

TRINITY BROADCASTING
NETWORK

WWTO TV
LASALLE, ILLINOIS

QUARTERLY
REPORT

FIRST QUARTER

JANUARY, FEBRUARY,
MARCH
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 FIRST QUARTER:

JANUARY, FEBRUARY, MARCH 2016

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.

CRIME
FAMILY
HEALTH & MENTAL HEALTH
SUBSTANCE ABUSE
HOMELESSNESS

THE QUARTERLY REPORT
LOCAL PRODUCTION TITLES

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

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

ISSUE

CRIME

The figure designated as SEGMENT DURATION is based on our good faith judgment and may not represent exact time.
March 31, 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 #111015B	28:46	15:19	LCL	PA

AIR DATE & TIME: 1/4/16 @ 5:30 PM, 1/5/16 @ 3:30 PM

Trooper Jason Wilson, Illinois State Police, begins the segment by giving tips on how to prevent yourself from becoming a victim of a crime during the holiday season. He states that it is very important to pay attention to your surroundings at all times and adds that criminals target people who are not paying attention. He says it is also important to choose your parking place at stores carefully, he says that people should park as close to the store as possible or to park in a well-lit area and pay attention to cars that you walk past. He states that criminals look for people who appear to be vulnerable. Trooper Wilson suggests having something in your hand to protect yourself in the event that you could possibly become a victim of an attack. He adds that many people have the mindset that they could never become the victim of an attack but they should remember that it could happen to anyone at any time. Trooper Wilson reiterates that the most important thing that you can do to protect yourself is to be aware of your surroundings and adds that it's a good idea to limit the amount of cash that you carry and also to keep a file of credit card numbers so that cards can be cancelled quickly in the event that they are stolen. He also points out that when you are using a credit or debit card in a public place to make sure you cover your pin number when you are using it and cancel lost cards right away. He goes on to talk about home protection during the holiday season when many people are travelling. He states that it's very important to have lights in your home on a timer, have mail and newspapers put on hold and ask a neighbor to check on your house and if there is snow fall during the time that you are away ask them to pull in your drive way to make tracks in the snow. Home invaders will look for dark houses with mail piled up that look like no one is there. He also suggests that people don't put vacation plans on social media sites and wait to post vacation pictures until after you return home from your vacation. Trooper Wilson states that if you do become a victim of a property crime you should alert the police immediately and try not to touch or move anything, in addition if you become the victim of a personal injury crime, do not try to wash up. He says that you should always try to preserve the crime scene.

<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 #102815A	29:47	14:42	LCL	PA

AIR DATE & TIME: 2/29/16 @ 5:30 PM, 3/1/16 @ 3:30 PM

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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<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 #102815A	29:47	15:05	LCL	PA

AIR DATE & TIME: 2/29/16 @ 5:30 PM, 3/1/16 @ 3:30 PM

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 representors 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.

<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: 3/21/16 @ 5:30 PM, 3/22/16 @ 3:30 AM, 3/28/16 @ 5:30 PM, 3/29/16 @ 3:30 AM

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.

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CRIME	Joy In Our Town #031116A	29:33	14:54	LCL	PA

AIR DATE & TIME: 3/21/16 @ 5:30 PM, 3/22/16 @ 3:30 AM, 3/28/16 @ 5:30 PM, 3/29/16 @ 3:30 AM

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. "Odd 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.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	700 Club CBN NewsWatch #03292016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 3/29/16 @ 2:00 PM

