

# Trinity Broadcasting of Washington

## *Quarterly Report*

January, February, March 2023

KTBW-TV

Tacoma, WA

Pacific Time

### Leading Community Issues

*The issues are comprised from ascertainties from civic leaders, telephone calls and responses from TBN viewers, and/or a review of print, broadcast, and online media.*

Civic

Economy

Health / Mental Health

Immigration

Unemployment

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

March 31, 2023

Civic

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business	27:05	27:05	LCL	PA/O	3/1/2023	8:30 PM
#TCOB-1913					3/3/2023	1:30 AM

The relationship between law enforcement officers and citizens is constantly being challenged. On this episode of Taking Care of Business, we learn how Community Policing is used as a strategy of policing to gain civilian's trust by building ties and working closely with the public.

Civic

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise #12423	57:15	57:15	REC	PA/O/E	1/24/2023	5:00 PM
					1/24/2023	8:00 PM
					1/25/2023	2:00 PM
					2/01/2023	12:00 AM

Tonight on Praise: Matt and Laurie Crouch host Former U.S. Secretary of State, Mike Pompeo, to discuss the inspiration behind his new book "Never Give an Inch: Fighting for the America I Love."

Civic

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
America's Hidden History President's Day #101	55:30	55:30	REC	PA/O/E	2/06/2023	5:00 PM
					2/06/2023	8:00 PM
					2/11/2023	10:30 PM
					2/14/2023	12:00 AM

Today on America's Hidden History, in honor of Black History, Tim Barton, President of WallBuilders, travels to Birmingham, Alabama where he introduces us to Bishop Jim Lowe, Pastor of Guiding Light Church, a survivor of the devastating bombing that killed four young girls at the 16th Street Baptist Church in Birmingham, Alabama on September 15, 1963. Motivated by racial hatred, this horrifying act shook the world and changed the course of the civil rights movement in America. Bishop Lowe shares his piece of living history, along with Civil Rights Activist, Doris Gary. Later in Dallas, Tim and Bishop Lowe join David Barton, Historian and Founder of Wallbuilders, to discuss numerous Black American Heroes who are in hidden in America's history.

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America's Hidden History President's Day #102	55:30	55:30	REC	PA/O/E	2/19/2023	12:00 AM
					2/20/2023	5:00 PM
					2/20/2023	8:00 PM
					2/21/2023	12:00 AM

Today on America's Hidden History, in honor of President's Day, David Barton, Historian and Founder of Wallbuilders, and Tim Barton, President of WallBuilders, are joined by Historian and *New York Times* Best-Selling Author, Steven Mansfield, to discuss various presidents from past to present and records of their faith. We learn about George Washington, John Adams, Thomas Jefferson, Abraham Lincoln, John Quincy Adams, James A. Garfield, Franklin D. Roosevelt, Harry S. Truman, and Dwight D. Eisenhower, and see various artifacts from their lifetime.

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Center Point #230123	27:00	8:00	LIVE	PA/O/E	1/23/2023	4:30 PM
			REC		1/23/2023	7:30 PM

Tonight on CenterPoint Doug McKelway introduces a special edition of CenterPoint. Correspondent Rob Astorino interviews Mike Pompeo, Former Secretary of State, and Former CIA Director, then introduces Matt Crouch, TBN President, who continues the interview in Colorado with Mike Pompeo to discuss his new book, "Never Give An Inch."

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230130	27:00	13:00	LIVE	PA/O/E	1/30/2023	4:30 PM
			REC		1/30/2023	7:30 PM

Tonight on CenterPoint: Correspondent Allen Jackson interviews Dr. Ben Carson, Former HUD Secretary, Founder & Chairman of American Cornerstone Institute, and Former Director of Johns Hopkins Pediatric Neurosurgery, to discuss processing the death of Tyre Nichols, tragedy in Memphis, a powerful message from Nichol's mother, calls for peace, violence in America's cities, national prayer controversy, finding the good in America's history, acknowledging the power of God, uniting as a nation, and littlepatriotslearning.com.

Civic

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230206	27:00	13:00	LIVE	PA/O/E	2/6/2023	4:30 PM
			REC		2/6/2023	7:30 PM

Tonight on CenterPoint: Correspondent Doug McKelway interviews Mike Pompeo, 70th Secretary of State, Former CIA Director, and Author of the book "Never Give An Inch", to discuss tensions over Chinese spy balloon, threats to national security, conflict between U.S. and China, Pompeo's trip to North Korea, and protecting national security.

Civic

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Eric Metaxas Show #162	24:29	24:29	REC	PA/O/E	2/03/2023	3:00 PM
					2/05/2023	7:00 PM
					2/24/2023	3:00 PM

Today on The Eric Metaxas Radio Show: Chad Robichaux, Founder of Mighty Oaks Foundation, talks about being a Mixed Martial Arts Champion, his military background, his faith, his struggle with severe anxiety, depression, panic attacks, his diagnosed PTSD, his attempt to take his life, and the restoration of his life and family. His desire to share what he discovered with others led he and his wife to start the Mighty Oaks Foundation. They speak to active-duty troops based around the world, write books, give away books, provide a week-long recovery program called The Legacy Program at five different ranches around the country, provide free programs for our troops and even pay for their travel for active-duty veterans, first responders, and their spouses. Visit mightoaksprograms.org for more information. Chad talks about the US withdrawal from Afghanistan and how Aziz became his teammate. He shares this story in his brand-new book, "Saving Aziz How the Mission to Help One Became a Calling to Save Thousands" and how he put together a team of former operations veterans to rescue one family: Aziz, his wife and six children. Another team member brought up 3,500 orphans that were left behind of former Afghan national army soldiers who had died in combat. They decided to help as many Americans, interpreters, their families, women, and children as they could. When God put the burden upon their hearts, all of them were obedient to that call and they witnessed a divine miracle and a series of events over the next three days that made it possible to rescue these 17,000 people. His team chose to stay, which led to a coalition effort with other organizations such as Mercury One, Might Oaks, Save Our Allies and Task Force Argo, and Samaritan's Purse, and over two months they got another 5,000 people out.

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Huckabee #274	50:30	8:00	REC	PA/O/E	1/1/2023	6:00 PM

Tonight on Huckabee: Brad Dacus, President of Pacific Justice Institute, talks about various cases that could impact the freedom and liberty for churches and synagogues, as well as Christian pre-schools, private schools, etc., across America. Brad shares that Pacific Justice Institute represents cases all the way to the Supreme Court without charge. He also expresses the importance of knowing our rights.

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*Civic*

Huckabee #277	50:30	7:00	REC	PA/O/E	1/21/2023	5:00 PM
					1/21/2023	8:00 PM
					1/22/2023	6:00 PM

Tonight on Huckabee: One of Huck's Heroes is Luke Schneider, a Navy Veteran and former fire fighter. Luke is the CEO and Founder of Fire Department Coffee, a company with a mission to make great coffee and support our fellow Fire Fighters and First Responders. Luke recruits fire fighters and veterans because the fire service and military are team and mission focused. Fire Department Coffee also gives back to charities that support first responders who have become sick or injured on the job.

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*Civic*

Huckabee #278	50:30	6:00	REC	PA/O/E	1/28/2023	5:00 PM
					1/28/2023	8:00 PM
					1/29/2023	6:00 PM

Tonight on Huckabee: Chad Robichaux, Author of "Saving Aziz," and USMC Force Recon Veteran, and Azizullah Aziz, JSOC Combat Interpreter and Facilitator, share their amazing story of heroism and raw courage leaving Afghanistan.

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

Huckabee #283	50:30	13:00	REC	PA/O/E	3/4/2023	5:00 PM
					3/4/2023	8:00 PM
					3/5/2023	6:00 PM

Tonight on Huckabee: Sarah Huckabee Sanders, Former White House Secretary, Arkansas Governor (R), and the first woman governor of Arkansas, talks about her education reform plans for Arkansas, the State of the Union Address, her decision to run for governor, and balancing the job as a wife and mother.

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Huckabee #284	50:30	5:00	REC	PA/O/E	3/11/2023	5:00 PM
					3/11/2023	8:00 PM
					3/12/2023	6:00 PM

Tonight on Huckabee: Dennis Kucinich, Former Presidential Candidate (D), talks about the Nord Stream Pipeline. Mr. Kucinich also calls for an American revival of the spirit of the country. He tells us there is something that binds us as citizens of a common nation. Spiritual values such as truth, freedom, and liberty bind us as Americans. He believes we need a revival of the economy, steel, automotive, aerospace, shipping, education, and to make things again and buy American.

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Jay Sekulow Live #685	26:09	26:09	REC	PA/O/E	1/3/2023	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Harry Hutchison, Director of Policy at ACLJ, and Ric Grenell, Senior Advisor for National Security and Foreign Policy at ACLJ, discuss the FBI's aggressive censorship scheme aimed at conservatives. Later, Jeff Ballabon, Senior Counsel for International and Government Affairs, gives an update on what is happening in Israel with the latest threat from Mahmoud Abbas, and of violence and terror against Israelis. He explains ACLJ's efforts to share what's happening in Washington and Jerusalem, on the ground in America, and on the ground in Israel.

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Jay Sekulow Live #689	25:41	25:41	REC	PA/O/E	1/31/2023	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel of ACLJ, Andy Ekonomou, ACLJ Senior Counsel, and Richard A. Grenell, Senior Advisor for National Security and Foreign Policy at ACLJ, discuss Jim Jordan's committee launching an investigation into Biden.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Jay Sekulow Live #690	25:11	25:11	REC	PA/O/E	2/7/2023	10:00 PM

Today on Jay Sekulow Live: Jay Sekulow, Chief Counsel of ACLJ; CeCe Heil, ACLJ Senior Counsel; Logan Sekulow, Director of Media at ACLJ; Andy Ekonomou, ACLJ Senior Counsel; Randall Terry, Founder of Operation Rescue; and Jordan Sekulow, Executive Director at ACLJ; to discuss the first March For Life that has taken place post the decision overturning Roe vs Wade, and the U.S. Supreme Court leak investigation.

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Jay Sekulow Live #691	25:39	25:39	REC	PA/O/E	2/14/2023	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ; Jay Sekulow, Chief Counsel of ACLJ; and CeCe Heil, ACLJ Senior Counsel; discuss a federal public health emergency declaration on abortion and the Free Access to Clinic Entrances Act.

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Jay Sekulow Live #692	24:35	24:35	REC	PA/O/E	2/21/2023	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel of ACLJ, and Former Secretary of State, Mike Pompeo, ACLJ Senior Counsel for Global Affairs, discuss that the United States finally shot down the Chinese spy balloon after it traversed the entire continental United States and how the Chinese Communist Party has a multiple strategy approach in dealing with impacting and influencing the United States even at the college level.

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Jay Sekulow Live #693	24:13	24:13	REC	PA/O/E	2/28/2023	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Logan Sekulow, Director of Media at ACLJ, Jay Sekulow, Chief Counsel of ACLJ, and CeCe Heil, ACLJ Senior Counsel, discuss ACLJ filing a lawsuit against the Smithsonian for the actions that occurred at the National Air and Space Museum in Washington D.C., harassing pro-life students who had the beanies on. Another lawsuit was filed on behalf of a mother and daughter, who were part of a Catholic high school group, a law student at Liberty University of Law, and another Illinois activist who was with one of their relatives, who visited the National Archives Museum and were also harassed for wearing pro-life attire.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Jay Sekulow Live #694	26:30	26:30	REC	PA/O/E	3/7/2023	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ; Jay Sekulow, Chief Counsel of ACLJ; Wes Smith, Senior Military Analyst at ACLJ; Andy Ekonomou, ACLJ Senior Counsel; and Harry Hutchison, Director of Policy at ACLJ; discuss President Biden speaking in Warsaw Poland about the war in Ukraine, his slow response to the transportation disaster and environmental hazard in East Palestine, Ohio.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Jay Sekulow Live #695	26:02	26:02	REC	PA/O/E	3/14/2023	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ; Jay Sekulow, Chief Counsel of ACLJ; Richard A. Grenell, Senior Advisor for National Security and Foreign Policy at the ACLJ; and Former Secretary of State and CIA Director, Mike Pompeo, Senior Counsel for Global Affairs at the ACLJ; discuss the report from the U.S. Department of Energy and their intelligence agency report about the COVID-19 pandemic. The FBI came out with a similar finding of moderate confidence, that the virus spread via a mishap from the Wuhan lab; the lab leak theory being the most likely theory now.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Jay Sekulow Live #697	24:41	24:41	REC	PA/O/E	3/28/2023	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, and Logan Sekulow, Director of Media at ACLJ, discuss Trump's potential indictment. Former Secretary of State and CIA Director, Mike Pompeo, Senior Counsel for Global Affairs at the ACLJ, joins Jordan to discuss the Wuhan lab leak, and Harry Hutchison, Director of Policy at ACLJ, talks with Jordan about Biden's economy.

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*Civic*

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The Rosenberg Report #230202	21:45	21:45	REC	PA/O/E	2/2/2023	6:00 PM
					2/2/2023	11:30 PM
					2/4/2023	6:30 PM
					2/4/2023	9:30 PM

Tonight on the Rosenberg Report: He came to faith in Jesus Christ as a student training to be an army officer at West Point and rose to become the Director of the CIA and America's 70th Secretary of State. Now he's released his first book "Never Give An Inch" a gripping insider account of his battle to keep Americans safe and free. So why does Iran want to kill him? Why have China and Russia slapped him with sanctions? What does he consider the most serious threat facing the U.S. and our allies? Why does he count a visit here in Jerusalem, as the most spiritually moving event of his life? And is he planning to run for president? Part one of our exclusive interview with Mike Pompeo.

*Civic*

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The Rosenberg Report #230209	23:45	23:45	REC	PA/O/E	2/09/2023	6:00 PM
					2/09/2023	11:30 PM
					2/11/2023	6:30 PM
					2/11/2023	9:30 PM

Tonight on the Rosenberg Report: The China threat to America and its allies. Was COVID-19 actually a bio-weapon designed to wreak havoc on the West? Is Beijing preparing to invade Taiwan in the next two years? Why did Biden wait so long to shoot down a Chinese spy balloon penetrating American airspace? Also, is Vladimir Putin really planning to use nuclear weapons in Ukraine? And with nearly 3 million illegals flooding across America's southern border, is it true that middle eastern terrorists are among them? Stay tuned for part two of an exclusive interview with Former CIA Director and Secretary of State, Mike Pompeo.

