fiber and nutrients have been removed. Some examples are fruit leathers, fruit snacks, and fruit juice. Dried fruits are also misleading because they often contain more sugar than candy. Virgin warns about falling for the "no sugar added" claim. Refined carbohydrates are deceptive because, while not tasting sweet, they turn into sugar after you eat them because the grains have been stripped of the good stuff, leaving only the starch. Refined carbohydrates are foods like white bread, bagels, buns, and pizza crust, white rice, white pasta, waffles, pancakes, and tortillas. Even whole grains can be a poor choice because of added sugars. Two slices of whole wheat bread can contain six teaspoons of sugar. Therefore, don't blindly choose to eat a food simply because it's whole grain. First check the list of ingredients for added sugar. A red flag is any ingredient containing the word "syrup." Other seemingly healthful foods that often contain staggering amounts of sugar include muffins, breakfast or energy bars, sports drinks, and energy drinks. Don't rely on the manufacturer's description of the product. Read the nutrition facts and the list of ingredients. In "Sugar Impact Diet," foods are divided into high, medium, and low sugar impact. For example, white potatoes are high sugar impact, sweet potatoes are medium sugar impact, and pumpkin is low sugar impact. White rice is high sugar impact, brown rice is medium sugar impact, and wild rice is low sugar impact. A pasta sauce with sugar added is high sugar impact, with no sugar added is medium impact, and crushed tomatoes, olive oil and basil is low sugar impact. Virgin advises steering clear of artificial sweeteners. Research shows people who consume a lot of them actually tend to gain more weight because they continue to fuel the craving for sweet foods. Edelman said sometimes artificial sweeteners can be helpful when people are trying to break their addiction to sugar. However, he admits they should be used with caution. The best advice is to be aware and "just say no" to sugar... in obvious places like desserts, as well as the hidden ones.

The figure designated as SEGMENT DURATION is based on our good faith judgment and may not represent exact time.
March 31, 2015

ISSUE

EDUCATION

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUC.	Joy In Our Town #102114B	29:27	14:41	LCL	PA

AIR DATE & TIME: 1/5/15 @ 10:30 AM, 1/15/15 @ 3:30 AM

Susan Bursztynsky, President of Easter Seals of LaSalle and Bureau Counties, begins the segment by speaking about the services offered by Easter Seals, she states that the focus is typically on pediatric therapy. In addition to therapy services they also have child care centers for child both with and without special needs and they also provide an Autism Resource Center. Susan goes on to talk about what parents can do if they suspect a developmental delay in a child and what services Easter Seals can provide if there is a diagnosed delay or if Autism is diagnosed.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUC.	Joy In Our Town #102214A	29:39	15:47	LCL	PA

AIR DATE & TIME: 1/12/15 @ 10:30 AM, 1/15/15 @ 3:00 AM, 1/15/15 @ 4:00 AM, 1/22/15 @ 3:30 AM, 1/23/15 @ 12:00 PM, 1/24/15 @ 3:00 AM, 1/26/15 @ 10:30 AM, 1/29/15 @ 3:30 AM, 2/5/15 @ 3:30 AM

Donna Mac, author of "Toddlers and ADHD" and mother of twin daughters that both have ADHD; she describes ADHD as a disorder where a child has a deficit when it comes to self-regulation. She states that there are cues to recognizing when ADHD may be the issue with a child's behavior. Children that have ADHD tend to repeat dangerous activities without care of consequences and they tend not to respond parenting strategies. Donna states that children with ADHD have a slower brain processing speed so they do things that are exciting to keep their brains stimulated. When asked, what parents can do if they suspect that their toddler may have ADHD, she says that parents should talk to their child's pediatrician and get early intervention help. They should also start therapy as early as possible and that will teach strategies to parents and children on how to deal with meltdowns and tantrums. Donna states that not getting help will only make the problem worse.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUC.	Joy In Our Town #102214A	29:39	13:22	LCL	PA

AIR DATE & TIME: 1/12/15 @ 10:30 AM, 1/15/15 @ 3:00 AM, 1/15/15 @ 4:00 AM, 1/22/15 @ 3:30 AM, 1/23/15 @ 12:00 PM, 1/24/15 @ 3:00 AM, 1/26/15 @ 10:30 AM, 1/29/15 @ 3:30 AM, 2/5/15 @ 3:30 AM

