

TRINITY BROADCASTING NETWORK

WWTO TV
LASALLE, ILLINOIS

QUARTERLY
REPORT

2ND QUARTER

APRIL, MAY, JUNE
2016

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

APRIL, MAY, JUNE 2016

WWTO TV- LASALLE, ILLINOIS PROGRAMS PERTAINING TO LEADING COMMUNITY PROBLEMS FOR THE SECOND QUARTER APRIL, MAY, JUNE 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.

CRIME
SUBSTANCE ABUSE
HEALTH & MENTAL HEALTH
FAMILY
ECONOMY
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

CRIME

The figure designated as SEGMENT DURATION is based on our good faith judgment and may not represent exact time.
JUNE 30, 2016

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #031116A	29:33	13:32	LCL	PA

AIR DATE & TIME: 4/2/16 @ 2:30 PM

Brian Towne, LaSalle County's State Attorney, focuses on teen dating violence. The categories of this include physical, sexual, emotional, and psychological abuse. With these forms of abuse, these signs can identify someone has been a victim. These signs include anxiety depression, drug use, alcohol abuse, isolation, and noticeable injuries. Towne confirms that most teen dating violence occurs after a break-up. According to the attorney, most people go through long-term suffering because they believe they are to blame. When asked how things are handled legally, he explains that the juvenile probation department attempts to handle as much as possible, but some cases require minors to appear in juvenile court. The segment closes with the listing of resources for those who may need help or know of those who do. Included on this list calling the police force, crime stoppers, 1-800-799- SAFE (a national hotline), and LaSalle's own "against domestic violence" program.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #031116A	29:33	14:54	LCL	PA

AIR DATE & TIME: 4/2/16 @ 2:30 PM

LaSalle County State's Attorney, Brian Towne, shares about stalking. He states that something is considered stalking when someone on two or more occasions has been in danger of physical harm. Brian reveals how cyberstalking/cyberbullying are growing as reasons for dangerous technological and physical stalking. When asked about preventing a serious situation that involves stalking, Brian says that calling the police for their patrolling services and recording any footage of incidents can help tremendously. Another huge issue in relation to stalking that Attorney Towne brings in conversation is a version of cyber abuse called sexting. This can come in many forms as it relates to any inappropriate photos and/or conversation. Under the law, Towne states, that any an underage child accepting the explicit content could be trialed for child pornography and potentially a registered sex offender. "Odds are you will not marry your childhood sweetheart" says the attorney. In conclusion of the segment, there is conversation on how important it is for parents to get involved in their children's personal lives. He confirms how parents are allowed to snoop out suspicious behavior by checking rooms, phone content, and monitoring social media accounts. If they recognize early warning signs, serious issues can be prevented.

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JUNE 30, 2016

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CRIME	Joy In Our Town #102815A	29:47	14:42	LCL	PA

AIR DATE & TIME: 4/4/16 @ 5:30 PM, 4/5/16 @ 3:30 AM, 4/9/16 @ 2:30 PM, 4/11/16 @ 5:30 PM, 4/12/16 @ 3:30 AM

Joel Vargas, Director of Operations and Head of Municipal Services for Contingent Security Services, Ltd, begins this program discussing the background of public safety and how the local community is involved. The International Association of airports and seaports network together to share information. Joel states that most local police stations are only equipped for common crimes, unlike bigger police departments which can scale crimes and place them into smaller divisions to deal with. The smaller communities are encouraged to come together and change their system in order to reduce high crime. Protesting is an impactful way to get your voices and your faces seen by authority. Vargas states that going where the leaders are and demanding attention is a commendable idea. When asked about the impact of raising the voices of the community, Joel replies that when the issues are laid out, obtainable solutions can reveal themselves. He knows that the police officers are the connection between the community and the government. Joel confirms that the community does play an active role in reporting suspicious criminal activity before any potential dangers can occur.

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CRIME	Joy In Our Town #102815A	29:47	15:05	LCL	PA

AIR DATE & TIME: 4/4/16 @ 5:30 PM, 4/5/16 @ 3:30 AM, 4/9/16 @ 2:30 PM, 4/11/16 @ 5:30 PM, 4/12/16 @ 3:30 AM

Joel Vargas, Director of Operations and Head of Municipal Services for Contingent Security Services, Ltd, focuses on technological crimes through phone criminals that target the elderly. He gives us details about how just about anyone can go online and purchase phone numbers on custom made lists, directed towards the elderly or any other group of people desired. These criminals are more challenging to catch because they are not always visible and almost anyone can be a suspect as well as a victim of it. Vargas advises that if an individual calls claiming they are represents of the FBI or IRS, they should not ask you for any information that they should already have in their possession. He also says that asking to retrieve money or other information is a sign of criminal activity. Joel reiterates that the most vulnerable in this matter are senior citizens and they must be educated in order to prevent them from being victimized. When asked about family members being of help, Joel agrees that a family's trust is important to stop crime that could steal away life savings, an issue that could potentially affect the whole family. He concludes with a warning about sharing personal information on Facebook and how that can be used against you. Unfortunately, the local criminal is the most dangerous when it comes to watching your every move online, although they are not the only criminal that can be a threat.

