

Trinity Broadcasting Network

WELF-TV

October, November, December, 2014

Eastern Time

Leading Community Issues

Health

Family

Homeless

Substance Abuse

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>
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Health

Joy In Our Town	30:00	14:22	LCL	PA/O/E	10/10/2014	01:00 PM
#593-101014					10/11/2014	04:00 AM
					10/13/2014	11:30 AM
					10/14/2014	04:30 AM
					10/16/2014	04:00 AM
					10/16/2014	11:30 AM
					10/23/2014	04:30 AM
					10/30/2014	05:00AM

WELF-TV Host, Dr. David Banks, discusses health with Lisa Morgan and James Dawson of the Chattanooga Area Brain Injury Association or "CABIA". The Chattanooga Area Brain Injury Association began in 1985 when a group of concerned parents and professionals began meeting as a support group. That group of individuals had a direct influence in founding the Brain Injury Association of Tennessee (BIAT). Since then, the support group has grown into what is now known as the Chattanooga Area Brain Injury Association (CABIA). CABIA is dedicated to providing the highest quality services in order to prevent and increase the awareness of brain injuries and to achieve optimal outcomes for brain injury survivors. Furthermore, they are committed to advocating on behalf of brain injury survivors and their family members in order for them to achieve the highest quality of life. There are two different types of brain injuries; traumatic brain injuries and acquired brain injuries. A traumatic brain injury occurs when there is a sudden blow to the head or jolt that causes a brain injury. An acquired brain injury is caused by internal sources such as a stroke or brain tumor. Some signs of a brain injury are reoccurring headaches, nausea, vomiting, dizziness, poor memory, or a change in personality. Rest is the best medicine to treat a brain injury, once you've gone to see a doctor.

Health

Joy In Our Town	30:00	14:05	LCL	PA/O/E	10/17/2014	01:00 PM
#594-101714					10/18/2014	04:00 AM
					10/20/2014	11:30 AM
					10/21/2014	04:30 AM
					10/23/2014	04:00 AM
					10/23/2014	11:30 AM
					10/30/2014	04:30 AM
					11/6/2014	05:00 AM

WELF-TV Host, Pastor J.W. Cole, discusses health and the importance of exercise with Darrell Wyke of the Signal Mountain Athletic Club. SMSC offers a sense of community that makes fitness a fun, exciting experience. Mr. Wyke stressed the importance of community health. When whole communities become healthy they will flourish. Mr. Wyke says that hiring a personal trainer can be a first step for some people to get them motivated, others who are self-motivated will do well by themselves. In addition to getting exercise, it is also crucial to get to drink enough water, and to train yourself to have healthier eating habits. The recommended intake for water each day is eight 8-ounce glasses, or four 16.9oz bottles a day. Instead of taking vitamins, Mr. Wyke claims that balanced eating and making healthy choices will provide you with enough of the vitamins and nutrients your body needs. Mr. Wyke demonstrates some simple exercises for Host Pastor Cole to do for keeping in shape.

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Health

Joy In Our Town	30:00	14:12	LCL	PA/O/E	10/24/2014	01:00 PM
#595-102414					10/25/2014	04:00 AM
					10/27/2014	11:30 AM
					10/28/2014	04:30 AM
					10/30/2014	04:00 AM
					11/06/2014	04:30 AM
					11/13/2014	05:00 AM

WELF-TV Hostess, Terri Crider, discusses health with Doctor Charles Adams. Dr. Adams is trained as an Internal Medicine specialist. Full Circle Medical Center offers an array of medical procedures and services for those seeking an alternative to traditional medical practices. Some of these services include bio-identical hormone pellets, heavy metal detoxification, chelation, and most recently, a hyperbaric oxygen chamber. Hyperbaric Oxygen Chambers have been recognized as potential treatments to boost healing of diabetic ulcers as well as patients with severe burns. Dr. Adams explained that the Hyperbaric Oxygen Chamber works like popping the top on a bottle of soda to slowly relieve the pressure inside of it. A Hyperbaric Oxygen Chamber uses extra pressure to get Oxygen to dissolve in our blood and body fluids and thus deliver more Oxygen to our entire body - but without the body spending the extra energy to boost these levels of energy providing Oxygen. When the body is placed in a Hyperbaric Oxygen Chamber, it breathes a low level of pure Oxygen. The possible benefits are immune boosting, improved sleep, skin enrichment, and increased brain activity.

Health

Joy In Our Town	30:00	13:59	LCL	PA/O/E	11/21/2013	01:00 PM
#599-112114					11/22/2013	04:00 AM
					11/24/2014	11:30 AM
					11/27/2014	11:30 AM
					12/02/2014	04:30 AM
					12/04/2014	04:30 AM
					12/04/2014	12:30 PM
					12/11/2014	05:00 AM

WELF-TV Hostess, Angie McGregor, discusses health with Dr. Susan Raschal of Covenant Allergy and Asthma Care. A common winter ailment is the influenza virus. The influenza virus is one that people can be inoculated against, and Dr. Raschal highly recommends getting a flu shot. People have reservations about getting the flu shot, largely based on the fear of putting foreign substances into their bodies. Dr. Raschal says that in her experience, the flu shot is safe for everyone including those with egg allergies. Likewise, the CDC takes special care to make sure that what goes into the flu shot is not something that will harm the individuals who receive it. The length of the flu vaccination's coverage is also determined by the CDC, who make predictions as to what strains of flu will be prevalent that upcoming year. Dr. Raschal recommends getting the flu shot around Halloween to make sure the person is covered throughout the season. Another worry is that people will get the flu *from* the flu shot. Unlike the flu mist, the vaccination is a dead virus that cannot give someone the flu. If you are diagnosed with the flu after having the flu shot, it is because your body was already infected with the virus.