CBN News Reporter Chuck Holton Reports: Some in law enforcement call it "The Ferguson Effect." It's the growing animosity between police and the communities they serve. With law enforcement officers under intense scrutiny both on and off duty and a spike in violence against men and women in blue, many cops across the nation are thinking twice about the way they do their jobs. Joe Collins is one of them. He's a husband and father of two boys who lives in Blacksburg, Virginia. He's a veteran of both the Marines and the U.S. Army. He's seen plenty of combat. When Collins returned from Iraq, he was looking for the same type of brotherhood he had in the military. And law enforcement seemed like a good fit. But after 14 years with the Montgomery County Sheriff's Department, Collins said police work is not what it used to be. Police work has always been a tough job, and sometimes cops go too far. But violence against the police is rising. So far in 2016, officer deaths by shooting are up 300 percent from the previous year, with a marked increase in ambush-style attacks. In February, police woman Ashley Guindon was murdered responding to a domestic disturbance in Virginia. It was her first day on the job. She was the tenth officer to die in the line of duty that month. Cell phones and surveillance cameras are everywhere, and that takes a toll on law enforcement as well. Many cops today fear their next call could end up as a viral video, possibly ending their career or even their life. Michael Wood agreed. He's an author and contributor to the website PoliceOne.com. The result is that tension on the streets is high. With violence rising, tactics and equipment that were developed by the military are now being used to make policing safer in the face of rising violence. Police deaths in the line of duty have declined by about a third since the 1970s when they hit their peak. But that doesn't necessarily tell the whole story. Battlefield technologies developed in Iraq and Afghanistan have trickled down to police departments across the country and that means an officer involved in a shooting has a much better chance of survival than he did 40 years ago. At the same time they are being subjected to increasing restrictions, cops are being asked to do more with less.

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March 31, 2016

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 #092215A	28:22	13:57	LCL	PA

AIR DATE & TIME: 1/11/16 @ 5:30 PM, 1/12/16 @ 3:30 AM, 1/18/16 @ 5:30 PM, 1/19/16 @ 3:30 PM, 1/23/16 @ 5:30 PM, 1/24/16 @ 3:30 AM

Susan Garner is a Licensed Clinical Social Worker with Sonlight Counseling. Susan begins the program by explaining what she does and the difference between a LCSW and a Psychiatrist or a Psychologist. She goes on to talk about what people should look for when looking for a counselor, she states that it is important for a person to find a counselor that has values that line up with their own. Susan goes on to talk about family counseling and explains that it is usually about dealing with relationships. She states that there are times that the person that may be causing issues within the family may not be willing to attend the counseling sessions but it is still important for the other family members to get counseling because it may help them to better deal with the situations that arise in the family. Susan also speaks about the importance of divorce counseling and shares that children are often the forgotten members of the family when the parents are having problems. She adds that people shouldn't wait to get help until the problem is too big. Susan stresses the importance of communication and feels that texting and social media may be causing problems in the relationships in a family. She closes by sharing a story about people not knowing what is going on with someone, and even though things may look good from the outside, no one can really know what someone else is struggling with in their personal life.

<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: 2/15/16 @ 5:30 PM, 2/16/16 @ 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.

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FAMILY	Joy In Our Town #012915A	29:53	12:50	LCL	PA

AIR DATE & TIME: 2/15/16 @ 5:30 PM, 2/16/16 @ 3:30 AM

Pastor Sherry Stevenson of Crossbridge Community Church of the Nazarene, talks about the importance of 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.

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FAMILY	Joy In Our Town #103015D	29:00	14:29	LCL	PA

AIR DATE & TIME: 3/7/16 @ 5:30 PM, 3/8/16 @ 3:30 AM

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.

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FAMILY	Joy In Our Town #103015E	29:54	14:51	LCL	PA

AIR DATE & TIME: 3/14/16 @ 5:30 PM, 3/15/16 @ 3:30 AM

The program begins with Carolyn Hadley the President of "Hope for All". Their mission statement is to help everyone gain their independence while going through life challenges. When asked about the types of programs that were offered, it was unveiled that there were two, one called "the Purple Outreach Program" and the other "Cherish Every Moment". According to Carolyn Hadley, "The Purple Outreach Program" includes budgeting classes, cooking classes, resume building, gardening, and other useful skills. "The Cherish Every Moment" program is directed towards senior citizens with a CNA registration and also families that are going through crisis. This involves house visits and gift baskets that are uniquely made for each family member impacted by their loved ones situation. There is also a therapy dog named Rafael, meaning God's healer in the Bible that visits patients to help comfort those have had pets in influence their life before their condition limited their ability to care for their animals.