*Civic*

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The Rosenberg Report #230302	21:45	21:45	REC	PA/O/E	3/2/2023	6:00 PM
					3/2/2023	11:30 PM
					3/4/2023	6:30 PM
					3/4/2023	9:30 PM

Tonight on the Rosenberg Report: Former Vice President Mike Pence goes on the record to discuss his controversial new book, his faith in Jesus Christ, his bitter break with Donald Trump, and his fears that President Biden is driving America off a cliff. Having gotten saved during the Jesus Revolution on the very Kentucky campus where God is moving so powerfully right now, what does he think of the Asbury Revival? Why is he worried about another 911 and why does he believe that we're seeing Bible prophecy come true before our very eyes?

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The Rosenberg Report #230309	24:30	24:30	REC	PA/O/E	3/09/2023	6:00 PM
					3/09/2023	11:30 PM
					3/11/2023	6:30 PM
					3/11/2023	9:30 PM

Tonight on the Rosenberg Report: Former Vice President Mike Pence opens up like you've never heard him before in part two of our exclusive conversation about his controversial new book. Why does he believe President Trump insistence that he defy the constitution on January 6th was unamerican? How close did he and his family come to getting lynched at the capitol that fateful date? What really happened behind closed doors in his tense final meeting with the president? Is he preparing to run head-to-head against Trump for the republican nomination?

*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business #TCOB-1924	27:30	27:30	LCL	PA	2/1/2023	8:30 PM
					2/3/2023	1:30 AM

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

*Economy*

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Taking Care of Business #TCOB-1926	26:59	26:59	LCL	PA	3/08/2023	8:30 PM
					3/10/2023	1:30 AM

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

*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents Robert Morris Expanding the Mission #220501	54:59	54:59	REC	PA/O/E	3/05/2023	12:00 AM
					3/05/2023	8:00 PM
					3/12/2023	12:00 AM
					3/13/2023	5:00 PM
					3/13/2023	8:00 PM
					3/19/2023	9:00 PM
3/21/2023	12:00 AM					
3/26/2023	12:00 AM					

Tonight on Praise: Expanding the Mission with Robert Morris. Senior Pastor of Gateway Church, and Best-Selling Author, Robert Morris shares how and why he wrote the book "The Blessed Life" and began teaching that we get to give, we don't give to get. God wants to prosper us for the right reason; so that we can be a blessing. We are the most like God when we give even when we're not going to get anything in return. He tells us true riches are people (souls). Christian television is the largest missionary organization in the world. Pastor Morris shares that to become a generous giver we must deal with a selfish heart, deal with a grieving heart, develop a generous heart, and develop a grateful heart. Everything we have come from the Lord. In the same way God gave His Son, the most extravagant gift we can ever give God is ourselves by making Him Lord of our life. Matt and Laurie tell viewers our gift this month is "Thank you."

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<i>Economy</i> Praise #31623	55:15	55:15	REC	PA/O/E	3/16/2023	5:00 PM
					3/16/2023	8:00 PM
					3/19/2023	12:00 AM

Tonight on Praise: The collapse of Silicon Valley Bank, the second largest bank failure in U.S. History, has sent shockwaves across the financial industry. The bank catered to many of the world's most powerful tech investors. The speed of its unraveling is astounding. Forty-eight hours prior to the collapse, the bank announced that it had suffered a 1.8-billion-dollar loss and urgently needed to raise more capital to address depositor concerns. The market reacted sharply and SVB lost over 160 billion dollars in value in just twenty-four hours. As the stock fell, depositors moved quickly to withdraw their money from the bank. Because banks only carry a portion of depositors money in cash, this meant that SVB couldn't give depositors their money. Imagine that. Going to your bank to get your money and there is no money to get. The Federal Deposit Insurance Corporation responded by stepping in and taking over SVB in order to get depositors access to their money. The news of banks collapsing adds another component to these unsettling times on top of worries over inflation, high grocery and gas prices, cost of housing. Last week during a house oversight committee hearing on COVID origin, Dr. Robert Redfield, the Former Head of the U.S. Centers of Disease Control and Prevention, told lawmakers that Anthony Fauci sidelined him from internal debates about the origin of COVID-19 at the start of the pandemic. During a separate house hearing on the weaponization of the federal government, journalists detailed how social media companies like Twitter and Facebook developed a formal system for taking in moderation requests from government agencies, including the FBI, Department of Homeland Security, and the Department of Health and Human Services, resulting in the censoring of certain viewpoints. We are living in a season where institutions that have long been trusted are proving unreliable. Yet in the midst of this instability, something spectacular is happening in our universities and the entertainment industry. Light is shining in places least expected. The flame of revival which started in Asbury is reaching more young people as it spreads to both Christian and secular universities and campuses, churches, and youth events. And now a divine outpouring is hitting theaters across the nation through the movie "Jesus Revolution." The film starring Kelsey Grammar continues to outperform expectations, making forty million dollars at the box office. Stories of lives being changed at movie theaters are emerging. There is a spiritual awakening taking place in this generation. The search for truth is underway. As Christians, how do we discern the times and what pivotal role do we play in this season? Let's join Bobby Schuller and Shawn Bolz now as they discuss the pressing matters of our day from a Christian worldview.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Behind The Scenes #233	27:30	27:30	REC	PA/O/E	1/05/2023	10:30 PM
					1/11/2023	1:30 AM
					1/23/2023	11:30 PM
					1/30/2023	12:30 AM
					2/09/2023	10:30 PM

Today on Behind the Scenes: Tom Newman is joined by Mike Huckabee, Former Governor of Arkansas; and Karen Conrad, Director of Donor Development, to discuss end of life planning. The writer of Proverbs reminds us that a person of wisdom and foresight leaves an inheritance for their children's children. Karen tells us about TBN Living Legacy; charitable gift annuities, wills, trusts, stock gifts, life insurance, probate, real estate, donor advised funds, and unique gifts to benefit Trinity Broadcasting Network.

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

*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Behind The Scenes #230	25:30	25:30	REC	PA/O/E	1/08/2023	10:30 PM
					1/17/2023	1:00 AM
					1/28/2023	1:00 AM
					2/06/2023	1:00 AM
					2/20/2023	12:30 AM

Today on Behind the Scenes: Matt and Laurie Crouch are joined by Governor Mike Huckabee to discuss legacy giving or estate planning. Mike Huckabee explains how wills, unique gifts, and lifetime charitable gift annuities work, and the importance of estate planning.

*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230110	27:00	7:00	LIVE	PA/O/E	1/10/2023	4:30 PM
					REC	1/10/2023

Tonight on CenterPoint: Correspondent Rob Astorino interviews George Seay, CEO of Annandale Capital LLC. and Chairman of Texas-Israel Chamber of Commerce, to discuss the looming recession fears, the economic agenda for GOP controlled House, tracking economic policy, the national debt debate, and advice for tackling economic turmoil.

*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230125	27:00	6:00	LIVE	PA/O/E	1/25/2023	4:30 PM
					REC	1/25/2023

Tonight on CenterPoint: Correspondent Rob Astorino interviews Weifeng Zhong, Senior Research Fellow at Mercatus Center at GMU, to discuss tensions between U.S. and China, Trump's China tariffs, and the US-China Policy.

*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230126	27:00	8:00	LIVE	PA/O/E	1/26/2023	4:30 PM
					REC	1/26/2023

Tonight on CenterPoint: Correspondent Rob Astorino interviews Joel Griffith, Research Fellow at The Heritage Foundation, to discuss severe economic conditions, the economic impact of divided government, the debt ceiling debate, healing the economy, and the economic outlook.

*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230130	27:00	6:00	REC	PA/O/E	1/30/2023	4:30 PM
					REC	1/30/2023

Tonight on CenterPoint: Correspondent Allen Jackson interviews Marc Lotter, Chief Communications Officer at America First Policy Institute, to discuss stopping government spending and addressing the nation's debt.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Center Point #230203	27:00	5:00	REC	PA/O/E	2/3/2023	4:30 PM
			REC		2/3/2023	7:30 PM

Tonight on CenterPoint: Correspondent Allen Jackson interviews George Seay, CEO at Annandale Capital LLC., Chairman at Texas-Israel Chamber of Commerce, and Former Finance Chairman for Governor Rick Perry's 2012 Presidential Campaign, to discuss a nation in debt, the debt ceiling debate, navigating an inflation economy, and the economic outlook.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Center Point #230208	27:00	5:00	LIVE	PA/O/E	2/8/2023	4:30 PM
			REC		2/8/2023	7:30 PM

Tonight on CenterPoint: Correspondent Shawn Bolz interviews Stephen Moore, Distinguished Fellow in Economics at The Heritage Foundation, to discuss the economic outlook, investigating Biden's SOTU claims, the debate over debt, and finding unity on spending.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Center Point #230210	27:00	7:00	LIVE	PA/O/E	2/10/2023	4:30 PM
			REC		2/10/2023	7:30 PM

Tonight on CenterPoint: Correspondent Shawn Bolz interviews David Brooks, President of Retire Smart, to discuss looming fears of recession, the housing market outlook, advice for buying a car, insights for investors, the Crypto market, and navigating inflation.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Center Point #230214	27:00	8:00	LIVE	PA/O/E	2/14/2023	4:30 PM
			REC		2/14/2023	7:30 PM

Tonight on CenterPoint: Correspondent Dennis Kucinich interviews Marsha Blackburn, Senator (R-TN), to discuss reigning in government spending, bringing manufacturing jobs back, our economic relationship with China, and the debt ceiling debate.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Center Point #230216	27:00	9:00	LIVE	PA/O/E	2/16/2023	4:30 PM
			REC		2/16/2023	7:30 PM

Tonight on CenterPoint: Correspondent Dennis Kucinich interviews Rep. Andy Biggs (R-AZ) House Judiciary Committee, Former Chairman of House Freedom Caucus, Co-Chair of Boarder Security Caucus, and House Oversight and Reform Committee, to discuss the Biden border policy, crisis at the border, fentanyl poisoning America, threats from the border, reigning in government spending, and government spending.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230216	27:00	6:00	LIVE	PA/O/E	2/16/2023	4:30 PM
			REC		2/16/2023	7:30 PM

Tonight on CenterPoint: Correspondent Dennis Kucinich interviews Thomas Duesterberg, Senior Fellow at Hudson Institute, to discuss competition with China, the economic relationship with China, the push toward renewables, China's dominance in renewable resources, and finding sustainable solutions.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230222	27:00	8:00	LIVE	PA/O/E	2/22/2023	4:30 PM
			REC		2/22/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Rep. Tim Burchett (R-TN) House Oversight & Accountability Committee, House Foreign Affairs Committee, and House Transportation and Infrastructure Committee, to discuss reckless government spending, the debt ceiling debate, and negotiating government spending programs.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230228	27:00	6:00	LIVE	PA/O/E	2/28/2023	4:30 PM
			REC		2/28/2023	7:30 PM

Tonight on CenterPoint: Correspondent Marc Lotter interviews George Seay, CEO of Annandale Capital LLC, Chairman of Texas-Israel Chamber of Commerce, and Former Finance Chairman for Gov. Rick Perry, to discuss government action to ease inflation, the latest consumer confidence report, the state of the housing market, managing personal finances, rising credit card debt, and the economic outlook.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230228	27:00	7:00	LIVE	PA/O/E	2/28/2023	4:30 PM
			REC		2/28/2023	7:30 PM

Tonight on CenterPoint: Correspondent Marc Lotter interviews Rep. Bob Good (R-VA) House Freedom Caucus, House Budget Committee, House Education and The Workforce Committee, to discuss the economic outlook, negotiating government spending, the debt ceiling debate, finding a bipartisan spending agreement, the potential for government shutdown, and SCOTUS debating student loan forgiveness.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230303	27:00	6:00	LIVE	PA/O/E	3/3/2023	4:30 PM
			REC		3/3/2023	7:30 PM

Tonight on CenterPoint: Correspondent Marc Lotter interviews David Nelson, Belpointe Chief Strategist, and Host of "The Money Runner" Podcast, to discuss the economic outlook, Fed rate hikes, the state of inflation, and anticipating market trends.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Center Point #230309	27:00	7:00	LIVE	PA/O/E	3/9/2023	4:30 PM
			REC		3/9/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Rep. Kevin Hern (R-OK) House Committee on Ways and Means, and Chair of Republican Study Committee, to discuss Biden's budget proposal, the debt ceiling debate, GOP efforts to reduce spending, the GOP economic outlook, Medicare and Social Security spending, and the fentanyl crisis.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Center Point #230313	27:00	7:00	LIVE	PA/O/E	3/13/2023	4:30 PM
			REC		3/13/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews George Seay, CEO of Annandale Capital LLC, Chairman of Texas-Israel Chamber of Commerce, and Former Finance Chairman for Gov. Rick Perry's 2012 Presidential Campaign, to discuss the Silicon Valley Bank Collapse, and the economic forecast post-SVB collapse.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Center Point #230314	27:00	8:00	LIVE	PA/O/E	3/14/2023	4:30 PM
			REC		3/14/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Rep. Greg Murphy (R-NC) House Ways and Means Committee to discuss historic bank failures, interest rate hikes, declassifying information on Covid-19, and Fauci on Covid-19 origins.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Center Point #230316	27:00	6:00	LIVE	PA/O/E	3/16/2023	4:30 PM
			REC		3/16/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Rogers Healy, CEO of Rogers Healy and Associates Real Estate, to discuss the Spring real estate market and the housing market outlook.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Center Point #230321	27:00	6:00	LIVE	PA/O/E	3/21/2023	4:30 PM
			REC		3/21/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Michael Faulkender, Former Assistant Secretary for Economic Policy at U.S. Dept of Treasury, Dean's Professor of Finance at University of Maryland, and Chief Economist at America First Policy Institute, to discuss the fallout of bank failures, FDIC coverage and protection, and tracking the turbulent economy.