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Health

Joy In Our Town	30:00	10:22	LCL	PA/O/E	12/01/2013	11:30 PM
#600-120114					12/04/2013	04:00 AM
					12/04/2014	11:30 AM
					12/11/2013	04:30 AM

WELF-TV Hostess, Terri Crider, discusses health with Dr. Parag Soni of Soni Orthodontics and Smiles for A Lifetime. Dr. Parag Soni's parents were well known physicians in the community, and it was from his parents that Dr. Soni learned the importance of providing superior care and treating every patient individually with the highest care and respect. Dr. Soni moved to Dalton, GA in 2008, and opened the Dalton location of Soni Orthodontics in July 2009. Smiles for a Lifetime Foundation is a charitable non-profit organization that provides orthodontic care to individuals who may not otherwise have the opportunity to acquire assistance. Launched in 2008, Smiles for a Lifetime Foundation aims to reach individuals with financial challenges, special situations, and orthodontic needs. The Foundation sponsors the orthodontic care of hundreds of patients each year. Smiles for a Lifetime Foundation has participating orthodontists throughout the US. Each chapter has its own local Board of Directors who selects patients to be treated by the Foundation. At Smiles for a Lifetime Foundation it is our mission to create self-confidence, inspire hope, and change the lives of children in our community in a dramatic way.

Health

Joy In Our Town	30:00	14:12	LCL	PA/O/E	12/18/2014	11:30 PM
#604-121814					12/22/2014	11:30 PM
					12/25/2014	11:30 AM
					12/29/2014	11:30 PM

WELF-TV Hostess, Terri Crider, discusses health with Shelley Armstrong of the American Heart & Stroke Association. The goal of the AHSA is to educate people on the importance of heart health and healthy living for a longer life. Their mission statement is a 20/20 mission; that by the year 2020 the AHSA wants to reduce death and disability from cardiovascular disease and stroke by 20%, but also increase the health of all Americans by 20%. Ms. Armstrong says 80% of all cardiac disease is preventative, and only 20% is congenital. If people keep track of their blood pressure, cholesterol and glucose levels they can more easily improve their health. Ms. Armstrong said that walking thirty minutes a day, five times a week helps to have a healthier heart and healthier life. Ms. Armstrong says that other ways to improve their health is to quit smoking, drink more water every day, and reducing your salt intake. Another program that the AHSA is using to teach healthier living are classes for small and large businesses to teach their employees how to live healthy. They have a teacher come to teach people about exercise, shop healthy, substitution in meals, as well as gardening. The newest statistic is that one and three women die of heart disease. The AHSA has a "Go Red for Women" banquet every year that helps women be more conscious of their heart health. They also offer breakout classes for things like finances and lighter cooking. Shelley describes some of the symptoms of a heart attack in women as pain in the jaw, pain the lower back, dizziness, and nausea. Strokes, unlike heart attacks, do not hurt. The symptoms are described in an acronym: F.A.S.T.; which stands for face droopy, arm drifting, inability to answer a simple question and slurred speech. Calling 9-1-1 as quickly as possible is the best way to assist the victim. You can visit AHSA's website at www.heart.org to learn more about the symptoms of heart attacks and strokes for men and women.

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Health

Switch On Your Brain #010	28:30	28:30	REC	PA/O/E	10/07/2014	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this is not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequences of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom, it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can change back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

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Health

Switch On Your Brain #012	28:30	28:30	REC	PA/O/E	10/21/2014	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship; protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm you are thinking with wisdom and clarity. Christians who are meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, not let any thought go unchecked through our mind. That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind, that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

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Health

Switch On Your Brain #013	28:30	28:30	REC	PA/O/E	10/28/2014	10:00 AM
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Today on Switch On Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking, you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts, you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some nonevent. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

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Health

Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	11/04/2014	10:00 AM
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Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. You are completely unaware of ninety to ninety-nine percent of the activity going on inside your brain. Right now you are processing information through your five senses into your brain. Your mind activity is a signal that goes to the DNA, to the gene code, which is just sitting there dormant waiting for your signal, and then as soon as your signals comes, it switches on and you start making amino acids, which group into proteins and you grow trees in your brain which are thoughts, right now at 400 billion actions per second. You are creatively growing stuff inside of your brain. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. Even though every human's brain follows the same euro physiology and the structures of the brain and those kinds of things look the same, the way that you uniquely perceive the world means that you will design your own architectural landscape of your brain. So the way you perceive the world is reflected in the physical structure of the brain and we call that the law of diversity. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity.

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Health

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	11/25/2014	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. The hardware that is fixed is the wired for love. We are made in God's image. That's our original design. That's our normal. That's our default mode. That is who we are, but God gave us free will. In life, we run the software, and that software is how we process the events and circumstances of life and how we actually design the landscape of our brain, so the software is how we uniquely process that information according to what is already inside of us. Moment by moment of every day we are thinking. So moment by moment of every day, we are changing the software and changing the reactions. We get stuck in certain habits. Whatever you think about the most will grow. So whatever program you design to work in that way, the hardware then responds. So if you don't change the software signal, and it's always the same signal, the hardware will just respond in the same way. But if your software says this hardware is not good, then you can change the software. This is all mind activity. By having an awareness of this life that we're living as hardware, we can use our mind to change that and bring ourselves into the natural state, which is wired for love. It's all choices. It's all mind work. The non-conscious part of your mind works at 400 billion actions per second. In the non-conscious part of your mind it guides the conscious part of your mind. The conscious part of your mind operates at 2,000 bits of information per second. The non-conscious mind is pretty much that part of who we are. It is all the thoughts that we have been building from conception to our current age, that are driving our conscious minds. At any given time there are only a few thoughts in our conscious mind. Thoughts move in and out of the conscious mind as they are required in order for you to function. The non-conscious mind has trillions and trillions of thoughts and they can be changed. Those thoughts that you have implanted in your mind can be altered and changed as they move into the conscious mind and then move back into the non-conscious mind. We have structures in the depths of our brain called the "Default Mode Network" which is a group of circuits that span the structures in the middle of the brain. The Default Mode Network, think of it as a conductor. All of the circuits inside your brain work together like an orchestra when you are using your mind properly. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We are wired for love. We know right from wrong. Our natural default mode is one of love, which is choosing well. When you make a bad choice you are going to have a physical consequence inside the brain. Your brain has no structure for bad choices. We're wired for love. We were designed to make good choices. If you make bad choices you're going to have a negative physical reaction inside our brain, literally you will build a negative toxic tree inside of your brain, and that will impact your physical body, soul, and spiritual development. You are wired for love. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