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CRIME	Joy In Our Town #031116B	29:15	14:27	LCL	PA

AIR DATE & TIME: 4/16/16 @ 2:30 PM, 4/18/16 @ 5:30 PM, 4/19/16 @ 3:30 AM, 4/23/16 @ 2:30 PM

Chris Baker, of INK 180 Ministry appeared on Joy in Our Town to speak about sex trafficking and gangs. Chris started INK 180 because he wanted to make a positive impact on the gang activity in the Chicago area. He prayed and felt the Lord tell him to do what he loves and to do it for free, so he began covering up tattoos for ex-gang members and victims of sex trafficking for free. He stated that there are an estimated 300,000 American teens forcibly sold for prostitution in this country daily. Chris goes on to add that pimps and traffickers brand their victims with tattoos to symbolize the person becoming property. Chris works with the FBI, Homeland Security, and states attorneys across the country to rescue human trafficking victims. He goes on to point out that trafficking victims are not only young women but are males and females and the average age is 13 years old.

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CRIME	Joy In Our Town #031116B	29:15	14:28	LCL	PA

AIR DATE & TIME: 4/16/16 @ 2:30 PM, 4/18/16 @ 5:30 PM, 4/19/16 @ 3:30 AM, 4/23/16 @ 2:30 PM

Chris Baker states that for himself and the ministry of INK 180, it's about the little wins. He says that they don't believe that every single person that they come in contact with will actually follow through and leave the gang life. Chris has had several death threats since 2011 from gang leaders and from pimps. Chris shares that he has prayed with some of the people that have threatened his life over the phone. Chris goes on to explain what some of the gang tattoos look like. He also shares a success story about a young man that he covered a gang tattoo for and states that the young man is now a college student who is on his way to receiving a degree. Chris closes the segment by sharing about his own story and his redemption through Christ.

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ISSUE

SUBSTANCE ABUSE

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
SUBSTANCE ABUSE	Joy In Our Town #103015D	29:00	14:29	LCL	PA

AIR DATE & TIME: 5/30/16 @ 5:30 PM, 5/31/16 @ 3:30 AM, 6/4/16 @ 2:30 PM

Diane Farrell, Chief Clinical Officer for North Central Behavioral Health Systems, opens the segment with a focus on substance abuse within the family as it relates to the children. She believes that once a child shows any curiosity about an alcohol / drug product, they should be given some type of information regardless of how young they are. Diane states having the conversation at a young age produces a trust that a child could make use of in future related circumstances. According to Diane, it is a part of human nature to have hypocritical actions when it comes to something like alcohol or smoking , but if you express the struggles and the personal mistakes to your children, it can give them clearer understanding. The most addictive substances currently are tobacco (nicotine) and heroine. These substances have increased usage from teenagers. When asked about the signs that your teenager may be using any drugs or alcohol, Diane expressed that missing medication, negative influential company, and suspicious conversation behavior can show proof of abuse. She advises that treatment does work, but it is a process that includes the whole family. When family members recognize the abuse is a physical urge and that they aide in the success of the treatment processes, their loved ones have greater chance of making it through.

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SUBSTANCE ABUSE	Joy In Our Town #042616A	29:30	13:55	LCL	PA

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

Mother and daughter team, Lori Brown and Amber Pratt were guests on Joy in Our Town. Lori is the founder of Buddy's Purpose. She formed the organization out of personal tragedy concerning her son Justin. Justin died from a heroin overdose. Lori and Amber talked about the heroin epidemic and how over the years it has grown. Amber gave recommendations on noticing the signs of addiction in a loved one. She explained that she has firsthand knowledge on what to look for when a person is concerned that a friend or family member may have a drug addiction, because as Justin's sister, she saw addiction playing out with her own eyes. This segment was meant to bring awareness to the seriousness of the epidemic of heroin and drug use.

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SUBSTANCE ABUSE	Joy In Our Town #042616A	29:30	14:29	LCL	PA

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

In this segment of the program Lori Brown and Amber Pratt, of Buddy's Purpose, discussed overdose prevention. Narcan is an opiate blocking drug that is available, through Buddy's Purpose there is a Narcan kit available that has been proven to prevent thousands of people from overdosing. The ultimate prevention is to get help for someone you know is using drugs but some don't receive the care that they need in time. This kit helps the person by blocking the opiate drug and gives them enough time for an ambulance to get to the scene and make it to the hospital. Their saying is "An ounce of prevention is worth more than a pound of cure". Through Buddy's Purpose many have come to understand and recognize the signs of addiction and how to help defeat addiction as well.