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

The Eric Metaxas Show #163	24:30	24:30	REC	PA/O/E	2/10/2023	3:00 PM
					2/12/2023	7:00 PM

Today on The Eric Metaxas Radio Show: David Bahnsen, Founder and Chief Investment Officer of The Bahnsen Group, and Author of his new book, "There's No Free Lunch: 250 Economic Truths," just recently launched a video series called "No Free Lunch" about free markets and why that's good. He explains the word 'capitalism' originated with Karl Marx for the ideology of Adam Smith. It was an implied class envy term, and certainly a class struggle pitting those who own capital against humanity. David shares that his entire belief about free enterprise and his entire enthusiasm for what free markets have done to advance the cause of a more advanced civilization, a better society, higher quality of life is rooted in the human person. When we use the word 'capitalism' we sometimes concede a point. He believes capital is an important tool. Capital accumulation is a means to an end, and the end is this cause of a human flourishing, a shalom, a better life. Instead of using the word 'capitalism' David uses free enterprise, free society, and, as referenced by Father Sirico at the Action Institute, the free and virtuous society. That's the struggle we're in right now; those who believe freedom and virtue are in a tension, but you cannot have one without the other. David believes that freedom and virtue are pro-cyclical. How do people become good people? This is a fundamental difference. Do you get better institutions to create better moral formation with less liberty or more liberty? What he thought was settled in the twentieth century, the failure of totalitarianism, of Marxism, of socialism, got a second wind post the financial crisis. His starting point for defending markets is that all people were created by God to produce. A market is just two people in a free exchange. Allocate scarce resources. God made the world a certain way. Markets are the right way for us to freely administer and ultimately cultivate our gifts for the advancement of humanity. Milton Friedman, who's sort of the patron saint of defending markets in the 20th century, told us that economic freedom does not automatically create political freedom or civic freedom. It is insufficient, but it is necessary. David talks about the concept "There's no free lunch" that originated in the El Paso newspaper in the 1930's and was made more famous by Milton Friedman. It refers to the idea that you can't get something for nothing. But David adds that you can't get something you want without getting rid of something you want. Kids seem to understand this better than adults. God made the world with scarcity and there was a need to allocate resources. That's what no free lunch means and that's what markets fundamentally are about. One of our scarce resources is time.

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

Huckabee #277	50:30	8:00	REC	PA/O/E	1/21/2023	5:00 PM
					1/21/2023	8:00 PM
					1/22/2023	6:00 PM

Tonight on Huckabee: Rep. David Kustoff (R-TN), Member, Ways & Means Committee, talks about lowering taxes on families and small businesses, the death tax, the 87,000 IRS agents, and a select committee on China.

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

Huckabee #281	50:30	8:00	REC	PA/O/E	2/18/2023	5:00 PM
					2/18/2023	8:00 PM
					2/19/2023	6:00 PM

Tonight on Huckabee: Former Arkansas Governor, Mike Huckabee, explains the Fair Tax.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Huckabee #281	50:30	8:00	REC	PA/O/E	2/18/2023	5:00 PM
					2/18/2023	8:00 PM
					2/19/2023	6:00 PM

Tonight on Huckabee: Stephen Moore, Senior Economist at Freedomworks, and Former Trump Economic Advisor, talks about the Fair Tax, inflation, and the out of control government debt.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Huckabee #285	50:30	5:00	REC	PA/O/E	3/18/2023	5:00 PM
					3/18/2023	8:00 PM
					3/19/2023	6:00 PM

Tonight on Huckabee: David McCormick, Author of *"Superpower in Peril"* and Former CEO of Bridgewater Associates, talks about excessive government spending, the highest debt levels in the history of America and the world, inflation, pressure on banks and the Silicon Valley Bank bailout. He talks about the perils of America, such as the American dream and our educational system. He believes leadership makes the difference.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #230206	49:43	49:43	REC	PA/O/E	2/6/2023	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Rachel Cruz answer questions about investing principles in Canada, using a 529 if the market is down, dipping into emergency fund, what to do with money in the bank, and co-signing.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #230207	50:00	50:00	REC	PA/O/E	2/7/2023	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about having a lawyer as executor of mother's will, the best way to ask for a raise, how to save for a house, how to grow wealth for retirement, how to do a budget, homeowner's insurance, and using a house as rental property. Brenna and Isaac from Rochester, MN do their debt-free scream.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #230208	50:00	50:00	REC	PA/O/E	2/8/2023	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Dr. John Delony answer questions about being able to retire at 40-years-old, focusing on retirement or paying off house, struggling with selling rental property, dropping out of college and going back to work, challenges getting wife on board, paying off mortgage or building business, and purchasing another vehicle.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #230209	50:00	50:00	REC	PA/O/E	2/9/2023	2:00 PM

Today on The Ramsey Show: Dave Ramsey and George Kamel answer questions about selling stocks to pay off house, having buyer's remorse over new house, the best way to pull from mutual funds, attacking debt, and tithing on tax return, and review new retirement rules in The Secure 2.0 Act.

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*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230210	50:00	50:00	REC	PA/O/E	2/10/2023	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Dr. John Delony answer questions about how to take care of Dad, putting 20% down on home, using a HELOC to pay off student loans, lack of sleep because of debt, the best place to save money, and buying a house before wedding.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230213	50:00	50:00	REC	PA/O/E	2/13/2023	2:00 PM

Today on The Ramsey Show: George Kamel and Kristina Ellis answer questions about paying off medical debt before Baby Step 1, paying student loans or house first, investing or paying off house, boyfriend not believing in baby steps, generating income off an IRA, and money leftover in ESA accounts. They also discuss the 'No Spend Challenge,' scholarships, and having the hard conversations with our children early about paying for their education.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230214	50:00	50:00	REC	PA/O/E	2/14/2023	2:00 PM

Today on The Ramsey Show: Ken Coleman and George Kamel answer questions about not being happy at the job, how to prepare to move, putting money in a CD while learning to invest, saving extra money to pay off debt, pausing Baby Step 2 to repair furnace, and affording a new car.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230215	50:00	50:00	REC	PA/O/E	2/15/2023	2:00 PM

Today on The Ramsey Show: Dr. John Delony and Jade Warshaw answer questions about coming off maternity leave to raise income, skipping Baby Step 3 due to military retirement pay, selling 2023 Corvette, combining finances with spouse, and having fun money in budget.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230216	50:00	50:00	REC	PA/O/E	2/16/2023	2:00 PM

Today on The Ramsey Show: Ken Coleman and Dr. John Delony answer questions about what to do for a career, the best way to save for a home, working after retirement, trusting boyfriend with money, and challenges getting a promotion in the family business.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230217	50:00	50:00	REC	PA/O/E	2/17/2023	2:00 PM

Today on The Ramsey Show: Kristina Ellis and Dr. John Delony answer questions about moving to save money, debt costing their car, paying off ex-wife, and being sued by the bank. They also discuss the shortage of mental health counselors and affordable resources for counseling.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230220	50:00	50:00	REC	PA/O/E	2/20/2023	2:00 PM

Today on The Ramsey Show: Jade Warshaw and Rachel Cruz answer questions about pausing Baby Steps to prepare for a baby, renting or buying while in the military, what to do after paying off debt, pausing Baby Step 2 to save for a move, paying cash for next car, and moving out or staying with Dad. They also discuss credit card debt hitting an all-time high, Random Acts of Kindness Day on February 17<sup>th</sup> and the challenge to use five dollars for generosity.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230221	50:00	50:00	REC	PA/O/E	2/21/2023	2:00 PM

Today on The Ramsey Show: Dave Ramsey and George Kamel answer questions about severance pay, how to help a daughter, and paying off a car. Alissa and Jordan from Minneapolis, MN do their debt-free scream.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230222	50:00	50:00	REC	PA/O/E	2/22/2023	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about investing before getting out of debt, the difference between filing single and filing head of household, budgeting, long-term care policy, saving for a house after graduation, pulling retirement to pay off house, how to recapture depreciation on property, investing in stocks or equity in a home, and getting started on Baby Steps.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230223	50:00	50:00	REC	PA/O/E	2/23/2023	2:00 PM

Today on The Ramsey Show: Kristina Ellis and George Kamel answer questions about feelings of guilt being a working mom, discouragement with returns, paying off home or building a rental property, paying off credit cards, difference between a tax deduction and a tax credit, buying a home when lease is up, investing and saving for a home at the same time, and investing in a TSP. They also discuss student loan forgiveness cases.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230224	50:00	50:00	REC	PA/O/E	2/24/2023	2:00 PM

Today on The Ramsey Show: Rachel Cruze and Kristina Ellis answer questions about decreasing investing to pay off house early, owing \$13,000 in taxes, and going to college or working. They also discuss impulse buying.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230228	50:00	50:00	REC	PA/O/E	2/28/2023	2:00 PM

Today on The Ramsey Show: Dr. John Delony and Jade Warshaw answer questions about when to buy a first home, pausing Baby Step 2 to save for a car, mom lying about paying student loans, moving up in a house, starting to work or get a degree, selling a house to start Baby Steps, and turning \$100 a month into \$1,000,000.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230301	50:00	50:00	REC	PA/O/E	3/1/2023	2:00 PM

Today on The Ramsey Show: Ken Coleman and Kristina Ellis answer questions about pausing for retirement to pay off house, paying off debt or saving for new baby, fiancé wanting to buy a house vs renting, using refund to pay off debt or replace car, what to do with money after divorce, and what to do to become qualified for chosen work.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230303	50:00	50:00	REC	PA/O/E	3/3/2023	2:00 PM

Today on The Ramsey Show: Jade Warshaw and George Kamel answer questions about traveling while Baby Step 2, too much house for net worth, prioritizing retirement options, paying off house before investing, renting current home and buying new property, what to do with an old 401(k) and paying cash for a house.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230306	50:00	50:00	REC	PA/O/E	3/6/2023	2:00 PM

Today on The Ramsey Show: George Kamel and Ken Coleman answer questions about working full time after graduation, credit card with negative balance, how to quickly pay off \$150K, how to budget in retirement, how to prepare for possible layoff, and how to avoid overpaying taxes each month.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230307	50:00	50:00	REC	PA/O/E	3/7/2023	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about claiming kids on taxes, having only \$1K in savings, sufficient income at non-profit, rate buydown, inheritance for sister, how to budget, selling rental property, and how capital gains tax works. They also discuss wills.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230308	50:00	50:00	REC	PA/O/E	3/8/2023	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about saving, discerning a good job, saving in case 529 runs out, buying a car with emergency fund, emotional decisions, and the Fair Tax Act.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230309	50:00	50:00	REC	PA/O/E	3/9/2023	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about what to do with \$100K in savings, fiancé not wanting to move into duplex, splitting up investments, using retirement accounts, and impact on taxes after gifting a car.

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*Economy*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230310	50:00	50:00	REC	PA/O/E	3/10/2023	2:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Kristina Ellis answer questions about untangling parents' financial mess, making sure mom is taken care of, including rental property in Baby Step 2, and starting a non-profit to hire son. They also discuss another student loan payment lawsuit, extension, pause and forgiveness. Lauren and Allie from Yorktown, IN do their debt-free scream.</p>						

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230313	50:00	50:00	REC	PA/O/E	3/13/2023	2:00 PM
<p>Today on The Ramsey Show: George Kamel and Rachel Cruze answer questions about being laid off after purchasing a home, dating and saving money, and what to do with cashed out pension. They also discuss affording a house with these interest rates, real estate trends in 2023 and car loans.</p>						

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230314	50:00	50:00	REC	PA/O/E	3/14/2023	2:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and George Kamel answer questions about the best way to use an inheritance, moving into parent's house, investing in a CD with a 5% rate of return, and being subject to capital gains tax. They also discuss when to use a quick deed and making investment decisions based on breaking news. Becky and Jeff from Denver, CO do their debt-free scream.</p>						

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230315	50:00	50:00	REC	PA/O/E	3/15/2023	2:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about going into business with friends, friends asking for money to buy property, HUD loan fitting into Baby Steps, breaking up brokerage account, being gifted with a house, and how to invest to retire early. Richard and Angela from Stockton, CA do their debt-free scream.</p>						

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #230316	50:00	50:00	REC	PA/O/E	3/16/2023	2:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Dr. John Delony answer questions about running out of money to fight for custody, waiting to pay off house, investing through Dad, emergency fund that was more than \$1K, and making wise plans for future family. Andrew from Burlington, IA does debt-free scream.</p>						

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i>						
The Ramsey Show #230317	50:00	50:00	REC	PA/O/E	3/17/2023	2:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about old 529, paying off mortgage or saving for dream home, ex-wife's student loans in collections, and owing \$3 million on rental properties. Caller shares success using Baby Steps during SVB collapse. Christine and Christian do debt-free scream.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i>						
The Ramsey Show #230320	50:00	50:00	REC	PA/O/E	3/20/2023	2:00 PM
<p>Today on The Ramsey Show: Dr. John Delony and George Kamel answer questions about looking for a new career while paying off debt, how to handle bills in collections, selling a house to pay off debt, best retirement options while self-employed, preparing for a future family, and how to protect family if uninsurable. They also discuss money problems that are the leading cause of divorce and secrets of reward programs.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i>						
The Ramsey Show #2303021	50:00	50:00	REC	PA/O/E	3/21/2023	2:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshwa answer questions about opening a brokerage account, selling lake house to pay off home, what to do with a settlement, husband wanting to use HELOC to buy a rental, using savings to pay off rental, how to start looking for a new career, taking out a HELOC and under budgeting, and setting up a will to protect daughter struggling with substance abuse.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i>						
The Ramsey Show #230323	50:00	50:00	REC	PA/O/E	3/23/2023	2:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Rachel Cruz answer questions about how quickly to pay off car, managing unexpected expenses, affording rental properties, moving to higher paying job with benefits, and investing in gold. Lauren and Anthony from Fremont, OH do their debt-free scream.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i>						
The Ramsey Show #230324	50:00	50:00	REC	PA/O/E	3/24/2023	2:00 PM
<p>Today on The Ramsey Show: Ken Coleman and Jade Warshaw answer questions about buying a truck, inheritance letter scam, using savings to pay off debt after losing job, saving for retirement while paying off debt, and taking six months off work to travel. They also talk about college tuition and its return on investment.</p>						