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FAMILY	Praise the Lord #081814	1:20:50	22:00	LCL	PA/O/E

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

Pastor Ricardo Johnson delivers a sermon on the importance of fatherhood. He states that a Godly man will train his children in the things of God and teach his children to follow God. He adds that a man's legacy will extend beyond his own household, and a Godly man will mentor those who are fatherless. Pastor Johnson states that a good man will leave an inheritance to his children's children.

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FAMILY	Praise the Lord #011815	1:28:00	1:08:00	LCL	PA/O/E

AIR DATE & TIME: 1/18/16 @ 4:00 PM, 1/19/16 @ 2:00 AM

Pastor Cedric Oliver shares how God wants to restore families. The devil wants to destroy them. "Sons are a heritage from the Lord, children an inheritance from Him" – Ps 127:3-4. Your children are a blessing from God. We need to see them as a gift. God gives us children to be trained for Him and His kingdom. Parents should prepare their kids to serve God. Every child has a purpose from God. Jeremiah 1:5 – God knew you before you were born. We are all God's idea. Ephesians 2:10 – We are God's workmanship. Colossians 1:16 – All things were created by God and for God. God entrusts His kids to you. Every child that doesn't get trained in the way of the Lord is only delaying God's plan. It is up to us to raise our kids in a Godly manner.

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FAMILY	Praise the Lord #022110	1:27:37	56:03	LCL	PA/O/E

AIR DATE & TIME: 2/15/16 @ 4:00 PM, 2/16/16 @ 2:00 AM

Children obey your parents. Honor thy Father and Thy Mother. Apostle E. James Logan shares about family, relationships, living together and getting along. Children are offspring, they spring forth from both parents. Paul writing letter speaking to Christian households. Obey means listen to your parents. Parents must be able to teach their children how to behave. If you don't teach them they don't know how. Obey-listen-then take heed. Obey is a command. Parents should institute God's government in the home so that there is order in the home, order in the world. In Ephesians Paul tells wives to submit to their husbands. Difference between submitting and obeying. Submission is a learned behavior, wives have to learn how and want to submit, it's an act of the will. Obey does not need your will, obey when your parents tell you what to do you don't need to "want" to do it. When your parents give you a command it doesn't matter how you "feel" about it or if you "want" to do it. Your will isn't important it is a command, you do it whether you want to or feel like it or not. You are the parent, not your child's friend. One of the major reasons for the breakdown in our society today is when young people grow up and don't see their parents following the rules they want them to follow. We don't follow God's government, but want our children to, this is why they don't obey, don't want to listen to many adults. Society breaks down when people think they can do what they want to do, start in the home, children must obey, they can't just do what they want when they want, there must be guidelines and structure. The enemy doesn't want to see this he wants chaos. When this happens it erodes everything we hold dear, the Bible says if the foundations be destroyed what can the righteous do; the foundation is the family. Apostle talks about personal testimony of growing up. Talks about dysfunction and not being able to relate to one another. Sometimes parents do terrible things to children, but they are still parents and the command is to honor them, if nothing else start being civil to them, you haven't walked in their shoes or know what they went through. Deut. 5:16, Eph. 6:1-4. The Lord commanded..."thy days might be long." God created the heavens and the earth, light called day & dark called night. Light is associated with day, darkness with night. Day means shining, brightness, illumination, and revelation. When something shines it has a glow or glory to it, in other words when God says that your days may be prolonged he's saying that you may have lengthy periods of revelation knowledge that brings illumination and brightness to your path so you don't walk in darkness and don't know where you are going. Darkness means gloominess, suffering, dullness and misery. So God says if we honor, obey and respect our parents we'll have more periods of revelation than gloominess. Some people may be living with darkness, heaviness and misery, moody and gloomy because they have messed up relationship w/ parents. God wants to see us happy, full of joy, in right relationship. Weeping and suffering are associated with night but joy is associated with the morning, day light, brightness. Weeping occurs at night, joy in the light. Some people are afraid of their parents because of what was done to them as a child, it invokes fear, you're living in fear. God wants to heal you, it's about your future, your children and their children. We are destined to repeat what was done to us until we get delivered from it it's the principal of generational blessings and curses. There is healing in the house of God. Maybe you feel your parents aren't worthy of honor and respect but God commands us to do it and we know that a command is something we do and set our feelings to the side. Obey the word of God. Call families together, families are important, our world is going crazy, spiraling out of control, these are the last days, perilous times, few covenants are stronger than the bonds of family. The family that prays together stays together. Paul says that as much as live in you live at peace with everybody. Do the best you can to live at peace with others, especially those of faith.