<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

Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	12/03/2014	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. As you are thinking and choosing your DNA actually expresses, which means it makes proteins, and those proteins group together and you grow thoughts that look like trees. Sometimes we choose badly. Instead of the proteins forming correctly they actually form incorrectly. You can actually see the result of a toxic choice inside the brain as literally this toxic tree. If you think of the analogy of a forest where there has been a forest fire, there's this huge black patch and that's kind of what our toxic thoughts look like. Our body recognizes it as an abnormal structure. Our brain actually reacts negatively to a toxic thought. Toxic thoughts are like these foreign invaders and they increase our vulnerability to disease. Seventy-five to ninety-eight percent of current mental, physical behavioral illnesses today come from toxic thinking. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. When we think and choose badly and we wire those toxic thoughts into our brain, those toxic thoughts are seen as foreign invaders inside of our brain and this is because we are wired for love and we have to learn fear, so therefore the toxic choice is actually a fear response. Not fear as in scared, but fear as in negative; anything on the negative side like discouragement, despair, hatred, anxiety, worry, etc. You are in life processing. You're in these events and circumstances of life, those things are coming in through your five senses, you are thinking these things through, and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces that we can measure through quantum physics and describe through using quantum physics and brain science. So if with our mind we make a bad choice that spiritually is going to have a whole lot of consequences on the way that your mind is functioning as well as your spiritual development, but it also makes a huge impact on the way that the body functions. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. They're talking about the big five as well as just down to getting a virus like a flu or something like that. These manifestations of illness and physical illness inside of our bodies, seventy-five to ninety-eight percent of it, comes from our thought life. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. When we have a flu or a virus or something passing through our body, our immune system is immediately activated to fight that invasion. So anything that is not part of the normal cycles or structure or function of the brain is treated in the same way. Our thinking produces physical realities in the brain, actual physical little thoughts that look like little trees. When it is a healthy thought, the trees look healthy and are balanced. But when we make a bad choice we literally throw our brain into neurochemical chaos. The dead tree represents a negative thought, a bad choice. When we make the decision to choose things incorrectly, we upset the natural function of the brain, which is for love. So every time you express your genetic expression happens, which is the result of your thinking. Your thinking is the signal that causes these proteins to express and to capture this information in the form of a tree. The green tree represents the healthy tree; this is your norm. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Our normal is a sound mind. The abnormal is an unsound mind. We're in a world that says depression is normal, anxiety is normal, the negative is normal, worrying, etc. is just a part of life. It's not part of life. It is the result of choices we have made. Scientists and medical research show the same thing. Toxic thinking, bottom line, makes you sick. When you think badly, sickness will manifest in some way. When you make a bad decision and you choose to do the wrong thing, when you choose to think a negative thought or a toxic thought, your peace goes. When we are choosing incorrectly, we are going to grow toxic thoughts. We need to recognize that this is what causes a lack of peace in us, but this is not a death sentence. Your brain controls every single cell of your body. Your brain is designed to be controlled by your soul, which is your mind realm; your thinking, your choosing, and your feeling, changes the physical structure of your brain. Your brain and your body represent the physical result of the decisions of our mind, and if we make bad decisions, and we wire in the toxic zone, we will feel the impact inside of our body. Science is showing that when we aren't positive, when we're negative, when we don't forgive, when we do all the stuff that we're not supposed to do, and enter that zone, we will physically change the nature of our brain. As you think, and as you choose, and as you make proteins, you are growing branches, and the branches are all attached to these trees, and these trees are all intertwined in each other. Your brain is about the size of your two fists. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. When you make a good decision it looks healthy, but when you make a bad decision your heart gets affected, and everything gets affected, and it creates like a black cloud. So what we find inside of the brain when someone is not thinking like they should, when they're making bad decisions, operating in the negative domain, this causes a reaction in your heart, which causes a reaction in your DNA, which causes a reaction in the chemicals of your body and the result is that you actually build this distorted image which is recognized by the body as a viral invasion, or as an invasion. It is not seen as the norm. Now, when you cut yourself

or you hurt yourself, immediately your body releases C-reactive protein, plus a bunch of other stuff, but C-reactive protein is a manager one, and the C-reactive protein goes to that site to try and help to heal. It's a part of the healing process, but in the healing process there is inflammation. The first reaction is inflammation occurs. When doctors are looking for signs of a viral invasion in a body, they look at the C-reactive protein count. If you have a lot of those in the body, there is something going on. Your body physiologically reacts to damage, to viral infections, to physical damage by releasing these C-reactive proteins. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. Every choice you make has a consequence. You're a thinking being and moment by moment of every day, you are thinking and you are choosing, and those choices that you make become physical realities inside of your brain. This is a scientific fact as well as being a spiritual fact. So when we choose the wrong choices, the toxic choices, the despair, discouragement, irritation, frustration, you name it, we're going to have a physical result inside of our brain because thoughts are real and they take up mental real estate. The toxic choice impacts how you function. Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

<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>
Joy In Our Town #592-100114	30:00	14:06	LCL	PA/O/E	10/03/2014	01:00 PM
					10/06/2014	11:30 AM
					10/07/2014	04:30 AM
					10/09/2014	04:00 AM
					10/09/2014	11:30 AM
					10/16/2014	04:30 AM
					10/23/2014	05:00 AM