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #2303028	50:00	50:00	REC	PA/O/E	3/28/2023	2:00 PM
<p>Today on The Ramsey Show: Ken Coleman and George Kamel answer questions about where teenage sons should save their money, affording a second vehicle, losing money on investments, saving enough for children, penalties for filing a tax extension, how to pay taxes, saving for a home while expecting a baby, and picking up a second job after recently getting out of homeless and living with parents.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #230329	50:00	50:00	REC	PA/O/E	3/29/2023	2:00 PM
<p>Today on The Ramsey Show: Jade Warshaw and Dr. John Delony answer questions about a future mother-in-law stealing \$300K from her son's family, what to do with a lump sum of money, renting until able to put 24% down on a home, paying off car before having first baby, getting back on the plan after having a baby, and being barely able to keep up with payments. They also discuss an article about dwindling emergency savings while rising credit card debt, interest rates, and inflation continue to rise. Statistics showed 45% of millennials, 44% of Gen X and 38% Gen Zs have more credit card debt than money in savings.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #230330	50:00	50:00	REC	PA/O/E	3/30/2023	2:00 PM
<p>Today on The Ramsey Show: Rachel Cruze and Dr. John Delony answer questions about how long to stay in a townhouse, being behind on investments, selling a home, paying off house vs investing, and claiming college kids as dependents if they are working and filing their own tax returns. They also discuss the concept and motivation of helping your kid save to have money for a down payment on home, along with problem solving and training. They share the top ten worst ways to talk with your spouse about money, as well as practical ways to talk with your spouse about money that are productive, helpful, and not harmful.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #230331	50:00	50:00	REC	PA/O/E	3/31/2023	2:00 PM
<p>Today on The Ramsey Show: Ken Coleman and Rachel Cruz answer questions about a boyfriend who co-signed an ex's student loans, getting solar panels, investing, paying off a car, being financially safe to retire, and waiting for the housing market to cool. They also discuss making more money in a gig economy.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Takeaways with Kirk Cameron #31	53:59	53:59	REC	PA/O/E	2/20/2023 2/20/2023	6:00 PM 9:30 PM
<p>Today on Takeaways with Kirk Cameron: Do you feel anxious, or procrastinate, when it comes time to pay the bills? It's no wonder. Prices for food, gas, electricity, and housing have been soaring over the past year. With inflation on the rise, let's face it, our money is just not going as far as it used to. So, how do you manage your finances well? We've challenged two financial wizards to come up with an answer. Our first guest, Rachel Cruze, is a Number One Best-Selling Author, Financial Expert, and Host of "The Rachel Cruze Show." She learned from the best, her dad, Dave Ramsey, Financial Expert, and Host of "The Ramsey Show." Rachel will share practical ways to take control of your money and develop a winning mindset. Our next guest, Steven K. Scott, is a "New York Times" Best-Selling Author and Entrepreneur who failed at seven jobs and two businesses within six years, but after learning success strategies from King Solomon in the Bible, he's built multi-million-dollar businesses and he's now helping others achieve their goals.</p>						

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

700 Club NewsWatch #01032023	CBN	52:30	6:00	REC	PA/O/E	1/3/2023	12:00 PM
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CBN Reporter Charlene Aaron Reports: Cash bail is used as a guarantee that a defendant will return to court for hearings or trial. While there are growing calls to reform the system, some say it pits the need for safety against the rights of the poor. In 2010, New York police arrested Kalief Browder for allegedly stealing a backpack in a Bronx neighborhood. Browder, who was 16 years old at the time, spent the next three years behind bars awaiting trial, something that never happened because Browder ended up taking his own life. His case points to a common problem for many who can't afford bond. According to The Civil Rights Implications of Cash Bail, a report by the US Commission on Civil Rights, more than 60 percent of defendants are detained pre-trial because they can't afford to post bail. Those numbers have moved several states to take action. For example, Illinois recently passed the "SAFE-T Act," legislation aimed at ending the state's cash bail system. On Saturday, the Illinois Supreme Court halted that law from taking effect on January 1. The law would do away with the state's cash bail system, but that's controversial because it would allow suspects charged with felonies, including second-degree murder, aggravated battery, and arson, to be released without bail. While supporters say the current bail system proves unfair to low-income defendants, Illinois law enforcement officials and prosecutors argue that it will let dangerous criminals back on the streets while sending the message that people can get away with breaking the law. Pastor Garland Hunt of The Father's House in Atlanta once served as president of Prison Fellowship and on the Georgia state board of pardons and paroles. He says while there are flaws in the criminal justice system, cash bail is needed in cases involving major crimes. As a former magistrate, Kate Trammell, Vice President of Advocacy at Prison Fellowship, is familiar with how the cash bail. She says low-income people can't always pay cash bail and end up having to stay in jail until trial, something she believes creates a two-tiered justice system. Trammell also pointed out other solutions that are fairer that don't raise safety concerns. According to the Prison Policy Initiative, there are also stark racial disparities surrounding pre-trial detention rates. Hunt said the media's portrayal of minorities also adds to the problem. Those are all reasons why Hunt believes the church's voice is needed for healing and confronting inequities in the system. It is a sentiment that Trammell shares. It is a process that many agree should provide safe communities and equity for all Americans.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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700 Club NewsWatch #01062023	CBN	52:30	5:00	REC	PA/O/E	1/6/2023	12:00 PM
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CBN National Security Correspondent Caitlin Burke Reports: The U.S. military received the equivalent of a failing grade from an annual report that assesses the country's defense. For the first time since it began in 2015, The Heritage Foundation's nonpartisan "Index of U.S. Military Strength" released a "weak" rating. Inflation, a recruiting crisis, aging equipment, and years of budget cuts are all key factors weighing into this year's report. Heritage's conclusion: the United States military is not prepared to meet the current threat environment of an increasingly dangerous world. The Index's editor Dakota Wood says the "weak" rating is meant to convey a level of gravity. Breaking down the findings by branch: the Army comes in at "marginal," seen as aging faster than it's modernizing and much smaller than needed. The Navy is rated as "weak," with a rapidly decreasing fleet. A similar rating for the Space Force, which lacks the capacity to manage the explosive growth in space we're seeing from other countries. The Air Force rates lowest at "very weak," due to retention issues and aging equipment. The only bright spot among the branches is the Marine Corps, which has a "strong" rating, having adapted well to the needs of today. U.S. nuclear capability is also rated and determined to be "strong," thanks to a bi-partisan commitment to modernization in that area. Wood says, as of today, the US military as a whole would struggle to meet the demands of a single major conflict, let alone engage on multiple fronts. He says while funding is the ultimate problem, it's also the solution. In order to get the military back to fighting strength, spending would need to increase. Meaning the defense budget needs to start coming in significantly over the rate of inflation. The 2023 Defense Authorization bill gives the military a record \$858 billion, \$45 billion more than President Biden requested. While that keeps pace with inflation, Wood says it falls short of what's really needed. America's adversaries, meanwhile, are steadily increasing investments into their military might. U.S. Rep Mike Waltz (R) Florida, a House Armed Services Committee member, told CBN News it's time for the U.S. to stop playing catch up. Wood warns that's usually easier said than done, as it would require Congress to prioritize projects that won't show immediate benefits. Wood hopes the ongoing war in Ukraine will remind lawmakers of how expensive war would be with another major power. Far different from what the U.S. military faced over the last two decades in the Middle East. When it comes to recommendations, he says he would be encouraged by a substantial, and consistent, investment in munitions, especially since the U.S. has provided Ukraine with more than a quarter of our supply. Then, over the coming years, Wood suggests more significant increases to the defense budget, and a renewed focus on expanding the military's capacity.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #01262023	52:30	5:00	REC	PA/O/E	1/26/2023	12:00 PM

CBN Reporter Brody Carter Reports: COVID disruptions to the global supply chain revealed the world’s largest tech battle is for semiconductors, the key to dominating international technology and computing power. Semiconductor chips are basically the brains of modern electronics. You might be surprised that the United States isn’t the world leader in this multi-billion-dollar industry – it’s not even second. The U.S. government’s goal is simply to stay ahead of China. Experts are calling it the ‘chip war,’ and Taiwan is stuck at the center of this fight for the world’s most critical technology. The small island of Taiwan clearly dominates the world’s semiconductor market. The single manufacturer Chang refers to is TSMC, Taiwan Semiconductor Manufacturing Company – and Apple is its biggest customer. Tufts University Associate Professor, Chris Miller authored “Chip War, The Fight for the World’s Most Critical Technology.” He tells CBN News the Taiwanese company’s dominance in semiconductors makes OPEC’s 40% share of world oil production pale by comparison. The chip industry is made possible by a symbiotic relationship among key countries that forms a very complex supply chain. America, the world’s largest market, also makes up almost 40% of the total value of this international supply machine. It’s clearly an intertwined international process. Just three years ago, China’s tech giant “Huawei” was TSMC’s number two customer. Then, the Trump administration tightened restrictions preventing the company from getting chips developed by the U.S. due to espionage and national security concerns. More importantly, Miller says the microchip has revolutionized American warfare. Semiconductors made in Taiwan are used in F-35 fighter jets – and a wide range of U.S. military-grade weapons and defense systems. Since the world’s entire tech ecosystem can’t function without these chips, that makes the sovereign island ground zero for a chip war between the U.S. and China. That’s what makes the communist government’s “Made in China 2025” plan to make the country dominant in global high-tech manufacturing a true threat to the U.S., both economically and militarily. It’s one reason the U.S. finally responded with the Chips Act, pouring out billions of dollars to bring chip manufacturing and research back to the U.S. TSMC has committed at least \$12 billion to build a chip fabrication plant in Arizona, starting in 2024. Still, neither China nor the U.S. can overtake Taiwan’s production efforts and achieve self-sufficiency anytime soon. Nathan Picarsic with Foundation for Defense of Democracies says accessibility and proximity to chips is key in striving towards self-sufficiency and also strengthening national security. While Taiwan has maintained its sovereignty for more than 70 years, China still considers the island nation its property and regularly provokes it militarily. Given China’s authoritarian use of technology against its own people and the potential power of semiconductors, the battle to control the world’s technology and data is paramount. This evolving technology makes semiconductors even more of a national security concern, especially with progress in artificial intelligence and quantum computing. The chip war is well underway, exactly how hostile this war becomes remains to be seen.

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

Taking Care of Business #TCOB-1912	28:30	28:30	REC	PA	1/4/2023	8:30 PM
			LCL		1/6/2023	1:30 AM

It is estimated that human traffickers generate hundreds of billions of dollars each year, second only to drug trafficking as the most lucrative form of criminal activity. This episode of Taking Care of Business brings awareness and promotes prevention education as a critical strategy to fight human trafficking.

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

Taking Care of Business #TCOB-1909	28:30	28:30	LCL	PA	1/25/2023	8:30 PM
					1/27/2023	1:30 AM

Obesity in America has reached epidemic proportions with 1 in every 3 adults considered obese. The reasons behind this dangerous and growing health crisis may not always be what you expect. In any case, losing the weight is a journey. Keeping it off can be even harder. On this episode of “Taking Care of Business” we will discover that how we choose to lose weight is just as important as why.

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

Taking Care of Business	28:15	28:15	LCL	PA	2/08/2023	8:30 PM
#TCOB-1904					2/10/2023	1:30 AM

On this emotional episode of Taking Care of Business we explore the difficult subject of youth suicide. Youth suicides are now a pandemic in our country. The suicide rate for young people between the ages of 14 and 19 has jumped 70% in the past 10 years. 157,000 young people are hospitalized each year for self-harm. Many feel that this coincides with the launch and popularity of many of the social media apps and platforms. Most young people don't realize that social media sites are not accurate representations of the authentic lives of those using them. Meet young people who tell their stories of how they attempted to end their lives but lived to tell about it!

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

Taking Care of Business	28:30	28:30	LCL	PA	2/15/2023	8:30 PM
#TCOB-1907					2/17/2023	1:30 AM

The long reach of the opioid epidemic touches every community in America. It's sprawling across our farmlands and small towns. It's quietly creeping into our families and even our church pews. On this episode of "Taking Care of Business" we take an honest look at this growing problem of substance abuse and explore some possible solutions and how a dose of unconditional love may be required to fix it.

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

Taking Care of Business	28:15	28:15	LCL	PA	2/22/2023	8:30 PM
#TCOB-1916					2/24/2023	1:30 AM

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

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

Taking Care of Business	28:30	28:30	LCL	PA	3/22/2023	8:30 PM
#TCOB-1921					3/24/2023	1:30 AM

A generation ago, we were fascinated by and allured to smoke cigarettes. Today, vaping is the trendy alternative to smoking. Is it safer? Is it causing a reduction in smoking overall or is it just creative marketing? Find out on this edition of Taking Care of Business.

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



*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents Jordan Rubin Multi-Collagen #16	56:15	56:15	REC	PA/O/E	1/01/2023	11:00 PM
					1/03/2023	1:00 AM
					1/07/2023	2:30 AM
					1/16/2023	10:30 PM
					1/18/2023	11:00 PM
					2/04/2023	3:00 AM
					2/11/2023	2:30 AM
					2/19/2023	10:00 PM
					3/15/2023	10:30 PM
					3/20/2023	11:00 PM
					3/23/2023	10:30 PM
					3/29/2023	10:30 PM
3/30/2023	1:00 AM					

Tonight on Praise: Jordan Rubin, America’s Biblical Health Coach, and Dr. Josh Axe, Chiropractic Physician and Nutritionist, Co-Founders of Ancient Nutrition and Best-Selling Authors, discuss the nutrient collagen, that virtually everyone is missing from their daily diet.

*Mental Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise #91418	56:30	56:30	REC	PA/O/E	1/02/2023	5:00 PM
					1/02/2023	8:00 PM
					1/03/2023	2:00 PM
					1/10/2023	12:00 AM

Tonight on Praise: Tyler Perry, Prolific Actor, Writer, Filmmaker and Producer talks about his abusive childhood and how his imagination provided a safe place to create and dream, ultimately enabling him as a man to feed his dreams. Tyler eventually wrote a play about adult survivors of child abuse who forgave their abusers, and yet he had not forgiven his own father. He shares that the catalyst of his success was when he forgave his father; no longer fueled by anger and negativity but motivated by positivity. Today Tyler owns Fort McPherson, a former confederate army base, where his studios are now located. Tyler tells us he has no failures because everything in his life was a teaching moment that prepared and molded him. He encourages us to never give up on our dreams and to know that we are worthy, because there are people whose lives and destiny are tied to us. Tyler shares how he overcame his fear of flying; closing with a message about anxiety, encouraging us to climb (pray) and maintain (worship).