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SUBSTANCE ABUSE	Joy In Our Town # 042716A	27:41	14:04	LCL	PA

AIR DATE & TIME: 5/9/16 @ 5:30 PM, 5/10/16 @ 3:30 AM, 5/14/16 @ 2:30 PM, 5/16/16 @ 5:30 PM, 5/17/16 @ 3:30 AM, 5/21/16 @ 2:30 PM

Joy in Our Town guest, Mr. Rodney Perez spoke on the issue of substance abuse. Rodney is President and Founder of Operation PROMise Inc. Operation PROMise deals with all forms of substance abuse from alcohol to heroin addictions. Rodney's mission is to bring awareness to the surrounding communities about drug and alcohol addictions. Operation PROMise also assists people in finding the resources that they need to receive the help and treatment that is necessary to get and stay sober.

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SUBSTANCE ABUSE	Joy In Our Town # 042716A	27:41	13:08	LCL	PA

AIR DATE & TIME: 5/9/16 @ 5:30 PM, 5/10/16 @ 3:30 AM, 5/14/16 @ 2:30 PM, 5/16/16 @ 5:30 PM, 5/17/16 @ 3:30 AM, 5/21/16 @ 2:30 PM

Joy in Our Town guest, Mr. Tim Ryan, founder of A Man in Recovery Foundation, spoke on having addictions. He states that his knowledge of heroin abuse comes from dealing with his own addictions in the past and shares that he has also lost a son to a heroin overdose. The main focus of this segment, was heroin addiction. Tim explained that heroin has become easier to obtain and has quickly grown into one of the most used illegal drugs on the streets. Tim gave advice on how to help a loved one that suffers from the disease of addiction and shares that there is help available to the addict and the family of the addict, should they choose to seek treatment.

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SUBSTANCE ABUSE	Joy In Our Town #103015B	29:55	14:34	LCL	PA

AIR DATE & TIME: 6/6/16 @ 5:30 PM, 6/7/16 @ 3:30 AM

Tim Ryan begins the segment by stating that A Man in Recovery Foundation is a non for profit organization that help individuals and families that are dealing with substance abuse issues. He states that they help people that are not insured or under insured to get into treatment and they offer counseling and support groups for individuals and families, and they offer continued recovery support for people after they come out of treatment. Tim explains that he started a Man in Recovery after struggling with his own addiction and losing his son to a heroin overdose. He adds that he will help anyone, anywhere, anytime, and there is no charge for services from A Man in Recovery. Tim states that addiction is a chronic illness that will kill and treatment is just the first step. Aftercare is a very important part of the recovery process. He states the "Recovery is a journey, not a race". He describes true recovery as a lifestyle change and it's more than just going to groups and counseling, it's a complete change in your everyday life. Tim adds that the two most important things in his life are God and recovery, he says that he lives for today and if he is successful today he will repeat it tomorrow. He states that in recovery you have to get out of yourself and help others on their recovery journey. He closes the program by sharing that A Man in recovery Foundation is completely volunteer based and self-funded.

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SUBSTANCE ABUSE	Joy In Our Town #053116B	28:46	13:49	LCL	PA

AIR DATE & TIME: 6/13/16 @ 5:30 PM, 6/14/16 @ 3:30 AM

Jason Andrade, of Kendal County Health Department joined us on Joy in Our Town. Jason spoke about substance abuse which covered alcohol and drugs. He shared about how a family and the addict can find the help that they need to cope with the problem. He goes on to add that heroin use has increased over the years as well as prescription drugs. Jason was very informative and brought a lot of awareness to the area.

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SUBSTANCE ABUSE	Praise the Lord #020316	01:29:16	26:23	LCL	PA/O/E

AIR DATE & TIME: 4/26/16 @ 2:00 AM, 4/30/16 @ 1:00 PM

Pastor Phillip Corbett discusses addictions. It takes a great deal of bravery to stand in front of the lord and confess your addiction. But once you confess to God he can and will save you from your trials. Walking with Jesus and letting him be the hand that guides you is the way to break your addictions if not life can only end with misfortune. The Story of Jezebel tells of a woman, a murderess and a tyrant, who eventually, after being warned time and time again by the prophet Elijah, she was thrown out a window and dogs ate her flesh off her bones. If you deny and deny God's help over and over it will only lead to your own downfall.