Donna Mac, author of "Toddlers and ADHD", begins the second segment by describing what a tantrum being had by a child with ADHD as opposed to a child without ADHD. She states that a child without ADHD will have a tantrum but typically only lasts for a short period and the child can be soothed, this is not the case with a child that has ADHD, the child with ADHD will have an extreme meltdown with screaming and possible outbursts of violence that will last over an extended period of time sometimes lasting for hours. This type of tantrum can occur several times a day and is bad for the brain development of the child. When asked what can be done to stop this type of tantrum from occurring, Donna describes coping skills that can be taught such as deep breathing and sensory stimulation, she also recommends use of a weighted blanket or vest. Donna continues by saying that medication can also play an important role in helping deal with the issues brought on by ADHD. She also recommends getting a child's school involved so that they can help with meeting the needs of a child with ADHD.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUC.	Joy In Our Town #102214B	29:48	14:52	LCL	PA

AIR DATE & TIME: 1/16/15 @ 12:00 PM, 1/17/15 @ 3:00 AM, 1/19/15 @ 10:30AM, 1/22/15 @ 3:00 AM, 1/22/15 @ 4:00 AM, 1/29/15 @ 3:00 AM, 1/29/15 @ 4:00 AM

Matthew McNatt of McNatt Learning Center Inc., describes himself as a movement based educator. He says that the services that are provided by the learning center help many people for individuals with movement issues to athletes. Matthew states that using movement to break focus can help refocusing become easier. He states that he teaches people to be aware of their movement and he teaches a better and more effective way to move.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUC.	Joy In Our Town #011215A	28:55	3:08	LCL	PA

AIR DATE & TIME: 1/30/15 @ 12:00 PM, 1/31/15 @ 3:00 AM, 2/2/15 @ 10:30 AM, 2/5/15 @ 3:00 AM

Cleve Threadgill, Superintendent of Ottawa Elementary School District 141, talks about educating the community about the welfare: budgets, cost saving measures, and meeting challenges facing the district together. Strategic planning helps get through the tough times. Together we can provide the best education we can for our students. Our community is measured by the quality of the education that we provide. We have been fortunate to have given a well-rounded, outstanding, excellent education.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUC.	Joy In Our Town #012915A	29:53	2:52	LCL	PA

AIR DATE & TIME: 2/13/15 @ 12:00 PM, 2/14/15 @ 3:00 AM, 2/17/15 @ 3:30 AM, 2/19/15 @ 3:30 AM, 2/26/15 @ 3:30 AM

Cleve Threadgill, Superintendent of Ottawa Elementary School District, talks about curriculum. Schools are about teaching and learning. The better job we do at teaching, the better impact it will have on the students. What is really important is differential instruction: meeting the needs of the individual child rather than a group plan where everyone works at the same pace at the same thing. We recognize that different students may have different strengths and weaknesses. If a weakness is noted, it is our job to help that child improve. If a child is excelling, we need to find ways to challenge them. By using a balanced assessment model that is comprehensive in scope, monitoring student progress and using data to drive instructing, that will continue into the future to help differentiate. Ottawa Elementary Schools also still incorporate art programs into its curriculum: music, art classes and technology classes are all part of this.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUC.	Joy In Our Town #012015A	28:33	2:54	LCL	PA

AIR DATE & TIME: 2/16/15 @ 10:30 AM, 2/19/15 @ 3:00 AM, 2/19/15 @ 4:00 AM

Cleve Threadgill, Superintendent of Ottawa Elementary School, talks about strategic planning. Strategic planning is a living document that helps map the direction of the future for Ottawa Elementary. You don't reach your destination with the plan, but constantly reevaluate it to work towards what the goals are. It is a wonderful way to bring in the stakeholders of the community to be a part of the direction of the district. Engaging the community is a key to the success of this process. There are 5 main keys to the strategic plan that the district is working on. 1) Students and student achievement 2) Fiscal Responsibility 3) Personnel – hiring and retention of good staff 4) Facilities – making sure each student goes to a quality facility 5) Community Engagement. There are many resources and supports in the community. Working together we can give our children the best possible education.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUC.	Joy In Our Town #012915B	28:57	13:50	LCL	PA