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>						
Praise Presents Joel Osteen Your Greater Is Coming #230101	55:30	55:30	REC	PA/O/E	1/03/2023	12:00 AM
					1/08/2023	8:00 PM
					1/19/2023	5:00 PM
					1/19/2023	8:00 PM
					1/20/2023	2:00 PM
					1/22/2023	9:00 PM
					1/26/2023	12:00 AM
					1/29/2023	12:00 AM

Tonight on Praise: Joel and Victoria Osteen, "New York Times" Best-Selling Authors, and Senior Pastors of Lakewood Church, share Joel's new book "Your Greater is Coming." We all go through difficulties. In Psalm 71, David tells us God allowed him to suffer much hardship, but God will restore him to even greater honor. God doesn't say we won't ever go through any hardship, have tough times, or have people come against us. The promise is although we go through some of those things, we will come out with "greater". Greater honor. Greater strength. Greater experience. Greater faith. Greater joy. Greater influence. Greater resources. Greater health. Greater relationships. Greater creativity. Greater favor. It's about not getting stuck in the disappoint but going to the promise believing that God has something greater coming. Develop a 'greater' mentality. Get rid of excuses. Let go of baggage from the past. Get rid of a victim mentality. Keep doing the right thing. Change the atmosphere. Pay attention to our inner dialogue. These are tests we must pass. When we don't get bitter and lose our joy it allows God to entrust us with more. God has a set time to bring things to pass. Go into the new year with a new mindset. Look forward. Joel and Victoria compare our difficulties with Sequoia trees going through a fire, surviving the fire, multiplying their seed, and ultimately becoming fireproof. We must be careful how we think because our thoughts run our life. Our life is going to follow our thoughts. It's important to pay attention to what we're thinking. Think about what God says about us. Pass the test and let challenges fuel your future. Enjoy the journey each day. Focus on the goodness of God. Trust Him and His timing. Greater is coming.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Health</i>						
Praise Presents Jordan Rubin Patient Heal Thyself #230102	56:15	56:15	REC	PA/O/E	1/05/2023	5:00 PM
					1/05/2023	8:00 PM
					1/06/2023	2:00 PM
					1/12/2023	12:00 AM
					1/15/2023	8:00 PM
					1/17/2023	5:00 PM
					1/17/2023	8:00 PM
					1/18/2023	2:00 PM
					1/25/2023	12:00 AM
					1/28/2023	10:30 PM
					1/29/2023	9:00 PM

Tonight on Praise: "New York Times" Best-Selling Author and America's Biblical Health Coach, Jordan Rubin, talks with Matt and Laurie about his journey from sickness to health chronicled in his book, "Patient Heal Thyself." Jordan shares the monumental discoveries he has made that will help us take control of our own health and unlock the body's phenomenal healing potential.

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*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents Joseph Prince Healing Scriptures #20	54:15	54:15	REC	PA/O/E	1/08/2023	9:00 PM
					2/23/2023	1:00 AM
					3/12/2023	9:00 PM
					3/20/2023	1:00 AM

Tonight on Praise: Joseph Prince, Dynamic Teacher of Grace, Senior Pastor of New Creation Church, and Best-Selling Author of his latest book, "Healing Scriptures," talks about God's heart for his people. His heart is that He wants us well. Joseph shares the significance of the healing scriptures for us today. He talks about the power of meditating on God's word and speaking God's word. He tells us how gratefulness is connected to our overall health and healing.

*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents Jordan Rubin CBD Capsules #1	56:15	56:15	REC	PA/O/E	1/09/2023	12:30 AM
					1/24/2023	1:00 AM
					2/08/2023	10:30 PM
					2/23/2023	10:30 PM
					3/13/2023	12:30 AM

Tonight on Praise: America's Biblical Health Coach, Jordan Rubin and Chiropractic Physician and Nutritionist, Dr. Josh Axe, Co-Founders of Ancient Nutrition, talk about the hemp plant, originally called cannabis sativa, focusing on CBD or Cannabidiol, which does not have intoxicating or hallucinogenic effects. They share its benefits to help with stress, its impact on the entire body, and nutritional benefits. They present the first to market certified organic CBD hemp supplements combined with powerful botanicals, US grown, and USDA certified organic by the United States Department of Agriculture

*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents Jordan Rubin Brain Boost/Trinity #18	54:45	54:45	REC	PA/O/E	1/11/2023	11:00 PM
					1/22/2023	10:00 PM
					1/26/2023	10:30 PM
					1/29/2023	11:00 PM
					1/30/2023	1:00 AM
					2/07/2023	1:00 AM
					2/12/2023	10:30 PM
					2/18/2023	1:00 AM
					3/05/2023	11:00 PM
					3/21/2023	1:00 AM

Tonight on Praise: Jordan Rubin, Founder of Ancient Nutrition, America's Biblical Health Coach and "New York Times" Best-Selling Author, introduces Multi-Collagen Protein Brain Boost available in powder and capsule form. We learn our body is made up of thirty percent collagen, which is a connective tissue protein. However, many people are getting only zero to five percent collagen in their diet. Jordan also introduces Ancient Probiotic Trinity an innovation in gut health combining prebiotics, parabiotics, and postbiotics. Jordan talks about gut health and explains that probiotics are beneficial microorganisms or bacteria that protect our gut and aid digestion, elimination, and the immune system. He also talks about what destroys probiotics in the body and symptoms associated with its depletion.

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*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents Jordan Rubin Organic Super Greens #13	55:45	55:45	REC	PA/O/E	1/19/2023	1:00 AM

Tonight on Praise: Jordan Rubin, America's Biblical Health Coach and Dr. Josh Axe, Chiropractic Physician and Nutritionist, Co-Founders of Ancient Nutrition, and Best-Selling Authors, offer simple, effective solutions for busy people. Ancient Nutrition Organic Super Greens is a shortcut to getting more green leafy vegetables and powerful high antioxidant colorful fruits that may normally be consumed in a week or a month. They discuss energy, immune support, detoxification, and digestive health.

*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Scott Hannen Stop the Pain #70821	54:25	54:25	REC	PA/O/E	1/22/2023	8:00 PM

Tonight on Praise: Dr. Scott Hannen, Chiropractic Physician, TV Host, and Author of "Stop The Pain The Six to Fix" talks about stopping the pain, disease processes, and recovery protocols to help restore health.

*Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents Scott Hannen Nano Nutrients #25	54:59	54:59	REC	PA/O/E	1/26/2023	5:00 PM
					1/26/2023	8:00 PM
					1/27/2023	2:00 PM
					2/02/2023	12:00 AM
					2/05/2023	8:00 PM
3/19/2023	8:00 PM					

Tonight on Praise: Matt and Laurie Crouch host Dr. Scott Hannen to introduce and discuss a new life changing breakthrough in healthcare that will assist in improving energy, decreasing inflammation and pain, as well as get your body feeling refreshed, repaired, and revived.

*Mental Health*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents Rick Warren Purpose Driven Life #7	54:15	54:15	REC	PA/O/E	1/30/2023	11:00 PM

Tonight on Praise: Rick Warren, Founder of Saddleback Church, Pastor, and "New York Times" Best-Selling Author of "The Purpose Driven Life: What on Earth Am I Here For?" tells us there is no more fundamental question than 'why am I alive?' He asks the question of existence (why am I alive?) significance (does my life matter?) and purpose (what am I here for?). He explains God's five purposes for our lives: 1. You're planned for God's pleasure. 2. You're formed for God's family. 3. You're created to become like Christ. 4. You're shaped to serve God. 5. You're made for a mission. To fulfill these five purposes love God with all your heart, soul, mind, and strength (worship) and love your neighbor as yourself (service). Let God love you because we were created for God to love. Pastor Rick shares his personal pain when his wife, Kay, had cancer, and when his son, Matthew, struggled with mental illness and committed suicide. Out of their greatest pain, Pastor Rick and his wife, Kay, began ministering to families with mental illness and families struggling with the suicide of a family member. Pastor Rick expresses the importance of recognizing the deeper the pain, the fewer words should be used. Simply show up and shut up; this is the ministry of presence. Pastor Rick encourages viewers to use their pain to help others.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Health</i>  Praise Presents Jordan Rubin Bone Broth Savory Vitality #24	57:00	57:00	REC	PA/O/E	1/31/2023	5:00 PM
					1/31/2023	8:00 PM
					2/01/2023	2:00 PM
					2/04/2023	10:30 PM
					2/08/2023	12:00 AM
					3/04/2023	3:00 AM
					3/09/2023	1:00 AM
				3/11/2023	2:30 AM	

Tonight on Praise: Tom Newman hosts guest Jordan Rubin, Co-Founder of Ancient Nutrition, to share the latest on the health benefits of savory bone broths and vitality supplements for men and women. They're joined by special guests Dove Award-winning Singer and Songwriter Nicole C. and gold medal Olympic figure skater champion Scott Hamilton.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>  Praise #32123	51:48	51:48	REC	PA/O/E	3/21/2023	5:00 PM
					3/29/2023	12:00 AM

Tonight on Praise: Matt and Laurie Crouch host Sheila Walsh as they welcome her to the TBN family. Sheila shares powerful testimony of her early childhood to now and how God has used her personal challenges and journey to reach others with mental illness.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>  Better Together #520	25:45	25:45	REC	PA/O/E	1/3/2023	7:00 PM

Today on Better Together: Lisa Harper, Alex Seeley, Dr. DeeDee Freeman, Robyn Wilkerson, and Donna Pisani address: Our thoughts matter! Philippians 4:8 says to focus on whatever is noble, right, and pure. Renewing our minds with God's truth is the key to finding freedom and purpose.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>  Better Together #706	51:00	51:00	REC	PA/O/E	1/30/2023	10:29 AM

Today on Better Together: Laurie Crouch, Nicole Binion, Dr. DeeDee Freeman, Robyn Wilkerson, and Amie Dockery address: Don't let worry waste your time! God created us to walk in His power and love with a sound mind. His supernatural peace overcomes fear and carries us through even the most difficult storms of life.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>  Better Together #707	48:18	48:18	REC	PA/O/E	1/31/2023	10:29 AM

Today on Better Together: Laurie Crouch, Nicole Binion, Dr. DeeDee Freeman, Robyn Wilkerson, and Amie Dockery address: Say goodbye to negative thinking! When we renew our minds with the Word of God, we are empowered to walk in His truth and freedom.

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

Better Together #708	51:00	51:00	REC	PA/O/E	2/1/2023	10:29 AM
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Today on Better Together: Laurie Crouch, Nicole Binion, Dr. DeeDee Freeman, Robyn Wilkerson, and Amie Dockery address: Freedom looks good on you! We are fully known and loved by God! When we believe His truth about us, we find our true identity and walk in freedom.

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

Better Together #709	51:00	51:00	REC	PA/O/E	2/2/2023	10:29 AM
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Today on Better Together: Laurie Crouch, Nicole Binion, Dr. DeeDee Freeman, Robyn Wilkerson, and Amie Dockery address: We can overcome insecurity! Living for an audience of One and renewing our minds with God's truth sets us free from comparison and offense.

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

Better Together #710	51:00	51:00	REC	PA/O/E	2/3/2023	10:29 AM
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Today on Better Together: Laurie Crouch, Nicole Binion, Dr. DeeDee Freeman, Robyn Wilkerson, and Amie Dockery address: Mindset matters! Faith is the most powerful antidote to fear. When we learn how to believe well, we can walk through any season knowing that God is with us and for us!

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

Better Together #732	50:59	50:59	REC	PA/O/E	3/14/2023	10:29 AM
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Today on Better Together: Beth Redman, Jennie Lusko, Janice Gaines, Emily Vogeltanz, and Jess Connolly address: Has God's truth transformed the way you think? When we allow God's Word to renew our minds, our perspective changes. We are called to speak life and carry hope to everyone we meet!

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

Better Together #734	51:00	51:00	REC	PA/O/E	3/16/2023	10:29 AM
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Today on Better Together: Beth Redman, Jennie Lusko, Janice Gaines, Emily Vogeltanz, and Jess Connolly address: You are uniquely gifted and called by God to your corner of the world! Comparing ourselves to others distracts us from our calling and purpose. It's time to break free from comparison and experience everything God created us to be!

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

Better Together #744	51:00	51:00	REC	PA/O/E	3/30/2023	10:29 AM
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Today on Better Together: Sheila Walsh, Nicole Binion, Zai Chandler, Donna Pisani, and Jeanne Stevens address: When our thoughts try to spiral out of control, the truth of God's Word guards our minds and anchors our hearts. We have the power to exchange our fears and worries with His truth.

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

Center Point #230131	27:00	7:00	REC	PA/O/E	1/31/2023	4:30 PM
			REC		1/31/2023	7:30 PM

Tonight on CenterPoint: Correspondent Allen Jackson interviews Darcy Walker Krause, LSW, and Grief and Trauma Expert, to discuss Santa Cruz Island Horses, childhood response to fear, and how fear affects children.

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

Center Point #230216	27:00	6:00	LIVE	PA/O/E	2/16/2023	4:30 PM
			REC		2/16/2023	7:30 PM

Tonight on CenterPoint: Correspondent Dennis Kucinich interviews Pastor Neil Eaton, Senior Pastor of New Hope Chapel, to discuss processing traumatizing events, young people turning to God, finding hope in God, and the Asbury revival.

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

Center Point #230220	27:00	14:00	LIVE	PA/O/E	2/20/2023	4:30 PM
			REC		2/20/2023	7:30 PM

Tonight on CenterPoint: A patient's journey to recovery and Correspondent Doug McKelway interviews Dr. Bob Li, Medical Oncologist at Memorial Sloan Kettering Cancer Center, Associate Professor of Medicine at Weill Cornell Medicine, Chief Scientific Officer at MSK Direct, and Co-Director at Thoracic Liquid Biopsy Program, to discuss a breakthrough lung cancer treatment and breakthrough cancer discovery. For more information visit [cure4cancer.org](http://cure4cancer.org).

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

Center Point #230303	27:00	7:00	LIVE	PA/O/E	3/3/2023	4:30 PM
			REC		3/3/2023	7:30 PM

Tonight on CenterPoint: Correspondent Marc Lotter interviews Pastor Neil Eaton, Senior Pastor of New Hope Chapel, to discuss the mental health crisis, counseling those struggling, the healing power of the church, the power of revival, and spiritual renewal across America.

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

Center Point #230310	27:00	7:00	LIVE	PA/O/E	3/10/2023	4:30 PM
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Tonight on CenterPoint: Correspondent Rob Astorino interviews Janet Morana, Co-Founder of Silent No More Awareness Campaign, to discuss the abortion pill decision, the pain of abortion, and the abortion battle goes to the states.

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

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

The Eric Metaxas Show #160	24:15	13:00	REC	PA/O/E	1/20/2023	3:00 PM
					1/22/2023	7:00 PM

Today on the Eric Metaxas Show: Andrew McDiarmid, Senior Fellow with the Discovery Institute in Seattle, Washington, and Host of *Simply Scottish Podcast*, talks about an article he wrote in "The New York Times Opinion" titled "If You make one resolution in 2023, it should be this: experts." He shares that when we bring the whole world into our pocket it is a real temptation, a blessing in some ways, and it can also be a curse if we are not a "tech boss." Andrew encourages people to become their own "tech boss" because many are living very reflexively as opposed to reflectively. Who are we? This is a problem especially for young people, but also everyone who uses these gadgets. Andrew tells us we really do need a sabbath. He recommends taking back the first and last hours of your day. Those hours belong to you and your maker. Don't turn it on right away. Do some thinking, do some reflecting. Do some thinking about your near and far future, and just turn inward so that you can outward experience a better place. Do less on your gadgets (phone, tablet, laptop). Take your nose out of the screen, pick a few things that you like to do, and that will give your mind and your body an excuse to start thinking. Generally, pull yourself out of the screen, give yourself twenty minutes a day or more and do something that allows for your mind to wander.

