

Trinity Broadcasting Network

Quarterly Report

July, August, September 2023

WTPC-TV

Virginia Beach, Virginia

Ascertainment List
Leading Community Issues

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

Civic
Crime
Economy
Education / Schools
Health / Mental Health

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 #175	24:30	24:30	REC	PA/O/E	9/01/2023	6:00 PM
					9/02/2023	7:30 PM
					9/03/2023	10:00 PM
					9/08/2023	6:00 PM
					9/09/2023	7:30 PM
					9/10/2023	10:00 PM

Today on the Eric Metaxas Show: David Friedman, Former U.S. Ambassador to Israel, talks about the movie Route60: The Biblical Highway in theaters September 18 and 19 only, the Abraham Accords, and moving the U.S. Embassy to Jerusalem.

Civic

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The Eric Metaxas Show #153	25:22	25:22	REC	PA/O/E	8/25/2023	6:00 PM
					8/26/2023	7:30 PM
					8/27/2023	10:00 PM

Kay Rubacek was taken captive and beaten by the Chinese communist party. Through her own experience, Kay explains that the Chinese communist party need/want to always be in control of information. According to Kay Rubacek, it is only when individuals start to break that control and expose the lies that the communist government is most vulnerable. It is important for Americans to recognize the freedom we have and to protect it by speaking the truth and fighting against communism.

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Jay Sekulow Live #711	25:24	25:24	REC	PA/O/E	7/5/2023	1:00 AM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ and Jay Sekulow, Chief Counsel at ACLJ, discuss Hunter Biden's plea deal and the two-tiered system of justice.

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Jay Sekulow Live #712	24:56	24:56	REC	PA/O/E	7/12/2023	1:00 AM

Today on Jay Sekulow Live: Jay Sekulow, Chief Counsel at ACLJ, CeCe Heil, Senior Counsel at ACLJ, Logan Sekulow, Director of Media at ACLJ, and Harry G. Hutchison discuss the ACLJ's continued work regarding a school district in Nevada, a school district in Tennessee, the United Nations on Nigeria and India to the President, and federal court litigation in Washington, D.C. on the border.

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Jay Sekulow Live #709	24:07	24:07	REC	PA/O/E	7/19/2023	1:00 AM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ and Logan Sekulow, Director of Media at ACLJ, discuss the ACLJ representing two pro-life sidewalk counselors, in their seventies, who were brutally attacked outside an abortion clinic in Baltimore, MD.

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Jay Sekulow Live #713	24:28	24:28	REC	PA/O/E	7/26/2023	1:00 AM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, and Andy Ekonomou, Senior Counsel at ACLJ, discuss a district court judge out of Louisiana issued an injunction blocking the Biden administration from contacting social media companies with the purpose of suppressing political views and other speech normally protected from government censorship. Former Secretary of State Mike Pompeo, Senior Counsel for Global Affairs at ACLJ, joins Jordan and Jay to discuss why it's not just important as a country, but why it is important to teach a positive message about the United States, and what makes America great.

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Jay Sekulow Live #714	25:12	25:12	REC	PA/O/E	8/2/2023	1:00 AM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Logan Sekulow, Director of Media at ACLJ, Andy Ekonomou, Senior Counsel at ACLJ, discuss an issue that should not be partisan at all, how we combat child sex trafficking in the United States of America, specifically in the hotbeds of trafficking. Jordan: California, which is a Democrat-run state, put forth bipartisan legislation that would turn child trafficking of teenagers and children younger than 18 and make it a serious felony on par with murder, arson and rape which would bring longer prison terms and potential life sentences without a chance for a plea bargain. And yet, a handful of democrats in the California legislature blocked this move now protecting child traffickers from more severe sentences by saying putting them in prison doesn't stop anything.

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Jay Sekulow Live #715	23:59	23:59	REC	PA/O/E	8/9/2023	1:00 AM

Today on Jay Sekulow Live: Logan Sekulow, Director of Media at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, and Andy Ekonomou, Senior Counsel at ACLJ, discuss Biden impeachment predicted by McCarthy.

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Jay Sekulow Live #716	24:26	24:26	REC	PA/O/E	8/16/2023	1:00 AM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, and Logan Sekulow, Director of Media at ACLJ, announces that the ACLJ is representing FBI whistleblower, Garret O'Boyle and plan on representing other whistleblowers who have come to Congress and are now under assault by the weaponized Department of Justice and FBI.

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Jay Sekulow Live #717	24:59	24:59	REC	PA/O/E	8/23/2023	1:00 AM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, and Logan Sekulow, Director of Media at ACLJ, are joined by Special Guest FBI Special Agent Garrett O'Boyle, a whistleblower represented by the ACLJ, to discuss the retaliation he experienced at the FBI. They also announce that the ACLJ is now representing a second whistleblower from the FBI, Marcus Allen.

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Jay Sekulow Live #718	25:06	25:06	REC	PA/O/E	8/30/2023	1:00 AM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, and Richard A. Grenell, Senior Advisor for National Security and Foreign Policy at ACLJ, discuss Donald John Trump's fourth indictment in Georgia.

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Jay Sekulow Live #719	26:00	26:00	REC	PA/O/E	9/6/2023	1:00 AM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, and Rep. Chip Roy, discuss the potential impeachment of Homeland Security Secretary Alejandro Mayorkas.

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Jay Sekulow Live #720	25:29	25:29	REC	PA/O/E	9/13/2023	1:00 AM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, Rep. Jim Jordan, and Tulsi Gabbard, Senior Military and Public Analyst at ACLJ, discuss Biden's political DOJ.

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Jay Sekulow Live #721	25:14	25:14	REC	PA/O/E	9/20/2023	1:00 AM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, and Donald Trump discuss democrats attempt to ban Trump from office.

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Jay Sekulow Live #722	24:50	24:50	REC	PA/O/E	9/27/2023	1:00 AM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, Andy Ekonomou, Senior Counsel at ACLJ, and Dave Williams, Chairman of the Colorado Republican Party, discuss the ACLJ fighting the Trump ballot ban in court.

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Praise David Friedman and Mike Pompeo Route 60 #71023	53:20	53:20	REC	PA/O/E	7/10/2023	8:00 PM
					7/10/2023	11:00 PM
					7/12/2023	3:00 AM
					7/18/2023	3:00 AM
					7/23/2023	3:00 AM
					8/11/2023	3:00 AM

Tonight on Praise: Join Matt and Laurie Crouch as they sit down world-changing diplomats David Friedman, Former U.S. Ambassador to Israel, and Mike Pompeo, Former U.S. Secretary of State, to discuss the upcoming movie "Route 60 the Biblical Highway" that traces the steps of Abraham, Jacob, and Jesus on Israel's most famous route. David Friedman and Mike Pompeo also explain why Israel matters to America, the significance of the Abraham Accords, their perspective on geopolitical issues in general, and how to pray concerning these issues.

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Praise David Friedman and Mike Pompeo Route 60 #72423	55:59	55:59	REC	PA/O/E	7/24/2023	8:00 PM
					7/24/2023	11:00 PM
					8/01/2023	3:00 AM
					8/25/2023	3:00 AM
					8/29/2023	8:00 PM
					8/29/2023	11:00 PM
9/06/2023	3:00 AM					

Tonight on Praise: Join Erick Steckelbeck as he sits down with David Friedman, Former U.S. Ambassador to Israel, and Mike Pompeo, Former Secretary of State, in Washington, D.C. to discuss a broader geo-political world events overview as well as their upcoming movie where they trace the steps of Abraham, Jacob, and Jesus, on Israel's most famous route the Biblical Highway Route 60.