AIR DATE & TIME: 3/28/15 @ 4:00 AM, 3/28/15 @ 11:30 AM

Sarah Nambo, Tri County Opportunity Council Head Start/Early Head Start Family Community Service Worker (FCSW) begins the program by stating that TCOC Head Start and Early Head Start is a comprehensive, not for profit program that serves pregnant mothers and babies ages six weeks to children five years old. There are income guidelines that are required and that if a family qualifies for TANF or Social Security they automatically qualify for the 3-5 year program. If a family wants to qualify for a full day/full year program or Early Head Start Center based program, they must also qualify for the childcare subsidy called Child Care Connections. There are two options when it comes to both Head Start and Early Head Start, they are home based and center based. Center based is a typical preschool classroom. In the home based program a Parent Child Educator comes to the home for an hour and a half once a week to do activities with the parent and child and that they have two "socialization" days a month, where all of the families involved in the home base program come together and have a day that looks like a typical preschool "in classroom" day. Ms. Nambo talks about developmental screening and school readiness. She states that being ready for Kindergarten is the most important thing that they do. She also explains that there are "at-home" activities for the children to engage the families and connect them to what is happening in the classroom. Next she talks about disability services that are offered and explains that all children in the Head Start programs have goals set for them, however if a child has disability services they are usually enrolled in the public preschool program as well as Head Start and have an Individual Education Plan or IEP. When a child has an IEP the Head Start teachers work on the goals that are laid out in the IEP along with setting new goals with the family for the child. They also assist the child with any special needs. Another comprehensive service provided by Head Start/Early Head Start is parent engagement. She explains that parents are always welcome to volunteer in the classroom and that parents are also invited to join the Policy Counsel. Policy Counsel is a panel of parents and people from the community that make decisions for the program, including who to hire or fire, nutrition restrictions and curriculum options. One other comprehensive that is offered is "Social Services". Social services includes goal setting with a Family Community Service Worker and signing a "Family Partnership Agreement" which is an agreement with Head Start that the family of the child will work to achieve their goals and what they can do to help their family better themselves. There are many needs of Head Start families. Sarah says that one of the biggest is nutrition, many families don't have enough to eat and that FCSW's can direct families to resources that can help them. She also states that many parents of children in the program want to go back to school to better themselves and just don't know where to start, the FCSW's can direct them on what options they have. Ms. Nambo also points out the transportation is a huge obstacle for many families and that in the Head Start program transportation to appointments can be handled by the FCSW's. The last big need that she talks about is the lack of phone use, she states that many times parents can come into a classroom and use the phone there to make calls to schools or to set up appointments. "What are the benefits for families receiving Head Start services?" Ms. Nambo replies that the biggest benefit for children is school readiness and the biggest benefit for families is the fact that they have support and assistance in improving themselves and their families.

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
EDUC.	700 Club CBN Newswatch #03262015	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 3/26/15 @ 2:00 PM

CBN News Reporter Heather Sells Reports: More than 450,000 students attend colleges focused on Christ-centered learning. These schools often require students and faculty to sign a faith statement committing to certain beliefs and behaviors. In the past, society approved and even praised such acts, but today that affirmation has been replaced by charges of discrimination and threats over accreditation. At many schools, alumni and other stakeholders are questioning their college's views on sexuality. The criticism from outsiders goes even deeper. A June 30, 2014 commentary in the widely regarded Chronicle of Higher Education questioned accreditation for any Christian college. Dr. Gerson Moreno-Riano, executive vice president for Academic Affairs at Regent University, said it's a tough climate right now for Christian colleges. Shirley Hoogstra, the new president of the Council for Christian Colleges and Universities (CCCU), acknowledged the cultural attacks in her January address to the 39th Annual Presidents Conference for CCCU presidents. Dr. Russell Moore, president of the Southern Baptists' Ethics & Religious Liberty Commission, believes the First Amendment will ultimately protect Christian colleges. He wants the culture to recognize a diversity of viewpoints and says that different faiths should stand together. Moreno-Riano would like an entire redefinition of higher education. In our changing culture, however, the burden is still on Christian schools to defend just why and how they exist.