WELF-TV Hostess, Tiki Finlayson, discusses family issues with Kelley Nave, United Way of Greater Chattanooga. United Way of Greater Chattanooga advances the common good by focusing on the building blocks of a strong community: Education, Stability and Support. They focus on children becoming successful in school, families being able to support themselves, and people getting the help they need. By preventing problems and changing social conditions, they create a stronger and healthier community for everyone. United Way of Greater Chattanooga recruits people and organizations who bring the passion, expertise and resources needed to get things done. "Project Ready for School" works to ensure that every child enters school with the skills necessary to be successful. The children enrolled, receive a variety of free services. A free, high-quality, age-appropriate book is sent in the mail each month until the child turns five-years-old. UWGC also provides free Learning Checkups for children in this program. These learning assessments are an easy way to help assure that your child's early development is on-track. It also allows parents to gauge their child's development and see if they are following above, at level, or behind where they should be at a certain age. As a bonus, parents who complete a Learning Checkup for their child receive a voucher for a free family pass to the Creative Discovery Museum!

Family

Joy In Our Town #593-101014	30:00	14:01	LCL	PA/O/E	10/10/2014	01:00 PM
					10/11/2014	04:00 AM
					10/13/2014	11:30 AM
					10/14/2014	04:30 AM
					10/16/2014	04:00 AM
					10/16/2014	11:30 AM
					10/23/2014	04:30 AM
					10/30/2014	05:00AM

WELF-TV Hostess, Tiki Finlayson, discusses family matters with Captain Robert Viera of the Chattanooga Area Salvation Army. The Salvation Army of Chattanooga, TN began its life-changing ministries in 1893 with this pledge from Adjutant J. C. Smith: "We come with peace, charity and goodwill toward everyone, and we trust we shall succeed in doing good." More than 120 years later, the Chattanooga Salvation Army's promise to the Chattanooga community is still doing the most good for people in need. Today, they offer social services to meet emergency and disaster-related needs, spiritual outreach for all ages, character-building youth programs, and holiday assistance to provide necessities and bring joy to many children, seniors and families in Hamilton, Bradley, Marion, Catoosa, Dade and Walker counties. Some of the key programs they offer are "Social Services Ministries" that provides food vouchers, clothing, and household items to victims of house fires, needy families and individuals, the "614 Corps' Men's Program" that provides transitional lodging, life skills, and job services for up to six homeless men at a time, the "Recreate Café" that provides a safe place for homeless to come in and spend the day out of the elements and get a shower, snacks, and coffee, the "Salvation Army Emergency Disaster Services" program offers a variety of services to those in disaster-affected areas, and finally the "Salvation Army Holiday Assistance Program" shares Thanksgiving and Christmas with needy families via food, clothing, personal care items, and toys by ringing bells and taking the money donated in the red kettles for these purposes.

<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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Family

Joy In Our Town #597-110714	30:00	14:01	LCL	PA/O/E	11/06/2013	11:30 AM
					11/08/2013	04:00 AM
					11/10/2013	11:30 AM
					11/13/2013	04:00 AM
					11/13/2013	11:30 AM
					11/20/2014	04:30 AM
					11/20/2014	12:30 PM
					11/17/2014	01:00 PM

WELF-TV Host, Dr. David Banks, discusses family safety with Monica Baker of the Hamilton County Health Department. Today's topic of discussion is car seats. Car wrecks are the leading cause of death among infants and toddlers in the US. The infant carrier, or rear-facing only, car seat is the first car seat children will use. It is geared towards infants and babies, but is used until the child grows out of it. After the rear-facing only car seat children then move into a convertible car seat. It is recommended children stay rear-facing until they are two years of age. The third, and final, car seat is a booster seat. Keep your child in a booster seat until they are big enough to fit in a seat belt properly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest and not cross the neck or face. To properly install a car seat the first step is to make sure the car seat is properly buckled in. You can do this one of two ways; the latch system or the seat belt system. Using the latch system which is comprised of a few small hooks that go between the belt path and the car seat. The second system uses the seat belt. The seat belt method is one that many parents do incorrectly. Locking the seat belt requires either locking it at the belt clip on the car seat or pulling the car's seat belt and releasing it to lock it in place.

Family

Joy In Our Town #603-121514	30:00	12:15	LCL	PA/O/E	12/15/2013	11:30 AM
					12/18/2013	12:30 PM

WELF-TV Hostess, Angie McGregor, discusses family with Karen Miracle of the Women's Enrichment Center. WEC is a local, nonprofit organization seeking to lovingly provide alternatives to abortion-minded women. In addition they provide a number of services to help ease the financial burden of an alternative choice. Their stand is "abortion is never an option". They are ready to help these woman who choose such with life-affirming alternatives. They offer a variety of preventative education and mentoring, such as their "You Are Unique" program. This program is available to schools, churches, and other organizations for teaching the value of sexual abstinence prior to marriage. They also educate through providing parenting classes during and after pregnancy in the "Earn While You Learn" program. Beyond classes they help by providing women with pregnancy test, ultrasound scans, post abortion support, miscarriage support, and material support such as maternity clothes, baby clothes, strollers, cribs, baby food, formula, and just about anything that a mother might need for a new baby or toddler.