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Praise	54:15	54:15	REC	PA/O/E	7/25/2023	8:00 PM
Dave Roeve					7/25/2023	11:00 PM
Forged in Fire					8/02/2023	3:00 AM
#72523						

Tonight on Praise: Matt and Laurie Crouch sit down with Dave Roeve, U.S. Navy Veteran, Purple Heart Recipient, Inspirational Public Speaker, and Author of "Forged in Fire." Dave shares stories about his life, his suicidal tendencies, his late wife, his friendship with Jan Crouch, his K thru 12 school in Vietnam, the Global Reap University, and how his scars have allowed him to relate to and minister to others. Through the Roeve Foundation Dave continues to bring the Gospel of Jesus Christ to the oppressed and broken hearted.

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America's Hidden	55:30	55:30	REC	PA/O/E	7/2/2023	1:30 AM
History - Independence					7/3/2023	8:00 PM
Day #104					7/3/2023	11:00 PM

Today on America's Hidden History, Tim Barton, President of WallBuilders, and David Barton, Historian, go on location to Philadelphia, PA, the birthplace of U.S. history, where they visit the Independence Hall, Carpenters' Hall, and Christ Church. Next, they go to Yorktown, Virginia and visit the home of Thomas Nelson, Jr., then on to Princeton, NJ to the homes of John Witherspoon and Richard Stockton. In Quincy, MA, they visit the home of John and Abigail Adams and the Adams Family Church; United First Parish Church. They also visited the home of John Hart in Hopewell, NJ. As we celebrate Independence Day, we learn about our founding fathers, the establishment of the Declaration of Independence and the faith on which our country was built.

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Huckabee #306	50:30	12:00	REC	PA/O/E	8/12/2023	8:00 PM
					8/12/2023	11:00 PM
					8/13/2023	9:00 PM

Tonight on Huckabee: Sam Brownback, Chairman of the National Committee for Religious Freedom, Former Kansas Governor (R), Former Kansas Senator (R), and Former U.S. Ambassador At-Large for International Religious Freedom, talks about religious freedom and Christian persecution in the United States and around the world. He also talks about having civil debates, his participation in the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) to save lives particularly in Africa, and his belief that every life is sacred whoever they are and wherever they are.

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TBN Special: Israel at 75 The Triumph of Love Over Hate #7125	25:24	25:24	REC	PA/O/E	7/20/2023	9:30 PM
					7/22/2023	2:00 AM

TBN Special: Israel at 75: The Triumph of Love Over Hate: May 14, 1948, God's promise becomes a reality, and the modern state of Israel is born. Jews from all corners of the globe return home and against all odds they build a powerful nation and prosperous country. Join David Friedman, Former U.S. Ambassador to Israel, and guests as we celebrate Israels 75th anniversary and honor the miracle of Israel.

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Takeaways with Kirk Cameron #75	52:49	52:49	REC	PA/O/E	7/10/2023	9:00 PM
					7/11/2023	12:30 AM

Today on Takeaways with Kirk Cameron: When you were a child, how did you complete this sentence? "When I grow up I want to be a . . ." If an astronaut topped your list, you're not alone. I mean seriously, how many of us have thought about this with awe and wonder as we ask, "What would that be like?" Today we'll be joined by someone who can tell us firsthand. Our conversations will be out of this world no doubt as we focus on the beauty and wonder of our Creator and what it means to have a heavenly perspective with Colonel Jeffrey Williams, Retired U.S. Army and NASA Astronaut.

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Center Point #230704	27:00	27:00	REC	PA/O/E	7/4/2023	7:30 PM
					7/4/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Historian David Barton, Founder of Wallbuilders, to discuss celebrating the Fourth of July.

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Center Point #230904	27:00	13:00	REC	PA/O/E	9/4/2023	7:30 PM
			REC		9/4/2023	10:30 PM

Tonight on CenterPoint: Correspondent Doug McKelway interviews Timothy Barton, President of Wallbuilders, Researcher and Historian, and Ordained Minister, to discuss celebrating American achievements, the history of Labor Day, stories from America's past, and our nation of opportunity and freedom.

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Crime

<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	29:00	29:00	REC	PA/O	7/12/2023	11:30 PM
#TCOB-1922					7/14/2023	4:30 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.

Crime

<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	28:30	28:30	LCL	PA	8/23/2023	11:30 PM
#TCOB-1912					8/25/2023	4:30 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.

Crime

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The Eric Metaxas Show	24:14	24:14	REC	PA/O/E	7/1/2023	7:30 PM
#165						

Today on the Eric Metaxas Show: Keith Guinta, Editor at WinePatch.org and with WipeEveryTear.org, talks about the Wipe Every Tear ministry, based out of Boise, Idaho, with its primary staff in the Philippines. In Angeles, Pampanga just north of Manilla, it is one of the worst places on the planet for sex trafficking. Wipe Every Tear has set shop up there with safe homes and offices. The staff consists of ladies who are Filipino who have been rescued from trafficking that want to help girls on this journey out of trafficking. The girls also receive an education, both high school and college, and sponsorship for their children. Keith and Eric talk about the history of their friendship which began at St. Paul's Episcopal Church in Darien, Connecticut. Keith shares his born-again experience as a teenager during the Jesus movement. Through a 'bar ministry,' Wipe Every Tear has a team of men and women who become the entrance into the bars in Angeles City, Philippines to rescue these girls. Keith shares that the engine and key to this ministry is praise and worship.

Crime

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The Eric Metaxas Show	25:30	25:30	REC	PA/O/E	7/14/2023	6:00 PM
#172					7/15/2023	7:30 PM
					8/04/2023	6:00 PM
					8/05/2023	7:30 PM
					8/06/2023	10:00 PM

Today on The Eric Metaxas Radio Show: Yeonmi Park, North Korean Defector and Bestselling Author, talks about the hardship she and her family endured while living in North Korea. At the age of 13 she and her mother escaped to China only to be sold into sexual slavery. She was later reunited with her mother. Her father eventually came to China but died of cancer three months after his arrival. With the help of missionaries, Yeonmi and her mother escaped to South Korea. Seven years later they found her sister and in 2015 she moved to the United States. Her amazing story of courage is detailed in her book "In Order to Live."

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Praise #71823	57:40	57:40	REC	PA/O/E	7/18/2023	8:00 PM
					7/18/2023	11:00 PM
					7/26/2023	3:00 AM

Tonight on Praise: Matt and Laurie Crouch sit down with Actor, Jim Caviezel and Tim Ballard, Founder of Operation Underground Railroad, to discuss the purpose of their new movie "Sound of Freedom" and how God is using the art of the movie industry to spread awareness of this modern-day slavery operation. "Sound of Freedom" is based on a true story of a real-life hero saving kids from the dark world of child-trafficking. There are six million children currently in slavery. Add the adults to that and you have more people enslaved today in the history of the world for labor, organ harvesting, and sex. There are two million children in commercial sex trafficking.

Crime

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Huckabee #300	50:30	7:00	REC	PA/O/E	7/1/2023	8:00 PM
					7/1/2023	11:00 PM
					7/2/2023	9:00 PM

Tonight on Huckabee: Tonight on Huckabee: Actor, Jim Caviezel, and Tim Ballard, Founder of Operation Underground Railroad, discuss the film, "Sound of Freedom" in theaters July 4th. Jim shares that the end of trafficking and pornography has to end by the people. Tim shares that there are over six million children in slavery in this country for labor, organ harvesting, and sex, with children averaging six, seven, and eight years old.