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SUBSTANCE ABUSE	700 Club CBN News Watch #05272016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 5/27/16 @ 2:00 PM

CBN News Reporter Abigail Robertson Reports: A street drug called "molly" is gaining popularity with high school and college kids. Many think it's a harmless, non-addictive party drug, so they don't think twice about taking a little molly before a night out with friends. But one mother's tragic story shows how that way of thinking can have deadly consequences. Two years ago, Dede Goldsmith awoke to a call in the middle of the night telling her that her daughter was dying in a hospital hours after she had collapsed inside a concert venue. Nineteen-year-old Shelley Goldsmith, a high school valedictorian and college honor scholar, had taken the drug known as MDMA, commonly called molly, on her way to a concert. Elyse Eilerman was a friend of Shelley's who was with her the night she passed away. The same weekend Shelley died, MDMA claimed the lives of two other young adults attending a music festival in New York. Molly, short for "molecule," is a stimulant that takes users on a six- to eight-hour euphoric high. It is thought to be a pure form of its parent drug ecstasy, but in reality, there is hardly anything pure about it. Recent studies show that only 15 percent of molly drugs sold are really what they claim to be. A third sold under that name contained substances such as cocaine, bath salts, and baking soda, while more than half contained no MDMA at all. Many people think only the tainted molly carries fatal consequences, but even the purest form can be lethal. So why is this drug so appealing to college kids around the country? Eilerman believes it's because people focus more on the high and less on the danger. Dr. William Strudwick, director of the Emergency Center at Washington's Providence Hospital, says users take molly for the sense of euphoria the drug gives them, but they don't consider the negative consequences it can have on the body. These other problems include seizures, heart attacks, severe dehydration, and hyperthermia. Doctors ruled Shelley Goldsmith's cause of death as hyperthermia because her body temperature rose to fatal levels. Her autopsy revealed MDMA was the only substance in her system at the time of death, proving the drug's deadly potential. Eilerman said that taking molly in a crowded, hot venue puts you at an even greater risk of fatal reactions to the drug. Since Shelley's death, many people close to her are raising awareness about the dangers of this so-called harmless drug. Her mom is urging lawmakers to amend the 2003 Rave Act, an act that was put in place to shut down underground raves where promoters encourage illicit drug use. The current law discourages organizers from using commonsense safety measures to protect their patrons. Goldsmith said venue operators won't implement small safety measures like free water, cool down spaces, and appropriate number of medical personnel to deal with emergencies because they fear it could be seen as encouraging drug use and subject them to criminal prosecution. She believes if Shelley had known more about molly and its risks, she would be alive today. This would have been Shelley's senior year at the University of Virginia. After her death, Eilerman helped start the Shooting Star Foundation, to spread the word around the university community about the dangers of drug use. Each year on the anniversary of Shelley's death, they commemorate her life and share with students lifesaving information that could help others. Eilerman and the members of the Shooting Star Foundation have been working hard to encourage their peers to think twice about the risks of taking molly in hopes of preventing other tragedies like the death of Shelley Goldsmith.

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SUBSTANCE ABUSE	700 Club CBN News Watch #06012016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 06/01/16 @ 2:00 PM

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

Paraphernalia:

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

Appearance:

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

Actions:

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

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

ISSUE
HEALTH
&
MENTAL HEALTH

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HEALTH	Joy In Our Town #031116C	29:24	14:51	LCL	PA

AIR DATE & TIME: 4/26/16 @ 3:30 AM, 4/30/16 @ 2:30 PM

Terri Olson and RaeAnn VanGundy of the Kendall County Health Department appeared on Joy in Our Town to speak about the threat of Zika Virus. Terri begins the program by explaining that Zika is a mosquito/Vector born virus. She states that the symptoms are much like the symptoms of the West Nile Virus and the flu. She adds that symptoms can be headache, joint pain, rash, and pink eye. Zika can be carried by two types of mosquitos. They go on to add that it is very rare that someone would die from the Zika Virus and that it is rarely seen in the USA unless someone has travelled outside of the country. Most often only pregnant women and their unborn child is affected by the virus. If someone has contracted the Zika virus they should contact their local health department so that they can track and keep detailed records of locations of the virus.

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HEALTH	Joy In Our Town #103015C	28:21	14:37	LCL	PA

AIR DATE & TIME: 5/30/16 @ 5:30 PM, 5/31/16 @ 3:30 AM, 6/4/16 @ 2:30 PM

Diane Farrell, Chief Clinical Officer for North Central Behavioral Health Systems, talks about the impact of long term illness and how it affects the mental health of the patient and their families. She states that often patients that suffer with long term illness and their families become depressed or anxious. She states that this is often because people dealing with these issues have to change their entire life and also because caregivers rarely get a break from taking care of their loved one. She states that there are support groups for those that have a long term illness and their families, and counseling may also be helpful. Diane also adds that often a medication that a patient takes can add to depression and anxiety and adding another medication for the mental health issue may cause more problems and sometimes you just have to work at fixing the emotional issue. She states that is important to recognize when there is a problem and reminds viewers that caregivers often need to work at taking care of themselves as well. She closes the segment by stating that talking to your medical doctor is a good idea because they can give you a referral to a mental health professional.