<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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Family

Joy In Our Town	30:00	14:12	LCL	PA/O/E	12/18/2014	11:30 PM
#604-121814					12/22/2014	11:30 PM
					12/25/2014	11:30 AM
					12/29/2014	11:30 PM

WELF-TV Hostess, Terri Crider, discusses family issues with Julie Baumgardner, First Things First. FTF is an organization aiding in growing healthy communities and families. The first topic of discussion is a program called "Work Smart, Live Well". It teaches individual's communication, relationship and work skills needed to get and keep a job. Many people assume that only their technical skills matter, but personal experience can also be considered a job skill. CEOs and managers typically look for relationship and communication skills first. It is easier to teach someone the skills needed for a job than it is to change someone's personality and attitude. The program is valuable to anyone currently unemployed or underemployed it also refreshes skills such as communication, mediation, and problem solving. But more than just teaching interpersonal skills, the class offers resume-building and actually helps people find a job through twenty hours of free case management. Ms. Baumgardner explained that happiness is tied into job security. People who are able to work, have a stable family life and are active in their community tend to be happier than those who lack these things. Ms. Baumgardner then discussed an annual event called "Secret Keeper Girl's Crazy Hair Tour". This is a program for mothers with daughters age eight-thirteen. Here moms and girls bond while learning about growing up, "mean girls", being labeled and what real beauty looks like. Ms. Baumgardner says that young people are constantly bombarded by images of what 'beauty' is, fashion standards, hairstyles and makeup standards. They fail to see the fact that true beauty comes from within. This event has been very helpful for teaching the true meaning of beauty.

<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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Homelessness

Joy In Our Town	30:00	14:06	LCL	PA/O/E	10/17/2014	01:00 PM
#594-101714					10/18/2014	04:00 AM
					10/20/2014	11:30 AM
					10/21/2014	04:30 AM
					10/23/2014	04:00 AM
					10/23/2014	11:30 AM
					10/30/2014	04:30 AM
					11/06/2014	05:00 AM

WELF-TV Hostess, Tiki Finlayson, discusses homelessness with Jens Christensen and Vanessa Blevins of the Chattanooga Community Kitchen. In 1982, seven downtown Chattanooga churches realized that their individual efforts were not meeting the needs of Chattanooga's growing homeless population. The churches teamed together in the creation of a meal-a-day feeding program, which was originally housed in the bottom floor of Christ Church Episcopal. Thus the Chattanooga Community Kitchen (part of Chattanooga Church Ministries, Inc.) was born. Today the Chattanooga Community Kitchen operates a multitude of programs and services for Chattanooga's homeless community. These include the original daily feeding program, two night shelters, homeless job training and placement programs, a clothing and toiletries area, permanent housing transition for women and children, multiple housing units, medical respite, and a clinic. One of the biggest issues explains Christensen is homeless do not have transportation. Churches realized the dilemma when trying to transport these folks to the various social agencies around town. Now the kitchen has social agency offices adjoining the day room where homeless congregate to get out of the elements. Here they can apply for assistance through the various programs the city offers without having to travel off site. You could certainly say that the Chattanooga Community Kitchen is a one-stop-shop for anyone currently facing homelessness. The Chattanooga Community Kitchen also offers volunteer opportunities and always need help during the Thanksgiving and Christmas seasons.

Homelessness

Joy In Our Town	30:00	14:08	LCL	PA/O/E	10/30/2014	11:30 AM
#596-103114					11/03/2014	11:30 PM
					11/04/2014	04:30 AM
					11/06/2014	04:00 AM
					11/13/2014	04:30 PM
					11/13/2014	12:30 AM
					11/20/2014	05:00 AM

WELF-TV Host, Dr. David Banks, discusses homelessness with Rebecca Welchel and Jane Thomas of Metropolitan Ministries. Metropolitan Ministries, also known as "Met-Min", is a nonprofit branch of the Episcopal Church that focuses on preventing homelessness and assisting people to self-sufficiency. Many people are only a rent or utility payment away from losing the security of shelter. Met-Min offers rent and utility assistance, vouchers to the Chattanooga Area Food Bank, HIV/AIDS testing, food hand-outs on premises, prescription assistance, in addition to a variety of other services. Unfortunately they can only serve forty clients each day. Those forty slots fill up completely by the time the center opens at 9AM each day. Every effort is made to refer clients to other agencies that may be able to help with other emergency needs. Met-Min is currently working with Chattanooga's homeless coalition to better plan for the homeless population this winter and on into the future. Jane explains her story of how she came to Met-Min for assistance. She was left homeless by the sudden death of her husband who was the principle breadwinner. Jane with no skills could not find a job. Met-Min was able to help Jane and she is now gainfully employed and has a home of her own. Jane volunteers at Met-Min weekly to give back to those her helped her.

<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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Homelessness

Joy In Our Town #597-110714	30:00	13:20	LCL	PA/O/E	11/06/2013	11:30 AM
					11/08/2013	04:00 AM
					11/10/2013	11:30 AM
					11/13/2013	04:00 AM
					11/13/2013	11:30 AM
					11/20/2014	04:30 AM
					11/20/2014	12:30 PM
					11/17/2014	01:00 PM

WELF-TV Host, Dr. David Banks, discusses homelessness with Rebecca Welchel and Paul Hall of Metropolitan Ministries. Metropolitan Ministries, also known as "Met-Min", is a nonprofit that focuses on preventing homelessness and assisting people to self-sufficiency. Many people are only a rent or utility payment away from losing the security of shelter. Met-Min offers rent and utility assistance, vouchers to the Chattanooga Area Food Bank, HIV/AIDS testing, food hand-outs on premises, prescription assistance, in addition to a variety of other services. The face of homelessness is widely misunderstood. Most people seem to think homeless people end up homeless either due to their own bad choices, or just *want* to be homeless. However, Rebecca explains, this is not so. The reason for homelessness could be anything from a loss of a job or a work related injury to not having adequate savings or relatives to fall back on when they experience a sudden loss of income. Even high-paying CEOs can suddenly find themselves homeless if they do not have back up finances to make mortgage payments. There are also those who live with other persons or who "couch surf" from friend to friend that are considered homeless. There are many faces of homelessness, and the reasons are all different depending on the circumstances. Paul tells his story of how he came to be homeless and Rebecca explains how they were able to assist Paul. Today he is a successful entrepreneur with his own business and he is a big supporter of Met-Min.