Crime

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Center Point #230807	27:00	5:00	LIVE	PA/O/E	8/7/2023	7:30 PM
			REC		8/7/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Marc Little, Founder of Cure America Action Inc. and Ambassador of America First Policy Institute, to discuss soaring crime in major cities, exploring crime trends, and faith and politics.

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700 Club CBN NewsWatch #07262023	52:30	4:00	REC	PA/O/E	7/26/2023	3:00 PM

CBN National Security Correspondent Caitlin Burke Reports: Two recent cyber-attacks highlight a new way hackers have found to successfully target businesses and governments alike. The strategy, which is growing in popularity involves bad actors targeting third-party vendors who provide a service used by a network of companies or government agencies. Once the hackers find a way in, they have access to those providers' entire customer base. It's called a cyber supply chain attack, and according to security experts, these types of attacks mean you're only as strong as your weakest link. The two most recent attacks on the cyber supply chain were carried out by two different U.S. adversaries. In the first, Chinese hackers targeted an email security provider, and in the other, Russian hackers infiltrated a file transfer program used by the federal government. The SolarWinds cyber-attack back in 2020 remains the highest-profile example of this kind of strategy. Hackers placed malware on signed versions of software from the IT management system's supplier and then used it to gain access to 18,000 government and private organizations. Scott White, director of George Washington University's Cyber Security Program, says this supply chain hack is being used by both criminals and Advanced Persistent Threats (APT's) like China, Russia, and North Korea. He says protection against this line of attack is especially difficult because hackers could gain access at any point across very interconnected systems. That's especially true for global supply chains, with many countries not requiring the same security standards as the U.S. Research shows why securing these critical supply chains is so important. According to Gartner Inc, 45 percent of global organizations can expect a software supply chain attack by 2025. White says the federal government already offers resources to help U.S. organizations examine their various member networks and come up with a risk management process. While these specific attacks don't always make headlines, they must be taken seriously. In 2022 alone, more than 10 million people, and some 17,000 organizations fell victim to a cyber supply chain breach. That number is expected to rise in the future.

Crime

<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 CBN NewsWatch #08072023	52:30	3:00	REC	PA/O/E	8/7/2023	3:00 PM

CBN Reporter Heather Sells Reports: The "Sound of Freedom" has passed \$163 million in box office ticket sales, outgrossing big-budget competitors and becoming the surprise hit of the summer. All this despite early criticism of the movie by detractors who mislabeled it "Q-anon and adjacent" and called out the politics of star Jim Caviezel. For anti-trafficking advocates who have sought for decades to shine a spotlight on the exploitation of sex trafficking victims, the movie has provided welcomed awareness. Anti-trafficking advocates acknowledge that controversy over the film has politicized the issue in some ways, complicating their messaging. Still, they recognize that "Sound of Freedom" has provided an opportunity to educate moviegoers who want to better understand what's happening in their own communities and take action. Trafficking survivor Lisa Michelle founded Untethered Ministries in San Antonio, Texas, and says she's been overwhelmed with an outpouring of inquiries since the movie debuted. Michelle said she almost didn't see the movie, fearing it would hit too close to home. Along with other advocates in the U.S. Michelle regrets that "Sound of Freedom" focused on trafficking overseas, rather than here at home. Still, she says this summer provides a unique opportunity. In the wake of the movie, Safe House Project has also released new faith-based content for church groups wanting to engage with the issue. Other faith-based anti-trafficking advocates like Shared Hope, International Justice Mission, and Street Grace also provide resources for churches to access. Linda Smith, founder of Shared Hope International, says she hopes that more people will begin to recognize the signs of trafficking and understand how to keep kids safe. Michelle says people often are blind to trafficking in their neighborhoods. For parents, says Michelle, perhaps the most challenging task is keeping kids safe on their phones. That's typically where traffickers, posing as interested friends, prey on children and teens.

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Crime

<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 CBN NewsWatch #08172023	52:30	5:00	REC	PA/O/E	8/17/2023	3:00 PM

CBN Reporter Brody Carter Reports: Reaching potential mass shooters before they pull the trigger has become the goal of a new initiative working to share a message of hope and deterrence. It's called *"Let's Talk to Them."* The organization started in 2020 following the back-to-back tragedies in Uvalde, Texas, and Buffalo, New York. In those cases, both shooters bought their weapons after turning 18 and used social media as their sounding board. The number of mass killings so far in 2023 number more than any other year at this point since 2006. As America struggles with this epidemic of violence as well as surging mental health crisis, young people are often caught in the middle. It's a morbid connection that suicide and homicide are the second and third leading causes of death for those between the ages of 10 to 24. Given the staggering growth of these violent deaths, national leaders and experts often find themselves dealing with the aftermath rather than planning on prevention. One of the more frightening statistics is the number of deadly mass shootings carried out by someone 21 or younger. That's become a focus for the *Let's Talk to Them* initiative. Jordan Estrada, acting director of the organization, is certainly familiar with the issue as a first responder. He's spent the last 15 years helping organizations put together active shooter response plans. Using that background and experience, he wants to focus on prevention by connecting potential killers with those willing and able to help. Estrada believes people are looking for a mental health solution without necessarily knowing what that solution is. Ken Churchill, founder of TalentED Ventures is helping finance the initiative. Churchill believes in innovating pathways for societal health. In this case, he points out how big tech's search engine optimization (SEO) on the topic of self-harm can provide help for anyone browsing the internet with self-destructive thoughts or questions – but nothing exists for people looking to commit mass violence. Compare that to search results on a statement like, "I want to commit mass murder" – where there's not one link to help. Instead, you can find step-by-step instructions on how to carry out a mass shooting in Google's top three results. The team is better understanding the mindset of potential mass murders by working closely with someone who strongly considered shooting up a public venue, a man by the name of Aaron Stark. Stark is a mental health advocate, sharing his story of how he strongly considered mass murder until help from a friend stopped his plans. Today, Stark helps Estrada and Churchill try to better understand that mindset. The team is searching for and curating content, media, blogs, and videos that might speak to anyone contemplating mass violence. The introduction page on the *Let's Talk to Them* website shares their vision to help. However, an undisclosed dark web page is now fully operational, connecting potential mass shooters with redirection content and chat features. The organization says this isn't about surveillance or espionage. Instead, the goal is to be a light shining into the dark corners of the web. Each situation varies, however, so police could potentially get involved. Estrada says the reason for his decision to help is because God's love is for everyone, even some capable of committing mass violence.