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

Harvest Crusade 2023 #7109	55:30	8:00	REC	PA/O/E	1/23/2023	5:00 PM
					1/23/2023	8:00 PM
					1/24/2023	2:00 PM
					1/31/2023	12:00 AM

Tonight at Harvest Crusade 2023: Pastor Greg Laurie tells us that America is at a crossroads. Crime is up, drug use is up, hopelessness is up. Pastor Greg shares that the times we are living in now remind him of the late sixties and early seventies. Drug use is up, marijuana and LSD use is up dramatically. More Americans are smoking pot than cigarettes right now. This has led to a full-blown opioid epidemic. There has been a three hundred percent increase in fentanyl deaths. 300 people a day die from fentanyl. This young generation today is looking for answers. Self-harm is up 334%. Overdoses are up 119%. Anxiety and depression is up. The US suicide rate has increased dramatically since the year 2000 and it has tripled for young girls. Maybe that's why one expert dubbed generation Z the hopeless generation. This is our wakeup call. It's time to pray. Pastor Greg tells us the ultimate hope for America is a spiritual solution. We need another Jesus revolution, and we need to start praying for it now. We need a revival.

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

Huckabee #261	50:30	5:00	REC	PA/O/E	1/7/2023	5:00 PM
					1/7/2023	8:00 PM
					1/8/2023	6:00 PM

Tonight on Huckabee: Robby and Mia Graham, Owners of Revelations Café, tell us how they met and how the café came to be. Robby explains that we are mind, body, and spirit. In the documentary "Revelations Café" they share their faith and express that we honor God when we watch what we put in our mouth. Exercise is another important aspect. They hope their message is one of hope, deliverance, and healing. Robby and Mia even wrote a book, "222 Says It Was Always You" to share the story of how they met.

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



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

Huckabee #284	50:30	4:00	REC	PA/O/E	3/11/2023	5:00 PM
					3/11/2023	8:00 PM
					3/12/2023	6:00 PM

Tonight on Huckabee: Jennifer O'Neill talks about her role in a new film about Ronald Reagan simply called "Ronald Reagan." Jennifer also talks about Hope and Healing at Hillenglade, an equestrian program she created for veterans with PTSD. She shares that we are losing over 40 warriors a day to suicide. Hope and Healing at Hillenglade offers an equine-assisted program for first responders, veterans, and people coming back from combat. It's also open to the public. Jennifer explains that a horse is like a mirror. Through horse therapy they work on relationship, communication, trust, and respect.

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

Huckabee #286	50:30	4:00	REC	PA/O/E	3/25/2023	5:00 PM
					3/25/2023	8:00 PM
					3/26/2023	6:00 PM

Tonight on Huckabee: Dr. Omar Hamada, Family Medicine and OB/GYN, U.S. Special Ops LTC Flight Surgeon (Retired), talks about Tennessee's trigger law passed in 2019 prohibiting abortion and a recent bill excluding ectopic pregnancies and miscarriage management, which may be a model for the rest of the country. While most people are familiar with the abortion pill called the morning after pill, Dr. Hamada shares that RU-486, also known as Mifepristone, is more than that and explains how it works. He tells us there are pills to reverse that to save a pregnancy after the mifepristone has been given.

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

The Impact of TBN #2	25:54	25:54	REC	PA /O/E	1/03/2023	11:30 PM
					1/12/2023	11:00 PM
					1/14/2023	4:30 PM
					1/24/2023	11:30 PM
					1/28/2023	11:00 AM
					2/01/2023	8:00 PM

The Impact of TBN: In the early 1970's Paul and Jan Crouch began the Trinity Broadcasting Network with the purpose to use every available means to reach as many individuals and families as possible with the life-changing gospel of Jesus Christ. We are committed to tackling issues from a Christian perspective; issues such as human trafficking and critical race theory, to protests from civil rights and the invasion of Ukraine. Whatever the subject matter, we aim to equip you with an understanding of current events that concern you, your loved ones, and your faith. We're also dedicated to connecting viewers in their first language. Stretching from the pacific nations to the western edge of the United States, from the most southern tip of South America to the Nordic islands, our broadcast extends to more than 175 countries and are dubbed into over a dozen languages and we're just getting started. TBN programming is expanding globally and digitally. For us it's about the people. It's about a hands on accessible personal online church that meets the needs of believers and nonbelievers wherever, whenever, and however. We Christians have a responsibility to encourage the broken hearted, to help the burdened, to love the fallen and forsaken. This is the heart of Christ and this is why TBN operates in and through prayer. We are more than broadcasters and content creators, we're also prayer warriors. Every minute of every hour of every day we are praying and are here to stand with you. Our mission is being fulfilled through your prayers and support. Because of you we're able to see lives saved and hearts transformed. Words can't begin to describe our gratitude. Your trust, your dedication and your generosity is why we're here today. This ministry is a privilege we cannot do without you. It's a legacy we're all too pleased to carry on. For as long as there are people who haven't heard his name or seen his love, we at TBN will serve as his messengers. Wherever God calls us we will go until the day Jesus returns, we'll be his witnesses in Jerusalem, all Judea and Samaria, and unto the ends of the earth. Thank you and may God bless each one of you abundantly.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
It is Written with John Bradshaw #2304	27:30	27:30	REC	PA/O/E	1/22/2023	10:30 AM

Today on It is Written with John Bradshaw: Pastor John Bradshaw talks about some of the comorbidities many people realized they had during the COVID-19 pandemic and shares five simple steps to safeguard our health. 1. Get moving. 2. Eat healthy foods. 3. Get good sleep. 4. Quit alcohol. 5. Trust in God.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
It is Written with John Bradshaw #2308	27:30	27:30	REC	PA/O/E	2/19/2023	10:30 AM

Today on It is Written with John Bradshaw: Pastor Bradshaw tells us there are healthcare challenges facing millions and millions of people today. Remarkably, there are often some very simple things that you can do to minimize your risk or to get out from under that health burden. The Bible is a book that encourages us to take our health seriously. Dr. David DeRose, President of CompassHealth Consulting joins Pastor Bradshaw to discuss the subject of obesity. There are three-quarters of Americans that are impacted by this disorder. It's not just obesity, medically speaking; it's also overweight. It's affecting 1 in 5 of our youth which now meet the definition for being significantly overweight. Some simple changes are not having so much screen time and drink primarily water. Even losing five percent of one's weight can make a measurable difference in these metabolic diseases. Eating more whole plant foods can fill us up with fewer calories. Have an accountability partner.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Power of One with Greg Ford #2302	27:30	27:30	REC	PA/O/E	1/8/2023	1:30 PM

The Power of One with Greg Ford: Today, Lead Pastor of One Church in Columbus, Ohio, Pastor Greg Ford, shares a message entitled "How Do I Handle Stressful Situations Well?" He tells us a big part of life being lived well is how we manage stress. We learn five things to help us manage stress: Look reality in the face. Focus on your purpose. Come up with a plan. Act courageously. Release what's out of your control.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Takeaways with Kirk Cameron #61	48:29	48:29	REC	PA/O/E	1/16/2023	6:00 PM
					1/16/2023	9:30 PM

Today on Takeaways with Kirk Cameron: A very special episode of Takeaways where we reflect on some of the most powerful and thought-provoking moments of great conversations over the last year together about the importance of life. There's no doubt the topic of life has become polarizing in today's culture. What's often missed in heated debates and in short headlines is someone's 'why' behind what they believe. What are those stories of impact that cause someone to support life? Today we're going to dive into a few of these stories from our past guests about those that have found themselves in an unplanned pregnancy, everyday people who are stopped in their tracks compelled by God to advocate for life in their communities and in their country, and stories of mothers and fathers, like Cameron and his wife, who were forever changed by the blessing of adoption. And then, of course, there are the children themselves. Kids that today can say thank you because a birth mother chose life for them, and they now live. We'll also breakdown how our culture has been impacted by the overturning of Roe vs Wade and identify resources and practical ways that the church can come alongside communities to support a culture of abundant life. Guests include Abby Johnson, Pro-Life Activist, Roland Warren, President/CEO of CARE NET, Melissa Coles, Real-Life Inspiration Behind "Lifemark" Movie, Justin Reeder, LoveLife Founder, Alex and Stephen Kendrick, "Lifemark" Movie, David Scotton, Real-Life Inspiration Behind "Lifemark" Movie, and Erin Hawley, Attorney and Legal Expert. Resources: Loveline.com / 877.791.5475 Pregnancy Decision Line / Care-Net.org / Lovelife.org.

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

700 Club NewsWatch #01162023	CBN	52:30	5:00	REC	PA/O/E	1/16/2023	12:00 PM
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CBN National Security Correspondent Eric Philips Reports: Suicides are reaching epidemic proportions, and the numbers in the US military are up for the fifth year in a row. It's reaching across generations affecting current troops, veterans, and families. Kim Ruocco knows this from personal experience. Her husband took his life while at the height of his military career. Major John Ruocco served as a Marine Corps pilot for 15 years. A really good one according to his wife, Kim, and the accolades don't stop there. It's a battle he lost in 2005. A social worker by profession, Kim often sensed subtle changes in her husband's behavior during phone calls. John became part of a growing statistic of active military and veterans who have committed suicide. The latest Pentagon research shows increases over the last five years with more than 500 military suicides in 2018 alone. A Veterans Administration report indicates some 6,000 veteran suicides each year between 2005 and 2017. Dr. Heather Kelly is director of military and veterans' health policy at the American Psychological Association. But there is help. After her husband's death, Ruocco started the Assistance Program for Survivors or TAPS. On the prevention side, the American Bible Society has rolled out the "God Understands Campaign" to help service members who are battling depression and other mental health challenges. It includes testimonies from people like Bryan Flanery who attempted suicide while in the army. Gordon Groseclose, a retired Army Chaplain who works with the God Understands Campaign, says social distancing in these times only magnifies feelings of isolation, and that could cause the already growing suicide numbers among service members to spike. He says the campaign provides a unique human and divine connection. In fact, experts say faith is what's called a "protective factor" when it comes to suicide. In other words, those who identify with all faiths are at a lower risk for suicide.

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

700 Club NewsWatch #02072023	CBN	52:30	5:00	REC	PA/O/E	2/7/2023	12:00 PM
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CBN Medical Reporter Lorie Johnson Reports: Perhaps you've noticed all the messages on social media, or the numerous products at the store, suggesting mothers of young children need to drink alcohol, and lots of it, to cope with the pressures of raising children. If you yourself are a young mom, chances are you're being pressured to drink as part of the role. It's called "Mommy Wine Culture," and while it's pervasive throughout American society, a growing number of mothers are pushing back against it. The troubling messages often try to be humorous and appear on merchandise like baby clothes saying, "Mommy Drinks Because I Cry," wine glasses with the phrase "Mommy's Sippy Cup" written on them, and adult t-shirts with "Coffee, Hocky Mom, Wine, Repeat" emblazoned on the front. Then there are all the memes like "The Most Expensive Part of Having Kids is All the Wine You Have to Drink." As it turns out, the messaging reflects reality. Moms with young children are turning to alcohol, like Kelley Manley, who always felt "Mommy Wine Culture" was problematic, but drank with other mothers anyway, as a way to fit-in with them. Manley said she was shocked to discover mothers drinking around their children at nearly every conceivable occasion. Wine doesn't take center stage only at in-person events like a child's birthday party or play date, but young moms even bond over booze online, such as the "Moms Who Need Wine" Facebook group. Psychotherapist Ann Dowsett Johnston, best-selling author of "Drink: The Intimate Relationship Between Women and Alcohol," told CBN News today's young mothers are under an enormous amount of pressure, as they shoulder much of the family's emotional labor, what she calls "the third shift." She points out that while the struggles of mothers of growing children are very real, the idea that alcohol is the remedy, is a lie. Johnston said decades ago, moms drinking together while caring for their children was practically unheard of, but things began to change in the 1990s when the alcohol industry ushered in what she calls the "pinkening of the market," by manufacturing and advertising booze aimed specifically at women. Historically, men consumed the most alcohol, but now, women are catching up, with serious consequences. In the last 15 years, the greatest increase in consumption has been among women in their thirties and forties. Biological differences between the sexes cause women to absorb more alcohol and take longer to metabolize it than men. That means the same amount of alcohol typically damages a woman's body more than a man's. According to the CDC, after drinking the same amount of alcohol, women tend to have higher blood alcohol levels than men, and the effects usually occur more quickly and last longer in women. Alcohol also makes women more susceptible than men to liver disease, heart disease, cancer, cognitive decline, and sexual violence. U.S. health officials recommend women should drink no more than five ounces of wine a day. Canadian health officials go further, saying only two five-ounce glasses per week. In addition to the physical risks, there are psychological ones, as well, which is why Kelley Manley stopped drinking. She's not alone. More moms are rejecting Mommy Wine Culture and turning to groups like Sober Mom Squad founded by Emily Paulson. Paulson said Sober Mom Squad is an online place where moms can meet online, and it sometimes connects people who live near each other so they can get together in person. Manley said rejecting Mommy Wine Culture can sometimes lead to a social shift. Some mothers take issue with Mommy Wine Culture because they're concerned about the culture's impact on a child's self-esteem. So while pop culture and Big Alcohol try to convince new moms that life is better with booze, a growing number are rejecting that message for the sake of their own health as well as their family.