Homelessness

Joy In Our Town #598-111414	30:00	13:33	LCL	PA/O/E	11/14/2013	01:00 PM
					11/17/2013	11:30 AM
					11/18/2014	04:30 AM
					11/20/2014	04:00 AM
					11/20/2014	11:30 AM
					11/27/2014	12:30 PM
					12/02/2014	05:00 AM
					12/04/2014	05:00 AM

WELF-TV Hostess, Tiki Finlayson, discusses homelessness with Victoria Galen of Chattanooga Room in the Inn. Chattanooga Room in the Inn (CRITI) is a three to nine month residential program for homeless women and children. Services provided at CRITI are free of charge and include transitional housing, three meals a day, access to affordable or free health care, life skills training, parenting classes, mentoring, assistance with finding affordable housing, and case management services. This program allows the women and their children to find stability and thereby increase their opportunities and chances for independence when they leave the program. Chattanooga Room in the Inn officially began on August 31, 1988, offering overnight shelter at seven area churches. In 1992, Room in the Inn moved into its own facility and developed into a fully operational shelter open 24 hours a day, 365 days a year. Since its inception, Room in the Inn has been privileged to assist over 3000 homeless women and children regain their independence with dignity and security.

<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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Homelessness

Joy In Our Town	30:00	13:50	LCL	PA/O/E	12/05/2013	01:00 PM
#601-120514					12/08/2013	11:30 AM
					12/09/2013	04:30 AM
					12/11/2013	04:00 AM
					12/11/2014	11:30 AM

WELF-TV Hostess, Tiki Finlayson, discusses homelessness with Jens Christensen and Vanessa Blevins of the Chattanooga Community Kitchen. In 1982, seven downtown Chattanooga churches realized that their individual efforts were not meeting the needs of Chattanooga's growing homeless population. The churches teamed together in the creation of a meal-a-day feeding program, originally housed in the bottom floor of Christ Church Episcopal. Thus the Chattanooga Community Kitchen (part of Chattanooga Church Ministries, Inc.) was born. Today the Chattanooga Community Kitchen operates a multitude of programs and services for Chattanooga's homeless community. These include the original daily feeding program, two night shelters, homeless job training and placement programs, a clothing and toiletries area, transition housing for women and children, multiple housing units, medical respite, and a clinic. You could certainly say that the Chattanooga Community Kitchen is a one-stop-shop for anyone currently facing homelessness. The Chattanooga Community Kitchen also offers volunteer opportunities and always need help during the Thanksgiving and Christmas seasons.

<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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Homeless

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	12/12/2014 12:00 PM
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#12122014

CBN News Amber Strong and David Brody Reports: As the song goes, "It's the most wonderful time of the year," a time when giving becomes the priority and hearts turn toward the needy. But in Fort Lauderdale, Florida, a Scrooge of a law has led to protests and national attention, and the man in the middle is 90-year-old Arnold Abbott, lovingly referred to as "Santa Claus." The World War II veteran made headlines when police ticketed him not once, not twice — but four times for violating the city's public feeding ordinance. Video of Abbott defying the new law went viral and led to a national outcry. A judge has since placed a temporary suspension on the law until further mediation from both sides. When CBN News spoke with Abbott, he was preparing to hit the streets again with a fresh batch of meals. He has spent the last 23 years feeding and educating the city's homeless. Through a nonprofit called Love Thy Neighbor, he trains the homeless for jobs in the food business. For Abbott, it's not only a heart of compassion that motivates him, it's honoring the legacy of his late wife who also dedicated her life to the poor. Each week he heads to the beach to feed hundreds. But some say that public location has become a problem. Fort Lauderdale Mayor Jack Seiler landed in hot water over the law but says he's not the bad guy. He wants to set the record straight and reiterates that groups are welcome to feed the homeless as long as they follow a few guidelines. Abbott and his supporters say those guidelines make it difficult for smaller charities. He also believes public places should be open to everyone, including homeless men, women, and children. Growing Anti-Homeless Sentiment? Florida isn't the only state with "anti-homeless" laws on the books. They are actually popping up across the country. According to a report from the National Law Center on Homelessness and Poverty, anti-homeless laws have passed in more than 180 cities across the United States since 2009. Just a few hours north, Orlando restricts begging. In California, Santa Cruz bans sitting or lying down on public sidewalks. Overseas, cities have installed what some believe are "anti-homeless benches and underpasses" to cut down on loitering and sleeping in public places. As homeless populations grow, city leaders often find themselves torn between compassion and maintaining space for the general public. To Abbott, laws like the one in Fort Lauderdale are un-American.

<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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Substance Abuse

Joy In Our Town	30:00	14:03	LCL	PA/O/E	10/30/2014	11:30 AM
#596-103114					11/03/2014	11:30 PM
					11/04/2014	04:30 AM
					11/06/2014	04:00 AM
					11/13/2014	04:30 PM
					11/13/2014	12:30 AM
					11/20/2014	05:00 AM

WELF-TV Host, Dr. David Banks, discusses substance abuse with Stan Bemby and Renee Mallory with The Transformation Project. The Transformation Project works to make disciples of Jesus Christ by transforming the lives of addiction-related offenders, their families and future generations through the power of God. Thus reducing repeat offenses and crime. The Transformation Project offers a variety of training, therapy, and educational resources, all religious-based, to help addicts transform their lives. They complete this transformation by offering GED classes, assistance with acquiring jobs, small group training, and Christian Bible study to every person who enters into the program. The Transformation Project currently has a 75% success rate with their 2004 graduates, and a 80% success rate with their 2009 graduates. They also have 30% of their graduates go on to become Living Free facilitators and life coaches. Transformation Project works with the judicial system in Hamilton County, Bradley County and Rhea County Tennessee and Whitfield and Catoosa Counties in Georgia.