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Crime

<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 CBN NewsWatch #08212023	52:30	5:00	REC	PA/O/E	8/21/2023	3:00 PM

CBN Medical Reporter Lorie Johnson Reports: Young people as young as middle school need to know just one pill from a friend or a drug dealer can secretly contain a deadly amount of fentanyl. That's the warning being issued by experts on drug abuse and a father who lost his son to an accidental fentanyl overdose. David Magee, author of "Things Have Changed: What Every Parent (and Educator), Should Know About the Student Mental Health and Substance Misuse Crisis" told CBN News his son William seemed on top of the world. He was a track star and honors student at Ole Miss. Then the unthinkable happened. Beginning in high school and through college, however, William treated his anxiety with prescription medication he bought on the street. After rehab, it appeared William kicked his habit, but after an apparent relapse, his father found William dead from an accidental overdose. Davis learned his son bought and took a pill that he didn't know contained a deadly amount of fentanyl. The grieving father recommends parents talk to their children about their emotions as early as possible. Fentanyl is a synthetic opioid that's up to 100 times more potent than morphine. In fact, it's so powerful only a speck, just two milligrams, can kill. That's the size of a few grains of salt. Drug dealers often add a little fentanyl to the prescription pills they manufacture in illegal labs, where they make counterfeit versions of medications like Xanax, Adderall, Percocet, Oxycontin, and more. They add fentanyl to make the drugs more addictive and keep their customers coming back for more. However, sometimes these pills contain deadly amounts of fentanyl. That's why people of all ages who take pills purchased on the street are overdosing from fentanyl without ever intending to take the drug, even children as young as middle school. The National Institute on Drug Abuse has monitored illicit drug use among middle school children for more than 40 years. Current director Dr. Nora Volkow told CBN News today's numbers represent a good news-bad news scenario. On one hand, she says the number of middle school children who are using illicit drugs is lower than in previous years. However, those who are taking them face a much greater risk of death than in the past. Technology has a major impact in making today's drug trade more prevalent. Kelly Newcom, founder of Brave Parenting told CBN News that parents need to become educated about teen drug use. For example, parents need to be aware that kids who buy so-called "street drugs," such as counterfeit prescription pills, no longer have to meet a dealer in some random alley or on an actual street as they did in years past. Today, all they have to do is make a deal on their smartphone, in some cases right under their parent's noses. The pills are then usually dropped off, even on the front doorstep, disguised for instance, as a food delivery. Psychologists say starting in middle school, teenagers can experience tremendous emotional upheaval. For this reason, many young people reach for pills to feel something different. Licensed psychologist Carolyn Rubenstein, PhD recommends parents try to make their children feel comfortable talking about their emotional challenges, adding it's helpful when parents explain to their children if they ever want to take prescription medication it must be prescribed by their doctor and purchased at a pharmacy. Newcom said parents should try to eliminate distractions when they attempt to discuss drug use with their children.

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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>
Taking Care of Business #TCOB-1902	27:30	27:30	REC	PA	7/26/2023 7/28/2023	11:30 PM 4:30 AM

Is America's infrastructure "crumbling?" Driving down the street every day, hitting potholes or getting stuck in traffic, it's easy to believe. What about the quality and safety of our water? Is the power grid reliable? Can we trust what politicians, or the experts tell us? On this episode of Taking Care of Business, we're going to take a look at the reliability and safety of America's infrastructure, including transportation, water and power.

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Economy

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The Eric Metaxas Show #171	25:31	25:31	REC	PA/O/E	7/7/2023	6:00 PM
					7/8/2023	7:30 PM
					7/9/2023	10:00 PM

Eric Metaxas speaks with Barry Meguiar as they discuss his book, Ignite Your Life: Defeat Fear with Effortless Faith. Barry Meguiar's family is best known within the car business. Barry is the Third Generation President of Meguiar's Car Wax. However, Barry took his family's business a step further and used it as a part of his ministry. In 1901, his grandfather prayed that God would help him create a wax for furniture, instead he ended up with a perfect mixture for something else. People within Indiana began utilizing this product for their horseless carriages without his permission, turning his polish from a furniture polish to a carriage polish. By 1913, every car painter around the Pasadena area was using Maguiar's Car Wax. Eventually they began selling the wax in body shops, paint shops, and car dealerships. Not knowing anything about retail, Barry and his family had to trust in the Lord with their whole heart and not their own understanding. Barry used the only thing he knew, which was buffing cars. They are now the #1 selling car wax in America and other countries around the world. Knowing that he wanted to be in ministry, but still enjoy running his family's business, Barry realized that his business is his pulpit. In 1976, he was in New Jersey with a Retail Account Representative who happened to be Jewish and requested that Barry to pray for him. Barry had never preached to him but would share his Christian belief freely with the man every now and then. The Retail Account Representative was in the middle of getting a divorce and did not want to get one. After praying with the gentleman, Barry thought that God wanted him to enter full-time ministry. After an encounter with a missionary, Barry realized that his ministry was in the business of selling car wax and sharing the gospel to those he encounters through his everyday life. Barry remains in business and believes that he didn't have to officially go into full-time ministry, because everything he does is his ministry in business and in life.

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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 Eric Metaxas Show #138	24:15	24:15	REC	PA/O/E	8/18/2023	6:00 PM
					8/19/2023	7:30 PM
					8/20/2023	10:00 PM

Today on the Eric Metaxas Show: Rev. Robert Sirico, President of Acton Institute, and author of "The Economics of the Parables," talks about socialism, wealth, and morals in economy and economic themes that run through the New Testament.

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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>
Praise Presents Robert Morris Expanding the Mission #220501	54:59	54:59	REC	PA/O/E	7/2/2023	11:00 PM

Tonight Praise Presents: 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 came 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> Behind The Scenes #233	27:30	27:30	REC	PA/O/E	7/06/2023	2:00 AM
					7/21/2023	2:00 AM
					8/03/2023	2:30 AM
					8/10/2023	4:30 AM
					8/22/2023	2:00 AM
					8/29/2023	4:00 AM

Today on Behind the Scenes: Tom Newman is joined by Mike Huckabee, Former Governor of Arkansas and Host of "Huckabee" on TBN; 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.

<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 #230	25:30	25:30	REC	PA/O/E	9/27/2023	2:30 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, trusts, unique gifts, and lifetime charitable gift annuities work, and the importance of estate planning.

<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 #230703	50:00	50:00	REC	PA/O/E	7/3/2023	5:00 PM

Today on The Ramsey Show: Dave Ramsey, Jade Warshaw, Dr. John Delony, Ken Coleman, George Kamel and Rachel Cruze appear on the show. They answer questions is now a good time to invest, is it too late to buy a house, how do I get my family on board with the plan, is a One Thousand Dollar emergency fund still enough, and when did you decide to teach Financial Peace? They also discuss inflation. Erika and Dustin from Richmond, Virginia are here to do their debt free scream after paying off \$289,738 in 86 months.

<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 #230704	50:00	50:00	REC	PA/O/E	7/4/2023	5:00 PM

Today on The Ramsey Show: Dave Ramsey and George Kamel answer questions about saving for a house while doing the Baby Steps, going on a family trip while paying off debt, if it is fair to ask wife to help pay husband's debt, undoing how their mom has her estate, how to budget commission checks, and investing in mutual funds vs. real estate. They discuss the feds raising rates again, the cause of inflation, and what they spend "fun" money on.