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FAMILY	700 Club CBN NewsWatch #01142016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 1/14/26 @ 2:00 PM

CBN News Washington Senior Correspondent Paul Strand Reports: When it comes to how Americans feel about abortion, the numbers aren't even close, especially on extreme positions. Only about 10 percent feel so strongly about life that they'd ban the procedure altogether. On the other end of the spectrum, only 10 percent refuse any restrictions on the practice. Meanwhile, polls show 80 percent are open to pursuing compromises that could reduce abortions. So does that willingness make them pro-life or pro-choice? But Camosy, author of *Beyond the Abortion Wars*, said the extremes have managed to rip the country in two. Christina Forrester, executive director of "Christian Democrats of America," regularly sees the hatred. In such an atmosphere, one strategy would be to appeal to the larger number instead of those on the 10 percent fringes. In order to move forward, Camosy reminds lawmakers they will likely have to support things they don't find totally acceptable. Only a little more than 1 percent of abortions deal with pregnancies caused by rape or incest. And a whopping 83 percent of Americans want those abortions kept legal. For many pro-choice Democrats, compromise means seeing some abortions banned. But Camosy says they'll find support, even among a majority of pro-choicers. Surveys confirm that point of view. Sixty-one percent of Americans would allow abortions in the first three months of pregnancy. Then numbers go down, with 27 percent allowing abortion in the second trimester and only 14 percent for the last three months. Forrester, a Democrat, says she would go earlier than the 20-week abortion ban many Republicans are pushing in Congress. Another part of this debate affecting families reaches into the workplace in terms of equality. Republicans would have to accept new rules or government incentives for employers, an expensive proposition. It means heavily-subsidized childcare when needed and guaranteed maternal leave. Both Forrester and Camosy said taking these measures would make having children more affordable and less stressful for women, which would help reduce abortions. This could also help if and when future abortion restrictions make it to the Supreme Court. In the past, justices have ruled such bans unconstitutional because they place "undue burdens" on women. If Republicans were to pay what it takes for most women to forgo abortions and Democrats would be willing to give on some restrictions, progress could finally take place and save lives.

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ISSUE
HEALTH
&
MENTAL HEALTH

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HEALTH	Joy In Our Town #111015B	28:46	12:57	LCL	PA

AIR DATE & TIME: 1/4/16 @ 5:30 PM, 1/5/16 @ 3:30 PM

Trooper Jason Wilson, Illinois State Police, talks about how to be safe when driving during the winter weather. He states that the best way to stay safe is to slow down and practice patience. He adds that black ice is a big concern for drivers and reminds viewers that it can appear very quickly and you can rarely tell that it is there until you are sliding on it. He states that people should try not to drive during hazardous conditions. Trooper Wilson goes on to talk about what people should do if they are in a crash. He states that it is very important for people to stay with their vehicle and keep their seat belt on if they can. He adds that people should always have an emergency kit in their car that includes blankets, water or Gatorade, something bright to flag down help with, and a cell phone. He also suggests if your car has become covered with snow to clean the snow off, not only will the sun help to heat up the car it will also reflect making it easier to find. In closing the segment out, trooper Wilson states that you should always let someone know where you are going and the route that you are taking so that if you do become stranded, rescue teams will know where to look for 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 #103015E	29:54	15:02	LCL	PA