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*Health*

700 Club NewsWatch #02102023	CBN	52:30	3:00	REC	PA/O/E	2/10/2023 12:00 PM
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CBN Medical Reporter Lorie Johnson Reports: Whether we're worried about the cost of living, anxious over daily disappointments like traffic jams, or overwhelmed by negative thoughts, stress can prove toxic to our bodies. Stress activates a potent combination of hormones that influence things like our heart rate, digestion, and fat storage. Medica research increasingly points to the ill health effects that can be triggered by chronic, sustained stress, such as heightened risk for obesity, heart disease, diabetes, depression, and dementia. Dr. Epel researches how stress can damage the body, and says it goes all the way down to the cellular level. Stress triggers a chain reaction in the body that can end up shortening the telomeres – the productive caps at the ends of our chromosomes. Short telomeres often predict earlier onset of disease and death. The good news is we can turn things around before our telomeres become too short. In her book "The Stress Prescription," Dr. Epel recommends these seven ways to reduce stress. 1. Embrace uncertainty. Research during the COVID-19 pandemic showed people who reported being okay with the uncertainty of the outcome, people who said they were okay not knowing how the pandemic would end, reported much less stress than those who weren't. Epel recommends trying to avoid worrying about tomorrow, and instead focusing on the concerns of today. 2. Let go of what you can't control. Dr. Epel referenced the traditional Serenity Prayer that deals with this practice. That prayer is attributed to American theologist Reinhold Niebuhr. It was part of a sermon at the Health Evangelical Union Church in Massachusetts in 1932 and has since become a fixture in Alcoholics Anonymous and other 12-step programs. 3. Find excitement in challenges. Stress can be minimized when we turn our feelings of fear into feelings of being fierce. That involves reframing our thoughts. For example, instead of thinking, "This is so stressful, I hate this feeling," try to embrace, "This is exciting! I can appreciate this feeling!" Turn down the heat by replacing fatalistic thoughts like, "If I don't pull this off, everything will be ruined," to "I can only do my best, everything else is out of my control." When facing a challenge, it helps to relax by remembering past success and believing you have what it takes to meet the current challenge. 4. Metabolize body stress. Certain physical activities can actually help our bodies train for resilience. Dr. Epel recommends practicing "hormetic stress," which induces short, concentrated bursts of acute stress, the kind you can easily and naturally recover from. These include exercise, particularly high intensity interval training (HIIT), a blast of cold water for anywhere from 15 seconds to one minute at the end of a shower, and intense heat, such as sitting in a hot sauna for about a half an hour. Dr. Epel says these things help us "stress better," by "not having an over-activated stress response." 5. Immerse yourself in nature. Getting away from our computers and phones and all the care of the world they encapsulate can instantly reduce stress. Unplugging from regular life by going outside to a park, the woods, a river, lake, or ocean and focusing on the natural beauty and miracle of nature can help reduce blood pressure and anxiety. Believe it or not, we can also create similar sanctuaries in our own homes that can accomplish the same results. These include things like a prayer closet, where we can get away from the day-to-day cares of this life and focus on the big picture. 6. Experience deep rest. This involves slowing our normal breathing pattern so more oxygen crosses the barrier between our lungs and our blood vessels, causing nitric oxide levels to rise, which causes blood vessels to dilate, letting blood and oxygen travel more quickly through the body. This causes our blood pressure to go down, and our heart rate to drop, both of which point to reduced stress levels. Dr. Epel recommends regularly getting a good night's sleep and during the day, practicing breathing exercises, inhaling slowly through the nose with the mouth closed, deeply, so the ribs widen to the sides, and slowly exhaling through the mouth. 7. Create bliss bookends. This involves starting an ending each day feeling full of joy. This can be accomplished by waking up with a sense of gratitude and concentrating on what you're looking forward to that day. Then at the end of each day, think of the many things for which you are grateful and focus on the positive things that happen during the course of the day. In between the morning and evening "bookends," make a conscious effort to connect with people. So while we can't eliminate many of the stressors in our lives, we can respond to them differently, and hopefully feel a greater sense of peace and joy while lowering our risk for a number of health problems.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #03012023	52:30	3:00	REC	PA/O/E	3/1/2023	12:00 PM

CBN White House Correspondent Abigail Robertson Reports: Both sides of the abortion issue are waiting for a federal judge in Texas to rule on a lawsuit that could force the FDA to withdraw chemical abortion pills from the market. This case follows the FDA’s decision to expand access to the two-part drug regimen, allowing doctors to prescribe it via telehealth appointments for women to receive the abortion-inducing pills through the mail. The Texas lawsuit claims mifepristone, the first of the two drugs taken to induce abortion, is not as safe as advertised and should not have received FDA approval back in 2000. These chemical procedures currently account for more than 50% of all abortions in the United States. For many years, the FDA sought to expand access to the two-part at-home pill regimen even though a number of doctors and medical organizations question its safety and its approval more than two decades ago. Dr. Skop says it was initially approved under a category called “subpart h” which is for drugs that treat life-threatening illnesses. The FDA first approved mifepristone to terminate a pregnancy through seven weeks gestation in 2000 and then extended it through ten weeks gestation in 2016. Skop says a third of women who have chemical abortions are under 18, but claims the FDA didn’t conduct a study on pediatric populations during the approval process. She also argues women who take abortion-inducing pills are not adequately prepared for what comes next. One in twenty women have a complication from chemical abortions, and Skop says she treated one of these women just last month. Last January, the FDA declared that abortion pills are safe enough to be prescribed through telehealth visits. The FDA also cleared the way for retail pharmacies like CVS and Walgreens to provide the medication for the first time. Brent Leatherwood from the Ethics and Religious Liberty Commission, says right out of the gate, many big pharmacy chains declared they’ll sell the pill. Abortion advocates in West Virginia and North Carolina, where state laws restrict use of chemical abortions, have filed lawsuits claiming federal rules should prevail when it comes to setting drug standards. This is likely just the beginning of legal battles surrounding access to chemical abortions. Multiple states are pursuing laws that would either ban the sale of these abortion-inducing pills or stop women from accessing them without first visiting a doctor in person.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #03142023	52:30	3:00	REC	PA/O/E	3/14/2023	12:00 PM

CBN Medical Reporter Lorie Johnson Reports: The week after the Daylight Savings Time switchover presents a challenge for most Americans, but for some, it can be life-threatening. Studies show a 24 percent increase in heart attacks the Monday after the time change, as well as a surge in hospitalizations due to irregular heartbeat. Doctors suspect it’s related to the disruption of sleep. Heart disease is America’s leading cause of death, accounting for 20 percent of all fatalities. In fact, the CDC estimates one person dies every 34 seconds in the United States from cardiovascular disease. The good news is heart disease is largely preventable for those who embrace a heart - healthy lifestyle. However, new research shows many Americans harbor misconceptions about the best way to do that. A new Cleveland Clinic survey reveals while most Americans correctly believe excess weight can contribute to heart disease, a whopping 71 percent don’t know the best way to shed those extra pounds. When it comes to which diet is best for overall health, most people got that one wrong, too:

- 10% said a fast food diet is best,
- 37% chose low-fat,
- 35% said low-carbohydrate, and
- only 15% correctly identified the Mediterranean diet as the heart-healthiest.

Many people don’t realize the Mediterranean diet consists of mostly fruits and vegetables, also known as “good carbs.” A key portion of the Mediterranean diet involves consuming olive oil, widely considered a “healthy fat.” When it comes to protein, the Mediterranean diet allows for beans, poultry, and fish. It’s worth noting that does not include shellfish, which can be high in cholesterol. Red meat and pork are largely forbidden. Also noticeably absent from the Mediterranean diet are sugary foods and processed foods. Far too many Americans don’t know their blood pressure or cholesterol numbers and don’t realize these are two primary risk factors that can be controlled. Lastly, more people need to know there are other heart attack symptoms beyond chest pain and pressure. So while there is a lot we can do to lower our risk of heart disease, the first step is getting the right information.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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700 Club NewsWatch #03162023	CBN	52:30	5:00	REC	PA/O/E	3/16/2023	12:00 PM
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CBN Medical Reporter Lorie Johnson Reports: You've probably heard the phrase, "everything in moderation associated with consuming junk food. It can also hold true for certain superfoods like spinach, almonds, and raspberries. Many people may believe that if a food is good for us, then eating a lot of it is even better. However, in some cases, too much of a good thing can be bad, according to some health experts like nutritionist Salley K. Norton, MPH, author of "Toxic Superfoods: How Oxalate Overload is Making You Sick and How to Get Better." A number of our healthiest plant foods like spinach chia seeds, beets, and raspberries, are high in oxalate, an often harmless chemical compound, that for some people, proves problematic if consumed in large amounts. Other high oxalate foods that are typically consumed in high amounts include quinoa, beans, and almonds. Oftentimes, these foods play prominently in gluten-free or dairy-free diets. Oxalate can attach to the minerals in our body, and prevent these important nutrients from being absorbed. One example is calcium, which is necessary for strong bones. A calcium deficiency could lead to developing brittle bones, also known as osteoporosis. Eating a lot of these high-oxalate foods can also be tied to the formation of kidney stones. Sally Norton shared her personal health transformation in hopes that others may avoid the struggles she endured. For years, she wondered why she suffered from foot pain, sleep problems, arthritis, and more. At the same time, she ate a lot of potatoes and Swiss chard. When she stopped eating those high-oxalate foods, those health problems also stopped. She says other people who are suffering from unexplained physical or mental health problems might consider examining whether they could be eating too many high-oxalate foods. She recommends people who consume lots of high-oxalate food reduce their consumption of it or replace it altogether. One example is her instruction on how to reduce spinach and chard intake. Another example is people on gluten-free diets who tend to eat a lot of high-oxalate quinoa in place of wheat products. She suggests substituting teff or buckwheat for some or all of the quinoa being consumed.

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

700 Club NewsWatch #03212023	CBN	52:30	4:00	REC	PA/O/E	3/21/2023	12:00 PM
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CBN Medical Reporter Lorie Johnson Reports: When it comes to our physical health, our lifestyle choices can play a large role in whether it's good or bad. For example, quitting smoking can improve our lung health, brushing and flossing our teeth goes a long way towards good dental health, and regular exercise can strengthen the heart. Good habits can also make a big difference when it comes to our mental health, according to psychiatrist Daniel Amen, a best-selling author and one of the founders of The Daniel Plan, a popular, faith-based health and weight loss program. In his new book, "Change Your Brain Every Day: Simple Daily Practices to Strengthen Your Mind, Memory, Moods, Focus, Energy, Habits, and Relationship," Dr. Amen describes dozens of lifestyle choices that can make a major difference in whether we experience either peace or anxiety, joy, or depression. Similar to a daily devotional, the book contains a year's worth of wisdom, with something to read each day, a total of 366 entries, to consider Leap Year. America is facing a mental health crisis unlike anything we've ever seen before. Far too many people struggle with depression, anxiety, and related issues. Another recent development includes the availability of constant news updates which can be a source of increased stress. Social media sites, another addition to the cultural landscape in the last decade or so, can prove emotionally harmful to adults and children. Dr. Amen draws on over 40 years of clinical practice with tens of thousands of patients, to provide the most effective daily habits for good mental health. Amen says the first step involves taking care of the brain, the organ that regulates our emotions and ideas. Dr. Amen said a brain-healthy diet consists of 70% fruits and vegetables and 30% good protein and healthy fat. Some examples are salmon and olive oil. Amen suggests avoiding processed foods and sweets. Another way to protect the brain is to keep it from being it. Dr. Amen says he treats some of his brain injury patients, like certain football players, with a protocol that includes fish oil, vitamin D and other brain-boosting supplements. Putting down our phones and instead, connecting in-person with nature and people can improve mental health. That's easier for some more than others. Screen management also goes a long way toward another habit that can dramatically improve mental health: getting a good night's sleep. Instead of letting our thoughts run wild, Dr. Amen recommends steering them in the right direction.

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



<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230105	27:00	6:00	LIVE	PA/O/E	1/5/2023	4:30 PM
			REC		1/5/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Senator Kevin Cramer (R-ND), Armed Services Committee, Veterans Affairs Committee, Budget Committee, and Environment and Public Works Committee, to discuss tackling the crisis at the border and failed policies at the border.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230105	27:00	6:00	LIVE	PA/O/E	1/5/2023	4:30 PM
			REC		1/5/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Ron Vitiello, Former Acting Director of ICE and Former Chief of U.S. Border Patrol, to discuss Biden plans for his first trip to the border and crisis at the border.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230111	27:00	8:00	LIVE	PA/O/E	1/11/2023	4:30 PM
			REC		1/11/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Charles Marino, Former Supervisor of U.S. Secret Service and Former Advisor of Department of Homeland Security, to discuss Biden's border trip, the border crisis, and the terror threat at the border.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230116	27:00	7:00	LIVE	PA/O/E	1/16/2023	4:30 PM
			REC		1/16/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Rep. Ronny Jackson (R-TX) Congressman (TX-13), House Armed Services Committee, House Foreign Affairs Committee, Former Chief Medical Advisor to President Trump, and Former White House Physician to George W. Bush, to discuss the GOP House Agenda, battling government spending, the crisis at the border, and the terror threat at the border.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230117	27:00	6:00	LIVE	PA/O/E	1/17/2023	4:30 PM
			REC		1/17/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Jonathan Fahey, Former Acting Director of ICE, Former Assistant United States Attorney, and Former Special Assistant United States Attorney, to discuss the mass illegal immigration, migrants in sanctuary cities, incentivizing illegal immigration, and the national crisis fueled by porous border.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230124	27:00	8:00	LIVE	PA/O/E	1/24/2023	4:30 PM
			REC		1/24/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Michael Balboni, Former NY State Homeland Security Advisor, Managing Partner of Redland Strategies, Inc., and Former Chairman of Senate Homeland Security Committee, to discuss New York's battle against the migrant surge, the surge of migrants hitting sanctuary cities, open border posing a terror threat, and threats from cartel activity.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #221020	27:00	11:00	LIVE	PA/O/E	2/2/2023	4:30 PM
			REC		2/2/2023	7:30 PM

Tonight on CenterPoint: Correspondent Allen Jackson interviews Jaco Booyens, Founder of Jaco Booyens Ministries, Former Advisor to the Trump White House Anti-Trafficking Council, and Speaker and Consultant on Combatting Human Trafficking, to discuss saving lives from traffickers and the threat of human trafficking.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230203	27:00	13:00	REC	PA/O/E	2/3/2023	4:30 PM
			REC		2/3/2023	7:30 PM

Tonight on CenterPoint: Correspondent Allen Jackson interviews Ken Paxton, Attorney General of Texas, to discuss fighting the border crisis, Biden's border policy, and threats from the border.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230209	27:00	6:00	LIVE	PA/O/E	2/9/2023	4:30 PM
			REC		2/9/2023	7:30 PM

Tonight on CenterPoint: Correspondent Shawn Bolz interviews Chad Wolf, Chairman of Center for Homeland Security and Immigration (AFPI), Executive Director of America First Policy Institute, Former Acting DHS Secretary, and Former Chief of Staff at TSA, to discuss the border crisis, solutions for the border crisis, the Biden border trip, and Biden's approach to the border.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230215	27:00	6:00	LIVE	PA/O/E	2/15/2023	4:30 PM
			REC		2/15/2023	7:30 PM

Tonight on CenterPoint Correspondent Dennis Kucinich interviews Rep. Ben Cline (R-VA) House Judiciary Committee, House Committee on the Budget, and House Committee on Appropriations, to discuss crisis at the southern border, realities at the border, securing the southern border, and failed border policies.