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<i>Economy</i> The Ramsey Show #230705	50:00	50:00	REC	PA/O/E	7/5/2023	5:00 PM
<p>Today on The Ramsey Show: George Kamel, Ken Coleman and Rachel Cruze appear on the show. Topics include student loan forgiveness is officially not happening and the Bureau Statistics from the USDA for budgeting in the four wall categories for food, housing, utilities, and transportation. They answer questions about selling Telsa stock to pay off house, staying at current job, percentage for four walls, downsizing house, and moving back home to start the Baby Steps.</p>						

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<i>Economy</i> The Ramsey Show #230707	50:00	50:00	REC	PA/O/E	7/7/2023	5:00 PM
<p>Today on The Ramsey Show: Ken Coleman and Dr. John Delony discuss the projection of over 300,000 jobs available. They answer questions about continuing to charge sister rent, how to help husband who hates his job, skipping investing to pay off the house, selling investment property, feeling like I never have enough money, and paying off debt with higher interest first.</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 #230710	50:00	50:00	REC	PA/O/E	7/10/2023	5:00 PM
<p>Today on The Ramsey Show: Jade Warshaw and Rachel Cruze answer questions about how much to put into sinking funds, renting or buying after moving, repayment options hindering Baby Steps 2, the best saving options, selling house to pay off debt, and not getting ahead with small business.</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 #230711	50:00	50:00	REC	PA/O/E	7/11/2023	5:00 PM
<p>Today on The Ramsey Show: George Kamel and Jade Warshaw discuss the Baby Steps and which is most important, and an article about the restart of student loan payments and the inability of many people to make payments. They answer questions about finances after divorce, what to do after paying off debt, skipping Baby Step 2 or selling rentals, stopping investing to pay off house early, and how to best use an inheritance.</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 #230714	50:00	50:00	REC	PA/O/E	7/14/2023	5:00 PM
<p>Today on The Ramsey Show: George Kamel and Dr. John Delony answer questions about how to set boundaries with mom, taking a third job to pay off debt, paying off debt while planning a wedding, and address paying off house early seeming illogical. George explains how TURO, a car rental service, works and talks about various social media financial advice. Dr. Delony talks about the correlation between debt and mental health.</p>						

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<i>Economy</i> The Ramsey Show #230718	50:00	50:00	REC	PA/O/E	7/18/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about paying off debt before buying another rental, keeping savings or pay off debt, paying off house or save more for retirement, father wanting son to buy his business, talking to daughters about money, how to sell a vehicle privately, selling house to pay off debt, and is Baby Step 1 combined with Baby Step 3?</p>						

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<i>Economy</i> The Ramsey Show #230719	50:00	50:00	REC	PA/O/E	7/19/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about retirement pulled early to buy a house, how much to spend on housing, viewing student loans as a lump sum of debt, husband's union going on strike soon, and the best way to combine finances. Jarrod and Kristina from Woodstock, Georgia are here to do their debt-free scream after paying off \$136,000 in 7 years which includes their mortgage. Nate Bargatze, Grammy Award Nominated Comedian shares funny stories.</p>						

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<i>Economy</i> The Ramsey Show #230720	50:00	50:00	REC	PA/O/E	7/20/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and George Kamel answer questions about pulling retirement to pay off debt, focusing on investing or saving for a house, building an emergency fund or paying off debt, how to do a Baby Steps transfer to business, and if money going to student loan payments instead of being spent at retailers would drive us into a recession. One caller announced she just paid off all her student loans. They also discuss article about adjustable-rate-mortgages making a comeback and how they work.</p>						

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<i>Economy</i> The Ramsey Show #230721	50:00	50:00	REC	PA/O/E	7/21/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Rachel Cruze answer questions about how to budget on an inconsistent income, planning for future after a bad diagnosis, stopping investing while paying off debt, cashing out retirement for a down payment, and selling car purchased as a tax write-off. Lindsay and Greg from Knoxville, Tennessee are here to do their debt-free scream after paying off \$117,802 in 14 months including their student loans.</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 #230724	50:00	50:00	REC	PA/O/E	7/24/2023	5:00 PM
<p>Today on The Ramsey Show: Ken Coleman and George Kamel answer questions about how to budget for a new job, paying off house, taking a pay cut to relocate, how to use stipend, and being spoiled or if co-workers are just lazy. They also discuss article about over half Americans earning more than \$100,000 a year are living paycheck to paycheck.</p>						

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The Ramsey Show #230725	50:00	50:00	REC	PA/O/E	7/25/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about wife spending \$50,000 without telling husband, feeling like debt is the only option to get a car, benefits of closing credit cards, choosing a financial advisor, and paying for their kid's education. They also discuss lies about money usually tied to addiction, shame and remorse.</p>						

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The Ramsey Show #230726	50:00	50:00	REC	PA/O/E	7/26/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about courthouse wedding as best option, paying off house or buying a new car, budgeting on an irregular income, getting out of financial mess, investing while paying off debt, cost-of-living raises causing more inflation, and keeping rental home if they move back.</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 #230728	50:00	50:00	REC	PA/O/E	7/28/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about selling condo, how to prepare to start a business, feeling like they can't catch up on finances, investing in employer Roth, getting into Airbnb, staying in school or find another job, and how to say no to a promotion.</p>						

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The Ramsey Show #230731	50:00	50:00	REC	PA/O/E	7/31/2023	5:00 PM
<p>Today on The Ramsey Show: Ken Coleman and George Kamel answer questions about investing to make passive income, paying off debt to cash flow a wedding, how much car can we afford, what to do with our money, finding a good work-life balance, how to increase income, and stocks over gold. They also discuss self-checkout.</p>						

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The Ramsey Show #230802	50:00	50:00	REC	PA/O/E	8/2/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Dr. John Delony answer questions about husband refusing to combine finances, pulling 401(k) for a home down payment, convincing daughter not to get a credit card, establishing money boundaries with family, paying off house early, what's next now that they are debt-free, and how to get out of a land loan. They also discuss anxiety.</p>						

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The Ramsey Show #230803	50:00	50:00	REC	PA/O/E	8/3/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about investing in real estate in Thailand, how fast to pay off debt, selling house, paying off \$27K in credit cards, and using a business broker to sell business. They also discuss anxiety.</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 #230807	50:00	50:00	REC	PA/O/E	8/7/2023	5:00 PM
<p>Today on The Ramsey Show: Jade Warshaw and George Kamel answer questions about how to start their financial journey, continuing to rent or purchase a house, and which debt to pay first. They also discuss an article about telling our partner what we spent and autonomy, and the "Girl Dinner" trend.</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 #230808	50:00	50:00	REC	PA/O/E	8/8/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about selling house to get out of debt, finding extra money to pay off debt, putting down more than 20% on a home, paying off car or house first, saving for a house at 69 years old, and what to do about student loans. They also give an update on widow who called asking for help.</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 #230809	50:00	50:00	REC	PA/O/E	8/9/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Rachel Cruze answer questions about paying off debt and investing in retirement, wife paying off her student loans, selling investment property, selling camper to get out of debt, building wealth in real estate, changing the percentage of investments, staying in career or going back to school, and buying a home and losing low interest rate.</p>						

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 #230810	50:00	50:00	REC	PA/O/E	8/10/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about building wealth making only \$35K a year, buying life insurance while paying off debt, selling a car that's upside down, using money to make more money, affording a part-time work, having a larger emergency fund, affording the house we want, and feeling guilty leaving a small company they work for.</p>						

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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 #230811	50:00	50:00	REC	PA/O/E	8/11/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Dr. John Delony answer questions about borrowing money from a trust, what to worry about while changing jobs, saving more vs paying off house, how to diversify investments, and how to be less anxious about money. They also discuss redefining anxiety, use of medication, having hope and suicide.</p>						

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 #230814	50:00	50:00	REC	PA/O/E	8/14/2023	5:00 PM
<p>Today on The Ramsey Show: Dr. John Delony and George Kamel answer questions about how to help in-laws with money, how to pay off student loans quickly, husband not wanting to sell their house, balancing saving for a house and investing, and how to talk to friends about paying off debt. They also discuss "never again moments" regarding debt.</p>						