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HEALTH	Joy In Our Town #103015C	28:21	13:14	LCL	PA

AIR DATE & TIME: 5/23/16 @ 5:30 PM, 5/24/16 @ 3:30 AM, 5/28/16 @ 2:30 PM

Chief Clinical Officer for North Central Behavioral Health Systems, Diane Farrell speaks about anxiety disorders. She begins by explaining that everyone has some anxiety and that it is normal. She states that anxiety can keep us from doing dangerous thing, when anxiety keeps us from doing things that we want and need to do it becomes a disorder. Diane adds that counseling can help those who deal with anxiety and that it is possible to overcome anxiety. She adds that success will help to overcome anxiety and that therapy and exposure can help to figure out where fears that cause anxiety come from. She adds that most anxiety comes from some sort of trauma. She goes on to explain that having a ritual can also help to overcome anxiety because it helps people to feel safe. Diane adds that there is no quick fix to overcoming anxiety and that it takes a lot of hard work. She states that learning coping skills will teach individuals what to do to reduce anxiety and fears. She adds that children are often afraid when it comes to doing something new and preparing them for new things will help them, also teaching them to recognize what makes them feel better will help them when facing anxiety. She closes by adding that children should be rewarded for their accomplishments in overcoming their fears.

The figure designated as SEGMENT DURATION is based on our good faith judgment and may not represent exact time.
JUNE 30, 2016

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

AIR DATE & TIME: 6/13/16 @ 5:30 PM, 6/14/16 @ 3:30 AM

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

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

AIR DATE & TIME: 6/18/16 @ 2:30 PM

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

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HEALTH	Joy In Our Town#053116C	29:18	14:38	LCL	PA

AIR DATE & TIME: 6/18/16 @ 2:30 PM

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

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Praise The Lord #051216	1:27:51	16:01	LCL	PA/O/E

AIR DATE & TIME: 5/23/16 @ 4:00 PM, 5/24/16 @ 2:00 AM, 5/28/16 @ 1:00 PM

Elect Lady Deidre Cunningham runs the Nurtures Corner where she offers comfort and support to those who need it. Growing up she suffered from depression, so much so that she hated her own name. Looking up her name in the bible it meant "Sorrow" which only seemed to verify her feelings of depression. But that is when god took her from limited to limitless. She found herself being able to comfort others and through that gaining her own comfort. And now with her husband, she has moved from being one unit alone to being a shared unit with him so that they can praise the lord providing strength to conquer all struggles.

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

AIR DATE & TIME: 04/06/16 @ 5:30 PM, 06/29/16 @ 5:30 PM

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

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HEALTH	Switch On Your Brain #024	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 04/13/16 @ 5:30 PM

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

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HEALTH	Switch On Your Brain #025	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 04/20/16 @ 5:30 PM

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

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HEALTH	Switch On Your Brain #014	27:20	27:20	REC	PA/O/E

AIR DATE & TIME: 04/27/16 @ 5:30 PM

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

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HEALTH	Switch On Your Brain #015	27:20	27:20	REC	PA/O/E

AIR DATE & TIME: 05/04/16 @ 5:30 PM

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

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HEALTH	Switch On Your Brain #016	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 05/11/16 @ 5:30 PM

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

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HEALTH	Switch On Your Brain #017	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 05/18/16 @ 5:30 PM

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

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HEALTH	Switch On Your Brain #018	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 05/25/16 @ 5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. NIDA is the National Institute of Drug Association. They define addiction as "A chronic (which means on-going) relapsing (which means it's never going to go away) brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences." Basically, their philosophy is that once you're an addict, you're always an addict. That is not what the Word of God says. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

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HEALTH	Switch On Your Brain #019	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 06/01/16 @ 5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

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<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 #020	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 06/08/16 @ 5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "The Disordered Mind." The difference between a disease and a disorder is that you can control a disorder. But that is a choice. And if you choose well, you move into mental health. If you choose badly, you move into mental ill health. So, if you make a good choice, you build healthy thoughts, which generate life. If you make a wrong choice, you build unhealthy thoughts. It's not that you have a disease in your brain. It's that you have a disorder and your brain can rewire. Disorder is the result of incorrect thinking. A disordered mind is a chaotic mind filled with cluttered rogue thoughts of anxiety, worry, and all manner of fear-related emotions send out the wrong signal right down to the level of the DNA. Some research that just came out very recently from Stanford shows that instead of there being a distinct neurological pattern for each type of disorder, for example, schizophrenia would have this type of brain signature; and bipolar this type of brain signature; and anorexia this type of brain signature; and each of those having this type of genetic signature. What they've actually found is that all the different psychiatric disorders actually have the same kind of brain damage. And what's very interesting is the areas of the brain that show damage are the actual areas that follow the path of thought formation. We're thinking beings. We think all day long. We're made in the image of a thinking God. And as we are thinking, we are building thoughts. And that building of thoughts follows a certain pattern in the brain. What's important to understand now is that your thinking is so powerful that you change the physical nature of who you are. You can choose to build your brain, you can choose to destroy your brain. Your brain simply responds to the mind and the body responds to the brain. You are not a victim of your biology. You are a victor over and above your biology.