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



<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230222	27:00	7:00	LIVE	PA/O/E	2/22/2023	4:30 PM
			REC		2/22/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Ron Vitiello, Former Chief of U.S. Border Patrol, and Former ICE Director, to discuss threats from the border, securing the southern border, illegal weapons pouring over border, and overwhelmed border patrol agents.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Center Point #230328	27:00	5:00	LIVE	PA/O/E	3/28/2023	4:30 PM
			REC		3/28/2023	7:30 PM

Tonight on CenterPoint: Correspondent Rob Astorino interviews Charles Marino, Former Supervisor at U.S. Secret Service and Former Advisor at Department of Homeland Security, to discuss confronting the border crisis, cartels taking over southern border, Canada's role in protecting northern border, and states grappling with migrant influx.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Huckabee #285	50:30	8:00	REC	PA/O/E	3/18/2023	5:00 PM
					3/18/2023	8:00 PM
					3/19/2023	6:00 PM

Tonight on Huckabee: Mark Green (R-TN) U.S. Congressman, Chairman of Committee on Homeland Security, and Member of House Foreign Affairs Committee, talks about his bipartisan hearing in Texas regarding the southern border crisis, the Mexican cartel's control of five sectors of our southern border, human trafficking of children, the influx of fentanyl, and the "got aways".

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Jay Sekulow Live #686	26:18	26:18	REC	PA/O/E	1/10/2023	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, and Jay Sekulow, Chief Counsel of ACLJ, discuss the immigration crisis at our southern border and everything that comes with it. They are joined by Congresswoman Claudia Tenney of New York to talk about redirecting funds that were going to the IRS to support our border patrol and border agents at our southern border through a bill called "The Direct Act." Next, Senator Bill Hagerty of Tennessee talks about the "Stop Fentanyl Border Crossings Act." Former Secretary of State, Mike Pompeo, ACLJ Senior Counsel for Global Affairs, talks about the border crisis, the Chinese Communist Party threat to the U.S., their infiltration into America's universities, the dangers of the TikTok threat, and government oversight.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Jay Sekulow Live #687	25:34	25:34	REC	PA/O/E	1/17/2023	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, and Jay Sekulow, Chief Counsel of ACLJ, are joined by Senator Marsha Blackburn from Tennessee, and Harry Hutchison, Senior Counsel and Director of Policy for ACLJ, to discuss the border crisis and how every community is a border community. Richard A. Grenell, Senior Advisor for National Security and Foreign Policy at ACLJ, addresses the border crisis, as well as FBI employees at Twitter. Congressman Jim Jordan addresses the DOJ investigation.

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

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

Jay Sekulow Live #688	25:28	25:28	REC	PA/O/E	1/24/2023	10:00 PM
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Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel of ACLJ, and Ric Grenell, Senior Advisor for National Security and Foreign Policy at ACLJ, discuss the border clean up ahead of Biden's visit and increased crime in surrounding areas.

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

State of the Nation 2023: A TBN Townhall Special #7108	53:28	53:28	REC	PA/O/E	1/09/2023	5:00 PM
					1/09/2023	8:00 PM
					1/10/2023	2:00 PM
					1/17/2023	12:00 AM

Welcome to a TBN Townhall Special: The State of the Nation 2023. As we begin the new year, America is at a crossroads. From Capitol Hill to social media, to our nation's schools, the divide is growing between those who want to preserve America's Judeo-Christian heritage and the vision of our founders and those who seek to transform America to match their secular progressive worldview. You could say we're locked in a struggle for the very soul of our nation as those who hold traditional biblical beliefs are increasingly targeted and cancelled. For followers of Jesus there are many issues of concern, from inflation to crime, and lawlessness, to a growing mental health crisis among our kids, to wars and rumors of war at our doorstep. But perhaps the most important question is this: What can we, as Christians, do to be light in the darkness and set an example that our fellow Americans can follow? Over the next hour, we'll discuss the hot button issues that will affect all of our lives in 2023 and beyond. We'll take questions from our studio audience, and we'll have expert insights from an all-star panel: Governor Mike Huckabee, Host of "The Huckabee Show" here on TBN, and a former Republican presidential candidate. Eric Metaxas, Host of "The Eric Metaxas Radio Show" on TBN, and best-selling author of several books, including his latest, "Letter to the American Church." Sheila Walsh, Author, Speaker, Grammy-Nominated Recording Artist, and TBN Host. Dr. Rick Rigsby, Best-Selling Author, Internationally Recognized Motivational Speaker, Award-winning Journalist, and Host of the "How Ya' Livin' Podcast." Join Host Erick Stakebeck and Co-Host Blynda Lane.

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

700 Club NewsWatch #02152023	52:30	4:00	REC	PA/O/E	2/15/2023	12:00 PM
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CBN Reporter Tara Mergener Reports: Just when you think the crisis at the southern border can't get worse, it does. More than two years into the Biden presidency, illegal crossings have soared month after month to numbers never seen in the U.S. Critics were skeptical about the handful of policies the administration announced in January ahead of his first trip to the border in well over a decade. The costs and consequences of this migration tsunami are far-reaching as communities across America are left holding the bag. Meanwhile, as the crisis has spiraled out of control over the past two years, the face of migration has been changing dramatically. Emboldened by a broken immigration system and lack of enforcement, migrants swarmed across the southern border more than a quarter million times in December alone. When you look at the numbers since President Biden took office, an estimated 3 to 5 million are believed to have breached the border with more migrants on the way. Smugglers are also cashing in by helping migrants from more than 55 countries bypass authorities. In recent months, data shows the wave is traveling much further to get here. Historically citizens of Guatemala, Honduras, and El Salvador, collectively known as Central America's northern triangle, as well as Mexico, have accounted for most illegal immigration. In a dramatic shift, migrants from Cuba, Venezuela, Nicaragua, and other countries once barely represented are also being processed at unprecedented levels. In another noticeable change, most of those coming are no longer families, but single men. Still most of these breadwinners will not be able to legally work here. Meanwhile, from Texas to Arizona, and D.C. to New York, communities are scrambling for space and resources. Each migrant costs an estimated \$9,000 per year for housing, food, medical, and other social services. A total of \$20+ billion and counting has been spent since Biden became president, which is \$4 billion more than Donald Trump's border wall. That tally is expected to keep climbing as word spreads that the southern border is open for business despite the administration's claims to the contrary.

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

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

Taking Care of Business	27:30	27:30	REC	PA	1/11/2023	8:30 PM
#TCOB-1915R			LCL		1/13/2023	1:30 AM

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

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

Taking Care of Business	29:00	29:00	REC	PA/O	3/15/2023	8:30 PM
#TCOB-1922					3/17/2023	1:30 AM

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

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

Building Wealth in 2023 with Dave Ramsey	1:30:18	1:30:18	LIVE	PA/O/E	1/12/2023	5:00 PM
#7111A-B	1:00:30	1:00:30	REC		1/12/2023	8:00 PM
	1:00:30	1:00:30	REC		1/13/2023	2:00 PM
	1:00:30	1:00:30	REC		1/19/2023	12:00 AM

Building Wealth in 2023 with Dave Ramey: Dave Ramsey shares statistics that eight in ten Americans are worried about the economy. Inflation is at a forty-year high in 2022. 3.98 million people a month quit their jobs in 2021 and 4 million a month in 2022. Thirty-seven percent of Americans are struggling or in crisis with their finances. Twenty-five percent of Americans say they're relying on credit to make ends meet. Four in ten Americans say they have zero in savings. Half of Americans say their finances have a negative impact on their mental health. Eighty-two percent of Americans are somewhat or extremely worried about their student loan payments. Dave tells us when we have an "I've had it!" moment, we're about ready to change our life. If we will live like no one else, later, we can live and give like no one else. He encourages us to begin to build wealth so that we can change our family tree. George Kamel shows us how building margin provides options, how options provide freedom, and freedom provides peace. Rachel Cruz explains how to survive the stock market ride.

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

Huckabee #283	50:30	7:00	REC	PA/O/E	3/4/2023	5:00 PM
					3/4/2023	8:00 PM
					3/5/2023	6:00 PM

Tonight on Huckabee: Dr. Jay Bhattacharya, Professor of Healthy Policy at Stanford University, talks about the COVID-19 Pandemic, why he was dismissed and blacklisted, and his belief that the American people deserve and honest bipartisan commission to access what happened during the pandemic. He shares that a lot of people lost their jobs, and a lot of kids lost a year and a half of school, over this issue.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Unemployment</i>						
The Ramsey Show #230302	50:00	50:00	REC	PA/O/E	3/2/2023	2:00 PM

Today on The Ramsey Show: George Kamel and Dr. John Delony answer questions about husband not being clear about giving money, how to get rid of whole life insurance, mutual funds, being financially abused by husband, and what to do when recently fired. They also discuss millennials and Gen Z outdated money tips since they are broke.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Unemployment</i>						
The Ramsey Show #230327	50:00	50:00	REC	PA/O/E	3/27/2023	2:00 PM

Today on The Ramsey Show: Ken Coleman and Rachel Cruze answer questions about investing or saving for a down payment, how to stop going back into debt, paying bills after being laid off, selling property on a payment plan, using savings to pay off house, using savings to pay off student loans, and what to do after quitting a job.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Unemployment</i>						
700 Club NewsWatch #01252023	52:30	3:00	REC	PA/O/E	1/25/2023	12:00 PM

CBN Washington Correspondent Caitlin Burke Reports: Recession is imminent. That's the clear consensus among U.S. economists. Although the Federal Reserve's work to bring down inflation has led to a slight drop, prices are expected to keep climbing. There's a growing belief the Fed missed the mark, overreacting to put the country right into a recession. One key factor in all of this is the money supply. In 2020, fear over a pandemic shutdown prompted the Federal Reserve to begin pumping more than \$6 trillion into the U.S. economy to combat unemployment and promote economic growth. Congress injected close to another \$6 trillion in stimulus-related spending. The result was an over-stimulated economy. Johns Hopkins Economics Professor Steve Hanke, a former advisor to President Ronald Reagan, says the reason for today's high inflation is that the money supply grew so quickly during the COVID economy of 2020 and 2021. Hanke believes the Federal Reserve got this one wrong. As the Fed rapidly raises interest rates, many businesses are hurting, and much less money is going into the economy. Hanke says it's now just a matter of watching the recession play out. Hanke anticipates recession to begin around the end of this year and predicts inflation will continue throughout 2023. In the meantime, he's largely ignoring economic headlines such as job reports, the dollar's status, the stock market, and unemployment numbers. Hanke is simply watching the money supply. While he can't predict the length of a recession, Hanke believes it will be significantly worse if the Fed keeps raising interest rates. He recommends a pivot that would allow smaller economic growth, rather than continuing to seek contraction.

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

700 Club NewsWatch #03012023	CBN	52:30	6:00	REC	PA/O/E	3/1/2023	12:00 PM
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CBN Reporter Caitlin Burke Reports: Recruiting and retention are two issues haunting police departments nationwide. Since 2020, a mass exodus of officers combined with record lows in new applicants has resulted in critical staffing shortages. In Baltimore, Maryland, the Police Department lost nearly 300 officers in 2022 alone. Now at unsustainable staffing levels, the city's police union warns their force is stretched too thin to keep the public safe. Ranked one of the cities with the highest homicide rates, concerned citizens are urging officials to do something. In a recent statement, Mike Mancuso, president of the Baltimore City Police Union, warned the department will only continue hemorrhaging officers if the city doesn't improve working conditions and drastically increase pay. Baltimore isn't alone. In Seattle, fewer detectives are available to investigate sexual assault cases. Massachusetts State Police had to move troopers normally investigating homicides to street patrol and in Kansas City, vacancies are causing record-long wait times for 911 callers. Now, the 32-year-old former VA police officer Josh Blackford, is walking away from what he once considered a dream job, determining the risk unworthy of the reward. Low pay isn't the only reason behind this mass exodus. Cops leaving the force have cited burnout, low morale, and decreasing support from state and local leaders as deciding factors. Instances of excessive force cases, like in the recent death of Tyre Nichols, also continue to haunt departments. Brantner Smith says departments are working to regain public trust through an increased focus on training and transparency. The Aurora Police Department in Colorado uses state-of-the-art technology to ensure transparency and accountability, making sure to inform the community about new developments in their policing through social media platforms. As departments seek to win back the public and retain veteran officers, they're also getting creative to woo new recruits. From catchy videos, to signing bonuses in the tens of thousands, departments are desperate to fill vacancies. The Virginia Beach Police Department deployed both of those strategies, along with streamlining the hiring process. That helped close the gap from 100 plus vacancies to just over 30. Aurora PD even took their recruiting efforts on the road, targeting locations with more diverse workforces. Their stop: New York City. That strategy paid off, with three former NYPD officers now preparing to start work out West. In the past, departments saw lines of candidates stretching out the door. Now, many believe the focus on enhanced recruiting efforts is the new normal. Given that, the officers who spoke with CBN News reject the idea of any sort of lowered standards. They're proud of being able to streamline the hiring process and target a new generation of highly qualified candidates.

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

700 Club NewsWatch #03312023	CBN	52:30	3:00	REC	PA/O/E	3/31/2023	12:00 PM
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CBN Reporter Dale Hurd Reports: Is humanity in danger from new artificial intelligence technology? Some tech experts fear it could be. Hundreds of leaders in the tech industry are calling for a pause in the development and testing of artificial intelligence technology so that the risks can be properly studied. An open letter signed by the leading voices in tech is calling for a 6-month pause in development, warning that language-based models like ChatGTP which generate human-like responses could one day attempt to replace humans and even try to rule the world. Tech leader Elon Musk warned about artificial intelligence in a 2018 interview. The release of OpenAI's chatbot has sparked a multi-billion-dollar race between Microsoft and Google to offer competitors. Christian author and faith leader Johnnie Moore is asking religious leaders to support the pause and also ask the tough questions about ethics and morality. AI expert Eliezer Yudkowsky warns that the open letter doesn't go far enough, saying "literally everyone on Earth will die" if AI is allowed to advance unchecked. George Lucas, who taught military ethics at the Naval Academy, says ethics always lag behind new technology. Concerns about the technology range from mass unemployment as AI replaces workers, to a widespread loss of privacy to weapons systems that independently decide who they should kill. Interpol has issued a new report warning the technology could be misused for fraud, cybercrime, disinformation, and social engineering.

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