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 #230815	50:00	50:00	REC	PA/O/E	8/15/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about selling house to pay off debt, paying off student loans, selling new car to pay off debt, how to pay off debt, 400K in student loans, and waiting for the new debt forgiveness plan.</p>						

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 #230816	50:00	50:00	REC	PA/O/E	8/16/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Rachel Cruze answer questions about Baby Steps out of whack, pulling from Roth to fund kid's college, preparing kids for future medical expenses, ex continuing to slow down progress. They also discuss an article about hiding trust for 15 years and if they finally tell their spouse.</p>						

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 #230817	50:00	50:00	REC	PA/O/E	8/17/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about disagreeing on paying off student loans, father-in-law deeding house to our 7-year-old, cancelling an extended warranty on car, taking a HELOC to get to retirement, using retirement to purchase a home, keeping our house when we move, using savings to pay wife's student loans, and investing while paying off debt.</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 #230818	50:00	50:00	REC	PA/O/E	8/18/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Dr. John Delony answer questions about pulling from an IRA to pay off house, how to pay student loans, working 80 hours a week, when to pay off second mortgage, and buying a rental with a relative. They also discuss isolation and prior to marriage being in agreement in money, in-laws, children, and religion as the foundation of life together.</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 #230821	50:00	50:00	REC	PA/O/E	8/21/2023	5:00 PM
<p>Today on The Ramsey Show: Ken Coleman and Rachel Cruze answer questions about over-giving while paying off debt, how to move into a business full-time, owing more on a car than it's worth, taking a job that doesn't offer paternity leave, pension vs higher pay, and getting on the same page before wedding.</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 #230822	50:00	50:00	REC	PA/O/E	8/22/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and George Kamel answer questions about using debt to buy more rentals, renting vs buying a house, having a buffer in the budget, paying off car before buying a house, and using digital payments instead of cash.</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 #230823	50:00	50:00	REC	PA/O/E	8/23/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about debt collector taking them to court, pulling from a CD to pay toward debt, finding dream job without a degree, selling home to move closer to family, what to do with an inheritance, cashing out 401(k) to pay off student loans, and using settlement company vs filing for bankruptcy.</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 #230824	50:00	50:00	REC	PA/O/E	8/24/2023	5:00 PM
<p>Today on The Ramsey Show: Jade Warshaw and Ken Coleman answer questions about not being to cover minimum payments, being able to buy a house, which debt to pay off first, and receiving a summons from a debt collector. They also discuss student loans, the Save Plan for student loans, groceries and inflation.</p>						

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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 #230825	50:00	50:00	REC	PA/O/E	8/25/2023	5:00 PM
<p>Today on The Ramsey Show: Rachel Cruze and Dr. John Delony answer questions about paying off debt or buying a house, following Baby Steps while managing ADHD, selling home to pay off debt, buying a car that gets better gas mileage, and feeling taken advantage of by parents.</p>						

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 #230828	50:00	50:00	REC	PA/O/E	8/28/2023	5:00 PM
<p>Today on The Ramsey Show: Ken Coleman and Jade Warshaw answer questions about filing for bankruptcy, pausing Baby Step 2 to pay for fertility treatments, asking boss for a raise, budgeting for student loan payments, and financial advisor selling whole life insurance.</p>						

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 #230829	50:00	50:00	REC	PA/O/E	8/29/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about emergencies holding back progress, not being able to agree on how to spend extra money, investing more than 15% to catch up, how to prepare to build a house, and using equity in home. They also discuss student loan borrowers being angry, scared, and frustrated learning new payment schedules with forty percent transferred to new servicers.</p>						

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 #230830	50:00	50:00	REC	PA/O/E	8/30/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about borrowing from family vs getting a mortgage, waiting on company to hire them, paying off house before buying a new house, working full-time again, how to pay off \$110k while raising a baby, and what to do with a \$100,000 gift.</p>						

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 #230831	50:00	50:00	REC	PA/O/E	8/31/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Dr. John Delony discuss building a non-anxious life as an intentional commitment. They answer questions about feeling like they can't catch up on debt, what to do after selling house, where to invest, paying off debt with business income, and dealing with medical debt while fighting cancer.</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 #230905	50:00	50:00	REC	PA/O/E	9/5/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Dr. John Delony answer questions about refinancing vs aggressive mortgage payments, insurance coverage, how to pay for college, and they discuss the importance of insurance. Amy and Jonathan from Ithaca, New York are here to do their debt-free scream after paying off \$102,294 in four years. They paid off credit cards, personal loans and house.</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 #230906	50:00	50:00	REC	PA/O/E	9/6/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about focusing on retirement vs kid's college, keeping or selling rental property, and getting back on track with the plan. Isaiah from Largo, Florida is here to do his debt-free scream after paying off \$176,000 in six years. He paid off his house.</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 #230908	50:00	50:00	REC	PA/O/E	9/8/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about buying a golf course, closing credit cards hurting credit score, being able to afford to move out on their own, finding a job that will pay the income needed, not being able to get caught up on savings, selling house when they move, and setting yourself up for success in dream job.</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 #230912	50:00	50:00	REC	PA/O/E	9/12/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about if it is wrong to sell a gift, selling car to pay student loans, managing finances after husband passed, what to do with a large financial gift, owing the IRS \$100k with ex-husband, and pausing Baby Steps to visit sick father.</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 #230913	50:00	50:00	REC	PA/O/E	9/13/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about joining the military, mother doing home remodel without permits, how to start paying off student loans, buying a tiny home, stopping investing to pay off debt, selling car leases, using savings to pay off house, buying out car lease, how to ask for a promotion at work, and having a one-year emergency fund.</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 #230914	50:00	50:00	REC	PA/O/E	9/14/2023	5:00 PM

Today on The Ramsey Show: Dave Ramsey and Rachel Cruze answer questions about buying a bigger home, having \$300k in student loans and can't work, how much to save, using savings to pay off student loans, and Title Theft insurance.

<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 #230915	50:00	50:00	REC	PA/O/E	9/15/2023	5:00 PM

Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about lawsuit with co-founders of company, increasing lifestyle expenses, preparing for high interest rates on home, covering an emergency while paying off debt, net worth ratio, and what to do when upside down on four cars.

<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 #230918	50:00	50:00	REC	PA/O/E	9/18/2023	5:00 PM

Today on The Ramsey Show: Dave Ramsey and Rachel Cruze answer questions about how to focus on Baby Steps 4,5, and 6, how quickly to pay off a rental property, how to be proactive with money, continuing to invest 15%, and what to do after selling business. Linda and Leigh from Grand Junction, Colorado are here to do their debt-free scream after paying off \$215,000 in eight years, including their cars and 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 #230920	50:00	50:00	REC	PA/O/E	9/20/2023	5:00 PM

Today on The Ramsey Show: Jade Warshaw and Ken Coleman answer questions about how to pay off debt, turning in car they are upside down on, using savings towards student loans, how much to spend on a car, paying off house with business capital, and how much "fun money" to budget. They also discuss side hustles to increase income.

<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 #230921	50:00	50:00	REC	PA/O/E	9/21/2023	5:00 PM

Today on The Ramsey Show: George Kamel and Ken Coleman answer questions about husband wanting to sell home and retire early, investing daughter's money, commuting 8 hours a day for work, employer 403(b) having poor rate of return, and protecting mother's retirement. They also discuss facing financial fears.