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<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 #021	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 06/15/16 @ 5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses psychotropic medications. Research shows that no one single psychotropic does any good for any brain. It actually creates a new neurological disorder. It doesn't matter what meds you have taken, what you've been told to do, you can change it with your mind. So, when we take a biomedical approach to medication, what we will see is a disease that needs a medication. But, actually, mental illness is not a disease and it doesn't need a medication. It is a very serious thing, but it's a mind disorder and it needs a different type of approach. Unfortunately, there's an entrenched myth in society. And it really is a theoretical myth that has just grown. And that is that medications are going to rebalance the brain. It also implies that the whole cause of mental disorder is biological or genetic or chemical. Unfortunately, if you look at the research, we've kind of been led to believe that a drug will actually renormalize the brain and this is really not true. What drugs do is they change the brain, and not necessarily for the better. Psychotropic drugs are things like your benzodiazepines, which are things like valium. You get your SSRIs, which are things like Prozac. And then, you get your anti-psychotic drugs that are given for things like schizophrenias. What's very interesting is that these drugs were initially stumbled on by mistake. They were developed for surgery and they saw that they had a mood-altering affect, and at that point, the world of psychiatry had mental health be classified as a disease. There's been an increase of use of psychotropic drugs and a reduction of more psychological talk-based intervention in helping people deal with mental health. Mental health is not being dealt with like it should. There's hundreds of references that you can go through and research this concept of what medication does to your brain. Once you're more informed, you then go to your doctor. You speak to your doctor. Find a doctor that will work with you and work on a plan to reduce your medications in a way that's going to work for you. You can't just reduce medications. You also have to address what is going on in your mind. Because you got there with your mind, so you're going to get out of it with your mind. Seventy-five to ninety-eight percent of mental, physical, emotional illnesses today are coming from our thought life. So, as you are gathering that data, that's a decision of your mind, the decision of your mind to go and read the resources and get informed about this. That is a decision of your mind. It's also a decision of your mind to be desperate to change and to be prepared to work through the change. In the same way that your brain has structurally changed because of the medication, your brain can structurally change again because of your mind, because of your love, power, and sound mind being able to change your brain.

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<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 #022	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 06/22/16 @ 5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses directing your rest. Directed rest means being able to focus, being able to do what it says in Proverbs 4:20-22, which is pay attention to my words, direct and focus your attention. When you do that, a healing comes in your body. You change. Directed rest activates networks inside the brain. When you switch off to the external and you switch on to the internal networks of your brain, they kick into high gear and you actually think with more wisdom, more clarity. So, the Psalm 46:10, which says, "Be still, and know that I am God," is really important when it comes to activating the internal networks of our brain. Directed rest literally means that we focus in a different way, we pay attention in a different way that actually activates our brain to function at a much higher level. A disciplined mind where you're focusing on something makes learning take place. We call this the "Quantum Zeno Effect" in quantum physics. "Quantum Zeno Effect" means the repeated effort that makes learning take place. Now research studies are pouring out showing that when we direct our mind, when we learn, we change the brain. Your brain is designed to be restructured and renormalized. It just takes a lot of disciplined mind work. We are designed to direct our rest. Scientific research has actually shown us that when we direct our rest, that means that we switch off the external, we switch on to the internal, and we actually organize our mind. And when we're focusing on God, we get this incredible sense of peace and calmness. Directed rest means that we actually think within ourselves. We actually go inside of our own heads and we think internally and that helps us to bring order and focus back into our minds. What's the benefit? What they have found from the research is when you order your thoughts like this, your brain grows networks. You activate neuroprotection, which means you protect against mental ill health. You actually bring health into your body. So prayer works. Thirty seconds a day that you build up cumulatively into a minimum of seven minutes is a number that scientists give us for making incredible physical change inside of your brain.

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HEALTH	700 Club CBN NewsWatch #05272016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 05/27/16 @ 2:00 PM

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

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ISSUE

FAMILY

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<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 #103015D	29:00	14:29	LCL	PA

AIR DATE & TIME: 5/23/16 @ 5:30 PM, 5/24/16 @ 3:30 AM, 5/28/16 @ 2:30 PM

Diane Farrell, Chief Clinical Officer for North Central Behavioral Health Systems, started this segment on family relationships with marriage. Diane Farrell talked about how most marriages start to fall apart when there is no longer any effort put into building a stronger bond and/or when the attention is focused somewhere else. Diane Farrell believes that every marriage goes through stages and it is important to walk through them. The long-term consequences of working out a marriage can turn out better than the long-term consequences of ending a marriage. Diane Farrell lists powerful rewards for staying in marriages that include higher economic status, healthier development of children, integrity, perseverance, and learning how to overcome challenges. When asked about the times someone is not given the choice and the others walks out of the relationship, Diane Farrell states that this will take some self-image and self-esteem rebuilding through counseling to get through that experience, but it is possible to come out strengthened by the turmoil. Diane Farrell commands that when it comes to abuse however, one needs to leave and get to a safer place before any healing can happen. When asked about how people should approach a relationship they have issues with whether it is a marriage, family issue, those in charge at work, or even church congregations, Diane Farrell believes it is healthy to practice these conversations with a trusted individual and identify the issues. Sometimes the conflict is not just the other person, but you too.