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

March 31, 2015

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 #011915A	28:18	12:02	LCL	PA

AIR DATE & TIME: 2/6/15 @ 12:00 PM, 2/7/15 @ 3:00 AM, 2/9/15 @ 10:30 AM

Lauren McQuen, a local high school student, joined the host of "Joy in Our Town" to speak on the topic of bullying. Lauren talks about her Facebook page "Bully-Bashers" she details that she and a group of friends came up with the idea while at a camp for leadership training. She states that the Facebook page has inspirational quotes and tips for solving bullying problems. Lauren goes on to say that she has seen bullying on a daily basis in her school and when she was in Jr. High School. She believes that bullying can affect everyone including small children and adults. She says that many people think it's just a part of life, but she says "that's just not right," and people should stand up for others who are being bullied. She thinks that adults need to address the problem and parents should talk to their children about bullying. Lauren brings up the fact that social media can make bullying worse and reminds people that nothing online is really "anonymous" and cyber bullying has progressed over the last 5-10 years as social media has grown. When asked what does she hope to accomplish with the Facebook page she states that she hopes that it grows and helps to get the word out about bullying and that people will start to educate one another through the posts on the page. In closing Lauren is asked what she would say to people about bullying. Her response is "Stand-up, get educated, and speak out."

<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 #012015B	28:33	13:28	LCL	PA

AIR DATE & TIME: 2/16/15 @ 10:30 AM, 2/19/15 @ 3:00 AM, 2/19/15 @ 4:00 AM

The program begins with host Emily Young asking "What is bullying?" Rodney Perez of Operation PROMise and Operation Bully-Proof defines bullying as an "unwanted aggressive use of power". He states the most people have been effected my bullying in some way by the age of 10 years and it can continue into adulthood. He states that there are many types of bullying including; verbal, physical, emotional, and cyber. He goes on to say that use of social media has "amped-up" bullying and harassment. When asked, "Who is at risk?" Perez states simply "Everyone." He says that a bully will pick on anything from, race, ethnicity, physical appearance, disabilities, there are no set targets. He says that victims of bullies are effected in many ways including; mental health issues, depression, alcohol and substance abuse and in some cases suicide. Emily continues the conversation by asking what signs parents can look for to know if their child is being bullied? Perez says that they just need to watch for changes in their child; spending time alone, crying, isolation, and binge eating are just some things to look for. He states that if a child is being bullied they should go to a teacher, a family member or another adult that they are comfortable with. When asked "Who is ultimately responsible for prevention?" Perez says to start at home by teaching kindness and respect, and leading your children by example. He also states that parents of bullies and coaches are commonly bullies. He is asked, "What can parents of bullies do about the problem?" He Perez states that the parents need to look for the reason that child is behaving this way. He continues by saying that a person that bullies is seeking power. Parents need to address the problem and talk to their child's school and keep open communication with the school. Mr. Perez goes on to talk about new bullying laws that are in place that allows schools to be more involved. He also says that if you have a child that is being bullied don't just let it go. Go to the school, if the problem is very bad go to the police and file a complaint and know the school bullying policy that is in the "School Handbook." The program closes with Mr. Perez saying that if people want more information they should go to stopbullying.org or look for other government websites about bully prevention.

The figure designated as **SEGMENT DURATION** is based on our good faith judgment and may not represent exact time.
March 31, 2015

<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 #013015A	28:25	13:37	LCL	PA

AIR DATE & TIME: 2/27/15 @ 12:00 PM, 2/28/15 @ 3:00 AM, 3/2/15 @ 10:30 AM, 3/5/15 @ 3:00 AM, 3/5/15 @ 4:00 AM, 3/12/15 @ 3:30 AM

Brian Towne, LaSalle County States Attorney, began the segment by pointing out that currently the biggest cause for teen car crashes is electronics. He stated that the new law in Illinois says that all phones that are being used by a driver must be completely hands-free. Mr. Towne goes on to explain that 15% of teen car crashes in LaSalle county are due to the fact that the teen driver was distracted by the use of some sort of electronic device, he also points out that there are more teen crashes involving cell phones than there are involving alcohol. When being asked about teen driving laws, Towne lists several laws that are fairly new. He states that teen drivers now have a certain number of "Behind the Wheel" hours that a teenager must have with a parents supervision, there are more drivers education hours that are required and that a licensed teen driver may only have one other person under the age of 18 in the car with them unless it is a family member, he calls this last rule "the one or none rule". After digging deeper into the conversation about teen crashes, Mr. Towne says that parents need to be diligent about enforcing driving rules with their teen drivers. Stating that many teens have the mentality that they are "invincible", he goes on to point out that having an electronic device as a distraction while driving will make reaction time almost non-existent. When asked about alcohol involvement in teen collisions he points out that alcohol related crashes aren't as predominant as that have been in the past. He states that Illinois has a "Zero tolerance" law, meaning that a person under 21 years of age driving with any blood alcohol content, will receive an automatic license suspension. As the interview came to a close Mr. Towne was asked about programs to help educate teens about the dangers of distracted driving. He responded that there are several websites that campaign against texting while driving, and he spoke about "Operation Prom" videos that are available on the internet that are graphic but show real life scenarios about the repercussions of driving distracted.