Substance Abuse

Joy In Our Town	30:00	13:33	LCL	PA/O/E	11/14/2013	01:00 PM
#598-111414					11/17/2013	11:30 AM
					11/18/2014	04:30 AM
					11/20/2014	04:00 AM
					11/20/2014	11:30 AM
					11/27/2014	12:30 PM
					12/02/2014	05:00 AM
					12/04/2014	05:00 AM

WELF-TV Host, Dr. David Banks, discusses substance abuse and smoking with Paula Collier of the Chattanooga-Hamilton County Health Department. According to Ms. Collier, Tobacco is just as addictive as heroin. Which is why it is such a difficult addiction to overcome. The chemicals currently used to process tobacco today, are much more addictive. For the first time since 1991 though, the smoking rate among teenagers is the lowest it has ever been, leading researchers to hope that the current generation can kick smoking for good. Smoking is not a victimless addiction, and second hand smoke can kill as many people as first hand smoking. Children and the elderly are at particular risk of developing a number of diseases from second hand smoke. In addition to hurting those around them, smokers are doing irreparable damage to their own bodies leading to everything from heart problems to tongue and throat cancer. There are resources available in a wide variety of mediums that allow those who are serious about quitting to get all the information needed to make that decision. While it is such a difficult thing to quit, a support system and the help of stop-smoking aids such as gums and patches can assist people in stopping this habit.

<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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Substance Abuse

Joy In Our Town	30:00	10:22	LCL	PA/O/E	12/01/2013	11:30 PM
#600-120114					12/04/2013	04:00 AM
					12/04/2014	11:30 AM
					12/11/2013	04:30 AM

WELF-TV Hostess, Terri Crider, discusses substance abuse with Roger Helle, Teen Challenge of the Mid-South. Teen Challenge was established in 1958 by David Wilkerson, a small town Midwest pastor, on the streets of New York City. Over the course of 53 years the organization has transformed the lives of thousands of men and women, breaking the cycles of drug addiction, alcoholism, gang life, and other life-controlling problems. The ministry has grown to include more than 1,000 ministries in 8 countries around the world. In 1978, Teen Challenge of the Mid-South opened in Chattanooga. For 33 years it has been involved in meeting the needs of those bound by "life-controlling addictions." The organization has grown from its humble beginnings in a small home on Willow Street serving only 6 men, to its present location of 7 acres at the foot of Lookout Mountain. This is a 12-month residential program for both men and women ranging from eighteen to fifty years of age. The core values of the organization are firmly rooted in Jesus' two greatest commandments; Loving God first and loving others as yourself. They also believe in mutual respect amongst leaders and students, as well as conducting themselves with honesty and integrity.

Substance Abuse

Joy In Our Town	30:00	13:50	LCL	PA/O/E	12/05/2013	01:00 PM
#601-120514					12/08/2013	11:30 AM
					12/09/2013	04:30 AM
					12/11/2013	04:00 AM
					12/11/2014	11:30 AM

WELF-TV Hostess, Terri Crider, discusses substance abuse with Roger Helle and Kelsey Amerson of Teen Challenge of the Mid-South. Teen Challenge was established in 1958 by David Wilkerson, a small town Midwest pastor, on the streets of the New York City. Over the course of 53 years the organization has transformed the lives of thousands of men and women, breaking the cycles of drug addiction, alcoholism, gang life, and other life-controlling problems. The ministry has grown to include more than 1,000 ministries in 8 countries around the world. In 1978, Teen Challenge of the Mid-South opened in Chattanooga. For 33 years it has been involved in meeting the needs of those bound by "life-controlling addictions." The organization has grown from its humble beginnings in a small home on Willow Street serving only 6 men, to its present location of 7 acres at the foot of Lookout Mountain. This is a 12-month residential program for both men and women ranging from eighteen to fifty years of age. Kelly Amerson shares a bit of her inspiring story and how she came to be a student at Teen Challenge in Chattanooga. Helle states the core values of the organization are firmly rooted in Jesus' two greatest commandments; Loving God first and loving others as yourself. They also believe in mutual respect amongst leaders and students, as well as conducting themselves with honesty and integrity.

<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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Substance Abuse

Joy In Our Town #602-121214	30:00	14:02	LCL	PA//E	12/11/2014	12:30 PM
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WELF-TV Host, Dr. David Banks, discusses substance abuse with Stan Bemby and Eric Morgan of Transformation Project. Transformation Project works to make disciples of Jesus Christ by transforming the lives of addiction-related offenders, their families and future generations through the power of God, thereby reducing repeat offenses and crime. Transformation Project offers a variety of training, therapy, and educational resources, all religious-based, to help addicts transform their lives. They complete this transformation by offering GED classes, assistance with acquiring jobs, small group training, and Christian Bible study to every person who enters into the program. Transformation Project sports a 75% success rate with their 2004 graduates, and an 80% success rate with their 2009 graduates. They also have 30% of their graduates go on to become Living Free facilitators and Life Coaches. Transformation Project works with the judicial system in Hamilton County, Bradley County and Rhea County Tennessee and Whitfield and Catoosa Counties in Georgia.

<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 Affairs

Joy In Our Town	30:00	13:55	LCL	PA/O/E	10/03/2014	01:00 PM
#592-100114					10/06/2014	11:30 AM
					10/07/2014	04:30 AM
					10/09/2014	04:00 AM
					10/09/2014	11:30 AM
					10/16/2014	04:30 AM
					10/23/2014	05:00 AM

WELF-TV Hostess, Tiki Finlayson, discusses civic affairs with Hamilton County Mayor Jim Coppinger. According to Mayor Coppinger, education is the biggest priority for Hamilton County. They spend roughly 59.4% of their budget this fiscal year. Two areas of particular focus are the STEM school and "Pathways to Prosperity". The STEM (science, technology, education, and mathematics) school is in its second year and gives students the opportunity to be mentored in, and focus on, the four fastest-growing post-secondary and career fields. There is a need for employees in each of these four areas, and not enough people trained to fill them. In June 2012, Tennessee joined the Pathways to Prosperity Network, a multi-state consortium with the common goal of ensuring more youth complete high school and attain a postsecondary credential with strong currency in today's labor market. The Tennessee state network called Pathways Tennessee, was formed in December 2012 with the creation of the State Planning & Implementation Team and the identification of two pilot regions in Tennessee (Upper Cumberland and Southeast). The mission of Pathways Tennessee is to provide Tennessee students rigorous academic/career pathways, which are linked to economic and labor market needs and trends. These pathways must have multiple entry and exit points in education, transition seamlessly from secondary to postsecondary allowing college credits and industry certifications in high school, and encourage active industry involvement in student learning.