<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 # 053116A	29:49	15:13	LCL	PA

AIR DATE & TIME: 6/11/16 @ 2:30 PM

Pastor Richard Giovannetti appears on Joy in Our Town to speak about the importance of the role of the father in the household. He begins by stating that "Fatherhood has been thrown under the bus." He adds that men are being raised without accountability and responsibility. Pastor Giovannetti states that men know how to make children but many, lack the wisdom needed to raise them. He goes on to say that many men have lost sight of the examples of good fathers in the family, and states that in order for fathers to connect with their children they need to be present and aware of what is going on within the family unit.

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FAMILY	Joy In Our Town # 053116A	29:49	14:05	LCL	PA

AIR DATE & TIME: 6/11/16 @ 2:30 PM

Pastor Richard Giovannetti speaks about what holds a family together. He says that parents need to make family time. He says that spending time together is more than just attending church together. Pastor Giovannetti says that parents need to plan things to do with their children like see a movie or plan a game night. He says that fathers need to find out what their children like and learn about that and get involved and stay involved. He continues by speaking about prayer. He says that fathers should be the priest of their household. Children should see their fathers pray and spend time in the Word. He states that when children see their fathers praying they are more likely to pray. Pastor Giovannetti says that as a father and husband, prayer and trusting God's Word are the most important thing that he does.

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FAMILY	Joy In Our Town #053116D	29:46	14:21	LCL	PA

AIR DATE & TIME: 6/20/16 @ 5:30 PM, 6/21/16 @ 3:30 AM

Dr. Glenda McCullum is the Senior Pastor at Kingdom Builders International WTC in Joliet, IL and founder of Glenda McCullum Ministries. Dr. McCullum came on the show to speak on the family unit. Being a single mother raising 3 children and 5 grandchildren Glenda, shared ways help individuals with raising children and building a strong family unit.

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FAMILY	Joy In Our Town #053116D	29:46	14:54	LCL	PA

AIR DATE & TIME: 6/20/16 @ 5:30 PM, 6/21/16 @ 3:30 AM

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

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FAMILY	Praise the Lord #050415EC	1:27:14	38:22	LCL	PA/O/E

AIR DATE & TIME: 4/11/16 @ 4:00PM, 4/12/16 @ 2:00 AM, 4/16/16 @ 1:00 PM

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

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ISSUE

ECONOMY

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ECONOMY	Joy In Our Town #031116C	29:24	14:51	LCL	PA

AIR DATE & TIME: AIR DATE & TIME: 4/26/16 @ 3:30 AM, 4/30/16 @ 2:30 PM

Steve Curatti and Dianne Alford of Kendall County Health Department appear on Joy in Our Town to speak about energy assistance, weatherization assistance, and Community Service Block Grant programs offered by the Kendall County Health Department. They explain that those applying for energy assistance can submit an application once every year. They add that residence who apply must provide social security cards and proof of income for each person in the household. Steve goes on to add that the payments are made directly to the utility companies. The weatherization programs help residents to save on utility bills and the Community Service Block Grants are also available to help people with costs associated with bills during the winter and summer months.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
ECONOMY	Joy In Our Town #103015B	29:55	14:51	LCL	PA

AIR DATE & TIME: AIR DATE & TIME: 6/6/16 @ 5:30 PM, 6/7/16 @ 3:30 AM

John Henning begins the segment by stating that, A Servants Heart was started in 2002 as a non for profit, non-denominational Christian ministry to work with underprivileged people in LaSalle County. He goes on to add that there are many type of people that they work with, including single parents and "intact" families that are struggling to make ends meet, people with substance abuse issues, individuals with mental illness, and people with health issues. He states that A Servants Heart works with many local agencies to meet the needs of families and individuals that they serve. He also adds that they don't just want to be a "band aid" so the agency works with people to set goals to help them to become independent. John also states that the agency does not receive any government funding and that they are supported solely by income from their thrift store and local donations.