<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 #021315A	29:48	12:15	LCL	PA

AIR DATE & TIME: 3/5/15 @ 11:30 AM, 3/7/15 @ 3:00 AM, 3/9/15 @ 10:30 AM, 3/12/15 @ 3:00 AM, 3/12/15 @ 4:00 AM, 3/12/15 @ 11:30 AM, 3/13/15 @ 12:00 PM, 3/14/15 @ 3:00 AM, 3/16/15 @ 10:30 AM, 3/19/15 @ 3:30 AM, 3/28/15 @ 3:30 AM

Officer Brenden Donahue, School Resource Officer with the Ottawa Police Department, appears on Joy in Our Town to talk about the topic of bullying. He defines bullying as a repeated pattern or cycle that displays power and control over another person. He points out that not all cases of teasing or picking on of someone is necessarily a case of bullying. He also states that there is no prototype of a bully, anyone can be a bully. He says that most kids that are bullied don't want to talk about the situation. He goes on to say that the expansion of social media has made it easier to bully someone he adds that approximately 75% of children from sixth grade to eighth grade are connected to social media. He maintains that kids should speak up about bullying and not just be a bystander. Officer Donahue says that parents need to stay involved and be proactive in dealing with a situation whether their child is the bully or the one being bullied. He states that parents should check their child's social media activity, watch for changes in behavior patterns, and stay in contact with the schools to keep them informed if there is a problem. He says that schools are now starting to take a more active role on the bullying issue and have policies in place to handle such problems and parents need to be willing to work with the schools to deal with the situation.

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

<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 #021315A	29:48	17:03	LCL	PA

AIR DATE & TIME: 3/5/15 @ 11:30 AM, 3/7/15 @ 3:00 AM, 3/9/15 @ 10:30 AM, 3/12/15 @ 3:00 AM, 3/12/15 @ 4:00 AM, 3/12/15 @ 11:30 AM, 3/13/15 @ 12:00 PM, 3/14/15 @ 3:00 AM, 3/16/15 @ 10:30 AM, 3/19/15 @ 3:30 AM, 3/28/15 @ 3:30 AM

Officer Brendan Donahue and Corporal Kyle Booras, of the Ottawa Police Department, appear on Joy in Our Town to talk about the "Peer Jury" system that is used in the local community. Corporal Booras describes Peer Jury as a different type of punishment for youth offenders that are under the age of 18 and have not committed a felony or a violent crime. He states that Peer Jury gives the youth being charged the opportunity to stay out of the judicial system and keep their minor offence off of their permanent criminal record. Officer Donahue states that jurors are seventh grade to twelfth grade that are "handpicked" to serve on the jury and on occasion a past offender is on the jury. To qualify to appear before the peer jury the youth offender must admit to their wrong-doing and agree to take their case before the peer jury. In most cases the offender is sentenced to community service, writing apology letters and probation. If they do not complete their assigned sentence then the case is sent to the states attorney to go before a judge.

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

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 #011915A	28:18	15:46	LCL	PA

AIR DATE & TIME: 2/6/15 @ 12:00 PM, 2/7/15 @ 3:00 AM, 2/9/15 @ 10:30 AM

Rodney Perez, Peru City Alderman, begins the segment by speaking about the legalization of medical marijuana in the state of Illinois. He states that each district in the state will have its own cultivation center where medical marijuana will be grown and many companies have approached Peru and surrounding towns about being a location for the cultivation center for District 17 which is our local district. He also points out that the State Agriculture will decide where the cultivation center will be located. Rodney also discusses the problems that can occur with the legalization of medical marijuana and states that he believes that legalizing it for medical use is a stepping stone for legalizing it for recreational use. He also believes that will increase the black market demand for marijuana because prices on the black market may be lower than the prices in a dispensary.

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

March 31, 2015