AIR DATE & TIME: 3/14/16 @ 5:30 PM, 3/15/16 @ 3:30 AM

In this segment of Joy in Our Town, Denetta Flamingo, a personal trainer, discusses her personal weight journey. As a child Denetta was overweight and ridiculed about it. She confesses that the only thing she knew was to eat as little as possible which caused a continuous cycle of eating disorders throughout her childhood. It was when Denetta decided to educate herself on healthy weight loss that she saw transformation on more than just her body. Denetta informs us that as consumers of weight loss products we are informed of only the benefits of losing weight and not how to actually eat. When asked about ways of smarter shopping for weight loss, she advises how the more organic the better and reading the ingredients versus the nutrition label will inform you better. Other important points from this personal trainer include how exercise is a great way to continuously burn fat all day and soreness can be reduced by the intake of pickle juice. "Exercise with the mindset to do the best you can, do so you can be helped to be the best you are."

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Praise the Lord #012215	1:26:44	8:35	LCL	PA/O/E

AIR DATE & TIME: 2/29/16 @ 4:00 PM, 3/1/16 @ 2:00 AM

Pastor Mark Asemota's directed attention to the power of healing in his book "*How to be Healed of Sickness and Disease in Christ.*" As a pastor, Mark Asemota, would always tell people to be healed, but one day God corrected him and said "stop telling them lies". Apparently, God was revealing to Pastor Asemota that his word is constantly confirming healing. These passages are located in the Bible under Psalm 103, Matthew 8, Ephesians 1, and other places to confirm this truth. "By his stripes we are healed", one of the most popular verses about this subject found in Isaiah 53:5 is an example of what is already been done. Pastor Asemota's book informs on how to access this healing.

The figure designated as SEGMENT DURATION is based on our good faith judgment and may not represent exact time.
March 31, 2016

<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: 1/6/16 @ 5:30 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.

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HEALTH	Switch On Your Brain #002	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 1/13/16 @ 5:30 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 loved. 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.

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HEALTH	Switch On Your Brain #003	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 1/20/16 @ 5:30 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.

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HEALTH	Switch On Your Brain #014	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 1/27/16 @ 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: 2/3/16 @ 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: 2/10/16 @ 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: 2/17/16 @ 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: 2/24/16 @ 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: 3/2/16 @ 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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HEALTH	Switch On Your Brain #020	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 3/9/16 @ 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.

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

March 31, 2016

<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: 3/16/16 @ 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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 March 31, 2016

<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: 3/30/16 @ 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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<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 #01292016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 1/29/16 @ 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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<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 #02012016	1:00:00	5:00	REC	PA/O/E