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ECONOMY	Joy In Our Town #061016A	29:14	13:46	LCL	PA

AIR DATE & TIME: 6/25/16 @ 2:30 PM, 6/27/16 @ 5:30 PM, 6/28/16 @ 3:30 AM

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

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ECONOMY	Praise the Lord #062016	1:27:28	1:18:07	LCL	PA/O/E

AIR DATE & TIME: 6/20/16 @ 4:00 PM, 6/21/16 @ 2:00 AM, 6/25/16 @ 1:00 PM

Pastor Cedric Oliver of Embassies of Christ Kingdom Ministries hosts a sermon in his church about God's idea of increase. God and his kingdom have an expectation of increase in our lives. Churches are not increasing as they used to. Pastors are finding validation for the reason their church is not increasing. Putting ideas into the minds of their members that a smaller church is better. But Pastor Oliver says that is not the case. Increase is the kingdom principle of God. Nothing is small about God. From the time God spoke the universe into existence the universe has been expanding. This is not limited to just numbers and church size but in the individual as well. God wants you to grow as a person and never stop, never hit a peak but continue to get bigger and better. That is the desire of God. Genesis 1:28 And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth." One of the first words out of God's mouth to Adam was to increase. Genesis 12:1-3 now the LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. I will bless those who bless you, and him who dishonors you I will curse, and in you all the families of the earth shall be blessed." When we are saved we shouldn't be the same person we once were, something should constantly be growing in our life. Exodus 1: 7 But the people of Israel were fruitful and increased greatly; they multiplied and grew exceedingly strong, so that the land was filled with them. Be fruitful and increase, wherever God's people are placed, they thrive. Increase is there to make the believer always aware that there is potential inside us that we haven't tapped into yet. There is more that we can do, in Jesus name. Tomorrow can always be better than today as long as there is god given breath in our bodies. God wants increase, he brought David from a Shepard to a king and he can do the same in your life.

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ECONOMY	700 Club CBN News Watch #05022016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 05/02/16 @ 2:00 PM

CBN News Reporter Caitlin Burke Reports: Disruptive innovation: While you may not recognize the term, it's affecting life and business as we know it. It happens when new ideas and technology shake up old markets by creating new ones. We've seen it in transportation, hospitality and now with banking. It's being called Wall Street's "Uber moment." Rob Morgan, vice president of Emerging Technologies at the American Bankers Association says customers expect to have the same type of digital access to banking as they do to other important services. Think about it. You can get your mail through a smart phone, order dinner, even hail a cab, all just by pulling up an app. Now thanks to financial technology, you can also access your money. Apple, Google, Amazon are the tech giants all on board with financial technology. Most of them are starting off with digital payment apps. While they may be a little late to the party, major banks have entered this new reality. Banks are competing in this space, but it seems they face an uphill battle. According to Harris Research firm, 77 percent of consumers have a positive impression of the tech industry, compared to 35 percent who feel good about the financial industry. Those skirmishes seem to be taking the shape of regulations. The tech industry wants breathing room for young startups, while the banking industry believes its new competitors should follow the same rules it does. Security is a major concern of consumers when it comes to digital financial services. Peters says your cell phone will eventually provide better protection of your information than a debit or credit card. Some of the popular services include Venmo, Google Wallet and Apple Pay. They allow you to transfer money and buy products without ever stepping into a bank or pulling out your credit card. This especially appeals to the Millennial generation. According to Viacom Media, 73 percent of Millennials prefer using digital services than going to a bank. But it's not Millennials who stand to gain the most from this technology. Despite battles on Capitol Hill, both the banks and the tech industry agree that, ultimately, the consumer will be the winner.

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ECONOMY	700 Club CBN News Watch #05202016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 05/20/16 @ 2:00 PM

CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Financial advisor Robin Tull, founder of Tull Financial Group in Chesapeake, Virginia, said many people lack an overall plan. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBR1 developed the program to help Americans determine how much they need for retirement. Choose To Save offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Married couple Amanda and Eddie Grizzard are two people who started saving early. They saved individually before marriage and began as a couple the month they married. The Grizzards used a financial planner to determine how much they needed for retirement. The Grizzards save a pre-determined amount every month that is automatically deducted from their paychecks. They add to it when there's overtime pay and they live frugally. The Grizzards have also kept saving even during bad times. Experts say holding off saving when the markets are down is a common retirement saving mistake. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips: Plan on living longer than you think you might as life spans continue to grow. Save extra for healthcare because those costs going forward are difficult to estimate. Maximize your employer's 401K match and look into a Roth retirement account. Know why you are saving. Paint a picture of your retirement. It will sharpen your focus and motivation. For Julia and Chris Williams, investing is part of living a godly life and saving as they start their family brings them peace. In fact, the Williams are thinking beyond retirement. They're following Proverbs 13:22 which says, "A good man leaves an inheritance to his children's children." That means not only planning for their retirement and for their son Anderson, but for his children as well.

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JUNE 30, 2016

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

AIR DATE & TIME: 6/25/16 @ 2:30 PM, 6/27/16 @ 5:30 PM, 6/28/16 @ 3:30 AM

Joy in Our Town, hosted Ms. Michelle Miller Esq. Michelle covered many issues during her segment concerning our civic duties and rights in our communities. She gave advice on how to get involved in our local communities. Ms. Miller explained that anyone can make a change in their community, nation and even around the world. Michelle spoke on being an individual activist and standing up for your rights. Also, taking charge of your life through learning all that you can. Michelle explained that we have the ability to take our lives in our own hands and make the best of it.

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