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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 #230925	50:00	50:00	REC	PA/O/E	9/25/2023	5:00 PM
<p>Today on The Ramsey Show: Dr. John Delony and Jade Warshaw answer questions about how to pay for a second car, paying off debt vs buying a house, how much emergency funds are needed, keeping money separate if they get married, working the Baby Steps vs filing for bankruptcy, and how to celebrate while paying off debt. They also discuss reaction to article about U.S. debt passing \$33 trillion and the looming government shutdown and having someone you can celebrate your life with.</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 #230926	50:00	50:00	REC	PA/O/E	9/26/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and George Kamel answer questions about pulling from retirement to pay off house, saving for a wedding vs starting investing, selling investment property, refinancing student loans, and transferring credit card debt. Jenna and Scott from Orlando, Florida are here to do their debt-free scream after paying off \$94,000 in thirty-three months. They paid off their house.</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 #230928	50:00	50:00	REC	PA/O/E	9/28/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Dr. John Delony answer questions about divorcing finances, winning \$22 million and keeping it a secret, how to tackle a mortgage, and selling their house to pay off debt. Abbey and Cole from Milwaukee, Wisconsin are here to do their debt-free scream after paying off \$195,994 in thirty-four months.</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 #230929	50:00	50:00	REC	PA/O/E	9/29/2023	5:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about selling rental property, preparing to switch to a digital currency, paying off house, buying a house vs renting, what to do when upside down on car, prioritizing debt after a divorce, and company match counting towards 15%.</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 #52	53:06	53:06	REC	PA/O/E	9/25/2023 9/26/2023	9:00 PM 12:30 AM
<p>Today on Takeaways with Kirk Cameron: How do you transform a mom-and-pop shop into a multi-billion-dollar business? Leadership. That's what we're talking about today. How can we apply biblical wisdom in today's world? How can we create a culture that is magnetic and draws people in. How do we better serve one another? These are all questions we'll be exploring today on the topic of leadership with our two guests. How did David Green take Hobby Lobby, a company which he started in his home, to become the largest privately owned arts and crafts retailer in the world. We'll hear exactly how he did it in a moment. We'll also hear from best-selling author and speaker Clay Scroggins who found the secret to becoming a powerful servant leader who leverages influence to get things done.</p>						

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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>
Center Point #230707	27:00	4:00	LIVE	PA/O/E	7/7/2023	7:30 PM
<p>Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Rep. Don Bacon (R-NE) Air Force Veteran, House Armed Services Committee, and House Agriculture Committee, to discuss pain in the pocketbooks, getting inflation under control, the impact of regulations on families, and easing the financial burden.</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>
Center Point #230710	27:00	5:00	LIVE	PA/O/E	7/10/2023	7:30 PM
			REC		7/10/2023	10:30 PM
<p>Tonight on CenterPoint: Correspondent Lyndsay Keith interviews David Nelson, Belpointe Chief Strategist & CO Chief Investment Officer, and Founder of DC Nelson Asset Management, to discuss Biden's economic narrative and the state of the economy.</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>
Center Point #230721	27:00	5:00	LIVE	PA/O/E	7/21/2023	7:30 PM
<p>Tonight on CenterPoint: Correspondent Doug McKelway interviews Steve Moore, Distinguished Fellow in Economics at The Heritage Foundation, Former Trump Economic Advisor, to discuss hiring in big government, the economic outlook, and the job market outlook.</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>
Center Point #230724	27:00	4:00	LIVE	PA/O/E	7/24/2023	7:30 PM
			REC		7/24/2023	10:30 PM
<p>Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Michael Faulkender, Chief Economist at America First Policy Institute, and Former U.S. Treasury Official, to discuss fears of recession looming, the economic outlook, and tracking inflation trends.</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>
Center Point #230728	27:00	3:00	LIVE	PA/O/E	7/28/2023	7:30 PM
<p>Tonight on CenterPoint: Correspondent Lyndsay Keith interviews George Seay CEO of Annandale Capital LLC, Chairman of Texas-Israel Chamber of Commerce, and Former Finance Chairman for Gov. Rick Perry's Presidential Campaign, to discuss the Fed raising rates, the economic outlook, and inflation watch.</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>
Center Point #230803	27:00	5:00	LIVE	PA/O/E	8/3/2023	7:30 PM
			REC		8/3/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews George Seay, CEO of Annandale Capital LLC, and Chairman of Texas-Israel Chamber of Commerce, to discuss U.S. credit downgrade, the debt debate, and looking ahead to 2024.

<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 #230809	27:00	4:00	LIVE	PA/O/E	8/9/2023	7:30 PM
			REC		8/9/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Tom Duesterberg, Senior Fellow at Hudson Institute, to discuss concern over deflation in China, tracking inflation, Americans' credit card debt, and anticipating the CPI Report.

<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 #230816	27:00	5:00	REC	PA/O/E	8/16/2023	7:30 PM
			REC		8/16/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Rep. Ralph Norman (R-SC) House Finance Committee, House Budget Committee, and House Rules Committee, to discuss tracking economic trends and the impact of 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>
Center Point #230816	27:00	7:00	LIVE	PA/O/E	8/16/2023	7:30 PM
			REC		8/16/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Geroge Seay, CEO of Annandale Capital LLC and Chairman of Texas-Israel Chamber of Commerce, to discuss China's economic impact, China's worsening economy, the impact of inflation, and tracking economic trends.

<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 #230831	27:00	5:00	LIVE	PA/O/E	8/31/2023	7:30 PM
			REC		8/31/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Stephen Moore, Distinguished Fellow in Economics at The Heritage Foundation, to discuss Biden's war on natural gas, the natural gas debate, and the cost of killing oil.

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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 #230907	27:00	5:00	LIVE	PA/O/E	9/7/2023	7:30 PM
			REC		9/7/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Joel Griffith, Research Fellow at the Heritage Foundation, to discuss the housing market outlook, the mortgage demand at record low 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 #230919	27:00	6:00	LIVE	PA/O/E	9/19/2023	7:30 PM
			REC		9/19//2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Sen. Marsha Blackburn (R-TN) Senate Finance Committee, Senate Judiciary Committee, and Host of "Unmuted with Marsha," to discuss the national debt at historic high, Bidenomics effect on the economy, and the national debt exceeds \$33 trillion.

<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> 700 Club CBN NewsWatch #07132023	52:30	3:00	REC	PA/O/E	7/13/2023	3:00 PM

CBN Reporter Mark Martin Reports: There's welcome news on the economic front in the form of some financial relief. Inflation across America is at its lowest annual rate in more than two years, as of June, but there could be a ways to go. Although prices are rising at a slower rate, they are still continuing to rise. The latest report from the Bureau of Labor Statistics shows the inflation rate is slowing, with prices rising at a 3 percent rate, the slowest pace in 2 years. That's thanks, in part, to lower gas prices, airline fares, grocery costs, and even cheaper used cars. The Consumer Price Index shows price increases easing a year after inflation rates spiked to their highest level in 4 decades. The inflation rate is down from a 4 percent annual rate in May. Experts say that means wages are now finally rising faster than prices. Although prices are rising more slowly, shoppers can still expect some sticker shock, compared to pre-pandemic levels. Also, prices are still above the Federal Reserve's 2 percent target. Economists are keeping their eyes on whether this trend continues through the summer. And as far as a potential recession? Treasury Secretary Janet Yellen says it's "not completely off the table." That causes E.J. Antoni of the Heritage Foundation concern. Another question is whether the decline in the inflation rate will affect the Fed's policy of hiking interest rates to bring down inflation. While economists say it appears those hikes are helping, they're still putting the squeeze on Americans trying to pay down credit cards or buy a home or car.