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

CBN News Medical Reporter Lorie Johnson Reports: Fifty million Americans suffer from an autoimmune disease. That beats the number of people with cancer and heart disease combined. New research indicates processed foods could play a role. In fact, an increasing number of doctors say cleaning up the diet could reverse this autoimmune trend. Our immune system keeps us healthy by attacking invaders, like viruses. One problem, however, is our immune system can misfire and attack healthy tissue. That can lead to one of more than 100 autoimmune diseases like Graves' disease, lupus, rheumatoid arthritis, Crohn's disease and multiple sclerosis. Many people don't even realize they have an autoimmune disease, assuming instead their exhaustion, brain fog or abdominal pain are just a part of life. Other symptoms include feeling cold much of the time or having a rapid heartbeat. When doctors diagnosed Sierra Vellinga with Hashimoto's Thyroiditis, which attacks the thyroid gland, they told her the same thing millions of others with autoimmune issues hear. Then Sierra heard about Dr. Amy Myers, one of a growing number of autoimmune specialists who believe drugs often make matters worse. Dr. Myers prescribes a series of lifestyle changes to prevent and possibly reverse autoimmune diseases, starting with a clean diet. Sierra followed this route, and after six months regained her health. Dr. Myers believes many autoimmune diseases stem from a condition called "leaky gut." A leaky gut means large openings form along the intestinal walls, allowing proteins and viruses to escape into the bloodstream. The immune system recognizes them as foreign, and begins to attack them, as well as things that resemble them. Myers says a leaky gut comes from things like stress, certain medications and eating processed foods, sugar, dairy and gluten, which is in wheat. That's because scientists have hybridized wheat over the years. Today's crop produces a higher yield, but contains more gluten. Our once-wholesome cheese isn't the same either. The problem with sugar is it can cause massive inflammation. Food manufacturers add sugar to nearly all the products we buy, including ones that seem healthy like spaghetti sauce, peanut butter, salad dressing and granola bars. Dr. Myers recommends avoiding gluten, dairy, sugar and processed foods in order to heal the gut and reverse autoimmune disease. When Sierra heard this, she understood why she felt so horrible until that point. Correcting the problem usually involves cooking at home, from scratch. That was a tall order for Sierra. Dr. Myers outlines what she likes her patients to eat. Sierra said she now enjoys the creativity of cooking for herself. Dr. Myers provides many healthy recipes in her book, "The Autoimmune Solution," such as Coconut Cream Berry Parfait, Brussels Sprouts with Dark Cherries and Crispy Coconut Shrimp. Sierra says eating whole foods make her feel like a new person. So one way to guard against, or treat any number of autoimmune diseases, is to consider an anti-inflammatory diet, like the Paleo plan: one that's rich in vegetables and healthy fats, minus the processed foods, sugar, dairy and wheat. It could be well worth the effort.

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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	700 Club CBN NewsWatch #02182016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 2/18/16 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Roughly 2 million people will be diagnosed with cancer this year. If you or a loved one is facing cancer, you might want to consider the treatment known as proton therapy. The treatment is not for everyone, but for some, it's an answer to prayer. Jeff Powell and his wife, Vickie, believe they dodged not one, but two bullets. First, Jeff beat prostate cancer. Second, because he chose proton therapy treatment, he avoided the miserable side effects that often accompany traditional methods. Proton therapy patients have fewer side effects because it only kills the cancer. But traditional radiation therapy works like a bullet, damaging healthy tissue as it enters and exits the body. Proton therapy, on the other hand, is like a firecracker placed inside the tumor. The explosion of radiation damages just the tumor, nothing else. There's no nausea, no burning and best of all, no organ damage. There are only nine proton therapy centers in all of the United States right now, but another seven are on the way. One of the newest treatment centers is The Hampton University Proton Therapy Institute in Hampton, Virginia. The location was chosen, in part, because this area of the country leads the nation in prostate cancer deaths. Craig Fieldings, 45, chose proton therapy to treat his prostate cancer. So far, he's come to the Proton Therapy Institute Monday through Friday for one month. He has one more month of treatment to go. The cost of proton therapy is about three times the cost of traditional treatment, but most insurers, like Craig's, cover the treatment. Prostate cancer patients like Fieldings aren't the only ones who benefit from this breakthrough, according to HUPTI's scientific director, Cynthia Keppel. During treatment, the patient lies in a custom-fitted brace on a machine called a gantry. In an adjoining room, technicians activate the proton beam -- no needles, no knives. The gantry room itself is fairly unremarkable. But on the other side of the wall stands the part of the gantry machine the patient never sees. It's an astounding three stories tall, weighs 90 tons and costs \$8 million. Oncologist Allan Thornton of the Hampton University Proton Therapy Institute has been using proton therapy since the early 1990s. That work means an answer to prayer for cancer patients who qualify for proton therapy. They can expect to keep more healthy tissue, while escaping certain side effects associated with conventional therapy.