Civic Affairs

Joy In Our Town	30:00	13:38	LCL	PA/O/E	10/24/2014	01:00 PM
#595-102414					10/25/2014	04:00 AM
					10/27/2014	11:30 AM
					10/28/2014	04:30 AM
					10/30/2014	04:00 AM
					11/06/2014	04:30 AM
					11/13/2014	05:00 AM

WELF-TV Hostess, Tiki Finlayson, discusses Civic Affairs with Kelly Nave of the United Way of Chattanooga. Kelley explains one of the biggest issues in the schools are that as many as 58.8% of Hamilton County public school students are classified as economically disadvantaged. Most public school teachers spend almost \$1,000 of their own money annually on school supplies and educational materials. United Way of Greater Chattanooga invited the community to donate to the fifth annual "STUFF THE BUS" school supply drive to equip Hamilton County public school students for success in school. In 2013, more than \$54,000 in supplies were collected and donated to the Hamilton County Parent Teacher Association's (PTA) Teacher Supply Depot. That was a 25% increase over the previous year's total. The 2014 goal is to collect \$60,000 in supplies. In addition to Hamilton County schools, United Way of Chattanooga is partnering with Catoosa and Walker county schools to provide school supplies for those counties. The supplies are donated by a wide variety of sources and are distributed via shopping days for teachers.

<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 Affairs

Joy In Our Town	30:00	13:59	LCL	PA/O/E	11/21/2013	01:00 PM
#599-112114					11/22/2013	04:00 AM
					11/24/2014	11:30 AM
					11/27/2014	11:30 AM
					12/02/2014	04:30 AM
					12/04/2014	04:30 AM
					12/04/2014	12:30 PM
					12/11/2014	05:00 AM

WELF-TV Host, Dr. David Banks, discusses civic affairs with Joshua Weaver of the Chattanooga-Hamilton County Health Department. Mr. Weaver is the volunteer coordinator of emergency preparedness. The Greater Chattanooga area has seen its share of emergency situations and natural disasters in the last few decades. A disaster can be any number of things ranging from bioterrorism to hurricanes, earthquakes, and tornadoes. An emergency preparedness plan begins with scenarios specific to each type of emergency situation, and children should understand where to go and who to contact in the event of an emergency. Children should also understand that if they are at school during an emergency, it is important for them to follow their teacher's instructions. A backpack filled with all the supplies you need for three days is the second step in emergency preparedness. This includes any medications that you need, a first-aid kit, nonperishable food items, money, identification, water, a can-opener, and pet food if you have pets. This should be kept in a centralized location where it is easily accessible by any member of the family.

Civic Affairs

Joy In Our Town	30:00	14:27	LCL	PA/O/E	12/11/2013	12:30 PM
#602-121214						

WELF-TV Host, Dr. David Banks, discusses Civic Affairs with US Senator Bob Corker. Senator Corker moved to the Chattanooga area around the age of ten when his father became an engineer at DuPont. In his early twenties Senator Corker went on a mission trip to Haiti which he said had a powerful impact on his life. He said that being with people who lived off the land or less than \$150 a month really opened his eyes to the struggles of those people. He says that it was really eye-opening to see these people so happy without being monetarily and materialistically wealthy. Unfortunately, with a rapidly growing company he couldn't go on out-of-country mission trips and began looking for ways to volunteer in Chattanooga. He began working with families in the inner city in any capacity he could with a non-profit organization called Chattanooga Neighborhood Enterprise which focused on housing for underprivileged areas. The governor asked him to get involved with a task force on housing where he eventually became interested in the public arena. Ultimately he would serve on the finance committee and as Chattanooga mayor before becoming a senator. Senator Corker says his vision is to find solutions to the difficulties facing Tennesseans, and to continue to see economic growth in Tennessee and in the nation. He works with several boards most notably the board on foreign policy. He has made many trips to countries around the world and focuses his attention currently on Crimea and the Middle East.

<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 Affairs

Joy In Our Town	30:00	12:15	LCL	PA/O/E	12/15/2013	11:30 AM
#603-121514					12/18/2013	12:30 PM

WELF-TV Host, Dr. David Banks, discusses civic affairs with US Senator Bob Corker. Senator Corker discussed some of the financial burdens facing Americans presently and in the near future. Medicare, Social Security, and Medicaid, poses a heavy financial burden on both Tennesseans and the US as a whole. These programs, called unfunded liabilities, gain more enrollees every year and are likely to see a twenty-million enrollee spike in the next ten years as the "Baby Boomer" generation becomes eligible for these programs. These unfunded liabilities are going to affect the finances of future generations by causing the younger generation to provide more money for the care of the older generation. Changing gears, Senator Corker then discussed foreign relations and how the financial success of the world affects the US economy. While people in the US tend to gravitate towards a more internal focus, being aware of what is going on in the world and keeping it secure is vital to our economy. The United States holds approximately 4.5% of the world's population, we benefit off 22% of the world's economic output, meaning our standard of living here is better than most other countries. However, this standard of living is dependent on US foreign policy and the success of countries around the world. Senator Corker encourages local business to focus on success thereby boosting economy state-wide.