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HEALTH	700 Club CBN NewsWatch #02242016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 2/24/16 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Scientists believe two-thirds of all cancers are caused by bad choices such as smoking, tanning beds, not exercising and the granddaddy of them all: a poor diet. When it comes to diet, one of the worst types is one high in sugar. In fact, scientists are increasingly discovering a dramatic link between sugar and cancer. A clear relationship between sugar and cancer leads scientists to two conclusions: sugar use contributes to cancer, and going without it can slow the growth of the disease. One hundred years ago, the average person consumed just four pounds of sugar a year. Now, most of us take in 40 times this amount -- 160 pounds a year. Food manufacturers add enormous amounts of sugar, often in the form of high fructose corn syrup, to products we consume all day, every day, such as coffee drinks and cereal, soda and snacks -- even foods you wouldn't expect, like spaghetti sauce and peanut butter. For instance, a tiny container of fruit-on-the-bottom yogurt has more sugar than a candy bar. Now scientists tell us sugar directly influences cancer cells. The amount we consume can either feed those cells or starve them. In a study conducted at the University of Texas MD Anderson Cancer Center, researchers fed mice diets high in sugar and observed they had a higher incidence in breast and lung cancer. The study suggests a diet high in sugar can contribute to the formation of cancer. It also suggests that diet can make a difference in the treatment of a person who has already been diagnosed with cancer. Fred Hatfield knows that first hand. In 2012 he received what amounted to a death sentence. His wife Gloria recalls getting the news. Then Hatfield heard about a low-sugar diet, called the ketogenic diet, believed to slow cancer in some people. With nothing to lose, he gave it a try, and to his astonishment, it worked. Hatfield's recovery didn't surprise Dr. Dominic D'Agostino. His team at the University of South Florida discovered mice with highly aggressive metastatic cancer continue living when fed a ketogenic diet. And it's not just lab animals. D'Agostino has seen similar results in humans. The ketogenic diet means no sugar and no starchy carbohydrates like bread and pasta, which convert to sugar. D'Agostino says cancer cells love sugar and starch because cancer thrives on the glucose from those foods. Conversely, removing the glucose results in starvation for the cancer cells. Glucose also fuels our healthy cells, but if it's not there, those cells can switch to an alternate fuel source called ketone bodies. Cancer cells only run on glucose. D'Agostino says the deficiency in cancer cells can be used to defeat them. Since processed food contains so much sugar and starch, people following the ketogenic diet tend to cook whole foods at home from scratch. Gloria said switching to the ketogenic diet was easy. When it comes to cancer, sugar is considered public enemy number one. Avoiding it could lead to prevention or slowing it down in people fighting the disease.

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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 #092215A	28:22	13:55	LCL	PA

AIR DATE & TIME: 1/11/16 @ 5:30 PM, 1/12/16 @ 3:30 AM, 1/18/16 @ 5:30 PM, 1/19/16 @ 3:30 PM, 1/23/16 @ 5:30 PM, 1/24/16 @ 3:30 AM

Tricia Jackson of Celebrate Recover, begins that program by speaking about the history of the Celebrate Recovery Program. She states that the program was started by Pastor John Baker at Saddleback Church in California. Tricia goes on to add that Pastor Baker started the program because he was attending Alcoholics Anonymous and saw a need for a Christ centered recovery program. She states that Celebrate Recovery handles more than just drug and alcohol addiction. They have programs that can help with recovering from any "Hurt, habit, or hang-up." Tricia goes on to explain what a Celebrate Recovery meeting "looks like" by saying that they make an entire evening of it and it starts with a meal together and then moves into large and small groups, and then there is a time of fellowship afterward. She also states that small groups are male and female specific. Tricia explains that how sponsors and accountability partners help those that are dealing with issues to work through the recovery process. She states that working the "12 Steps" is very important and that when someone is ready to begin the process of healing they should join a "Step-Study group" she also emphasizes that a Step-Study is not issue specific. Tricia shares that when someone walks through the door at Celebrate Recover, they are welcomed with acceptance and love. She states that, "Recovery is hard work and you have to be willing to work it." She expands on that by sharing that recovery is different for everyone and working the program every day and giving back will help someone that struggles with a hurt, habit, or hang-up to keep from "backsliding". Tricia closes the program by sharing some success stories that she has witnessed in the program and telling people how they can get more information and find a Celebrate Recovery group near them.

<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 #103015B	29:55	14:34	LCL	PA

AIR DATE & TIME: 2/1/16 @ 5:30 PM, 2/8/16 @ 5:30 PM, 2/9/16 @ 3:30 AM, 2/22/16 @ 5:30 PM, 2/23/16 @ 3:30 AM

Tim Ryan, A Man in Recovery Foundation, talks about substance abuse. He shares 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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<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: 3/7/16 @ 5:30 PM, 3/8/16 @ 3:30 AM

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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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
Substance Abuse	700 Club CBN NewsWatch #01292016	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 1/29/16 @ 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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ISSUE

HOMELESSNESS

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

AIR DATE & TIME: 2/1/16 @ 5:30 PM, 2/8/16 @ 5:30 PM, 2/9/16 @ 3:30 AM, 2/22/16 @ 5:30 PM, 2/23/16 @ 3:30 AM

John Henning, Vice President of A Servants Heart, shares about homelessness. He 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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HOMELESS	Joy In Our Town #103015A	29:49	14:39	LCL	PA

AIR DATE & TIME: 2/2/16 @ 3:30 AM

Marilyn Farmer, Executive Director of MorningStar Mission, begins the program by speaking about the history of the mission, stating that the program began in 1909 to meet the needs of homeless men that were typically ages 50 to 60 years old, and started as a faith based organization and still is today. She goes on to add that although the mission has never changed the homeless population has. Marilyn goes on to explain that the organization now helps many people from different walks of life. She states that single mothers are currently leading the homeless population but they still see many men walk through their door, including single fathers, younger men, as well as older men. When she is asked how people end up homeless, she states that there is no one type of homeless person, everyone has their own story, and they see people that had lost jobs, people with substance abuse problems, and mental illnesses, there is no easy answer as to why people become homeless. She explains that when people come to MorningStar Mission, the first step is to meet their basic needs of food, shelter, or clothing. After that they go through an assessment and are given referrals, and someone always shares the Gospel with them. She states that the ultimate goal of the mission is to help people get back on their feet and become independent again. Marilyn also speaks about helping those who are not homeless by providing meals, service referrals, school supplies, and help for families during the holiday season.

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HOMELESS	Joy In Our Town #103015A	29:49	14:40	LCL	PA

AIR DATE & TIME: 2/2/16 @ 3:30 AM

Marilyn Farmer, Executive Director of MorningStar Mission, shares about Beth House. She states that Beth House is a home for pregnant women as an alternative to abortion. She explains that when a woman enters Beth House they are there during their pregnancy and can stay for up to a year after their child is born. During their stay, a mother will decide if she wants to keep her child or give it up for adoption. She adds that Beth House has a 24 hour staff that help the women to become ready for whatever decision they make and also to minister to them spiritually. She goes on to speak more about the programs that MorningStar Mission offers, including permanent supportive housing for families, transitional housing for men, veterans homes, men's emergency shelter, long term recovery programs, and a women and family center. When asked what the face of the homeless population looks like, she is quick to state that most people think that homeless people are only older men because they don't want to acknowledge that mothers and their children make up a large part of the homeless population.

The figure designated as SEGMENT DURATION is based on our good faith judgment and may not represent exact time.
March 31, 2016