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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Economy

700 Club CBN NewsWatch #07272023	52:30	3:00	REC	PA/O/E	7/27/2023	3:00 PM
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CBN Washington Correspondent Hilary Powell Reports: The Federal Reserve Wednesday escalated the inflation fight once more in its most aggressive series of rate hikes in 40 years. The Fed imposed another quarter-point rate hike on Wednesday in an effort to slash consumer demand and get companies to hire fewer people. It's the eleventh rate hike over the past 15 months. Economists say it's meant to slash shopping and spending in order to force the sky-high cost of living to go down. There are some visible ways to see if it's working. Vacant shops – a sight shoppers can get used to this summer. In downtown San Francisco, a bleak scene and a sign of the times that hiring is going down – which economists say is another goal of the Federal Reserve. Federal Reserve Chairman Jerome Powell hasn't ruled out additional rate hikes in the fall and noted the potential impact on working families. Economists say the idea is that higher rates make businesses tighten their belts, leading to less hiring and greater unemployment. Experts said to also expect lower income and higher borrowing costs. A small bright spot shows that savers are earning more on their cash – but there's also a cost to the nation. The borrowing cost for the U.S. Treasury may also rise. New numbers from the government's "FiscalData" website show this week the country's total public debt hit #32.597 trillion. Concerned, a bipartisan group of U.S. lawmakers is set to form a political alliance called the Bipartisan Fiscal Forum to focus on U.S. debt. Economists said many families are focused on their own checkbooks rather than the nation's economic growth. The cooldown of inflation coupled with resilient economic performance has given rise to optimism among some economists that the U.S. could avoid a recession. Most forecasters surveyed this week by the National Association for Business Economics said the probability of the U.S. entering a recession in the next 12 months is 50% or less.

<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 CBN NewsWatch #08102023	52:30	3:00	REC	PA/O/E	8/10/2023	3:00 PM
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CBN Washington Correspondent Hilary Powell Reports: Americans have hit a new high in credit card debt. The surge means their overall balance shot above \$1 trillion for the first time. While credit card balances are at historic highs, the New York Federal Reserve reports people are generally still paying their bills on time, at least for now. There are currently 70 million more credit card accounts open than before the pandemic, and it's definitely making an impact on how families choose to spend. The larger concern is credit cards are increasingly being used to pay down household bills. Experts say that could be the reason why credit card debt for families nationwide is unprecedented at a record-setting \$1 trillion. CPA Howard Dvorkin, chairman of Debt.com, said the use of plastic is back up after consumer took a pandemic pause on spending. Other balances such as retail stores, consumer loans, and car loans are added to what the household balance sheet owes and also add to families' financial frustration. A recent Debt.Com survey reports Americans who admit feeling stressed after using credit cards is up 15 percent from last year. When you add in elevated interest rates, paying off debt becomes more expensive. Bankrate reports the average credit card charges more than 20 percent interest. The federal government is in the same boat with the Congressional Budget Office projecting the national debt to be nearly twice as large as the entire U.S. economy in 30 years. Congress could slow that trend by cutting spending. One suggestion from the CBO, however, mentions limiting Social Security as an option that won't be popular with politicians in an election year. The office also warns higher debt can erode confidence in the U.S. dollar. Dvorkin said before their next bill arrives, families should create a budget and seek a CPA.

<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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Education/ Schools

Taking Care of Business #TCOB-1914	27:30	27:30	LCL	PA	8/2/2023 8/4/2023	11:30 PM 4:30 AM
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Nearly 50% of adults in the U.S. don't have enough cash to cover a \$400 emergency and most can't pass a financial literacy test. With mounting debt from credit cards and student loans, there is a need for a better understanding of basic financial principles. Find out why Financial Literacy is such an important topic in our society on this episode 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.

<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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Education/ Schools

Taking Care of Business #TCOB-1910	27:30	27:30	LCL	PA	8/30/2023 9/01/2023	11:30 PM 4:30 AM
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On this episode of Taking Care of Business, we discover why young people in our society struggle with emotional vulnerabilities that impact their ability to cope with challenging and stressful situations. We learn how these obstacles affect their ability to function in their adult years.

<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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Education/ Schools

The Rise of Artificial Intelligence #7134	55:30	55:30	REC	PA/O/E	9/05/2023 9/05/2023 9/13/2023	8:00 PM 11:00 PM 3:00 AM
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TBN Special: The Rise of Artificial Intelligence. Science fiction films have warned for years of a dark future with super intelligent computers and all-powerful robots developing minds of their own and overthrowing their creators, sinister machines in a technological dictatorship that enslaves humanity. It wasn't long ago that these scenarios seemed more suited to a summer blockbuster than to real life. But in recent years something has changed. It seems everyone is now talking about A.I. Artificial intelligence and its potential to radically transform the ways in which we live. In some ways it already has. Practically all of us have been using some form of A.I. for years. From recommendations on amazon or Netflix, to Alexa or Siri, but with the onset of ChatGPT and systems like it, this technology has now reached a much more advanced level. In the process it raised some serious questions and concerns. Could A.I. eventually make some jobs obsolete? Could it further isolate people and limit human interaction. Could it be used to deceive, to even swing elections? Could A.I. be used to take away your privacy and create a surveillance state? Are we on the onset of an A.I. arms race with China and other American adversaries vying to master this powerful technology. For Christians the questions go even further. What if A.I. is controlled by forces that are hostile to a biblical worldview? On the other hand, could Christians use A.I. to advance the kingdom of God to spread the gospel in new and innovative ways? And could A.I. play a role in Bible prophecy? Over the next hour join Erick Stakelbeck as we explore all of these questions and more with our guests, including one of the world's leading tech experts Brian Roemmele, Dr. James Spencer, Theologian, Author, and President of D.L. Moody Center, Tennessee Senator Marsha Blackburn, and Pastor James Kaddis, Senior Pastor of Calvary Chapel Signal Hill, and Pastor Matthew Pollock, Founder and Lead Pastor of The Way Family Church, as we break down the rise of artificial intelligence and what it means for you.

<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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Education/ Schools

Praise Mike Rowe SWEAT Pledge Colorado #90123	54:00	54:00	REC	PA/O/E	9/1/2023 9/1/2023 9/1/2023 9/3/2023 9/8/2023	8:00 PM 9:00 PM 11:00 PM 1:30 AM 3:00 AM
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Tonight on Praise: Matt and Laurie Crouch sit down with Mike Rowe, Dirty Jobs Expert, TV Host and Founder of Mike Rowe Works Foundation, to find out how to equip young people to fill millions of great jobs that don't require a college education. Mike explains the current skills gap. The problem began when we elevated a four-year degree above all other forms of learning. The problem got worse when we took Shop Class out of high schools. He shares that we are as a country lending a lot of money that we don't have, to a lot of kids who are never going to be able to pay it back, to educate them for careers that don't exist anymore. Myths, misperceptions, stigmas, and stereotypes have routinely discouraged millions of kids from exploring skilled trades. Mike breaks down the S.W.E.A.T. (Skilled & Work Ethic Aren't Taboo) Pledge. "The S.W.E.A.T. Pledge" is now a 200-page curriculum and pilot program in over 30 trade schools. Visit mikeroweworks.org for more information on the "Work Ethics Scholarship."

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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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Education/ Schools

Praise #91123	53:15	53:15	REC	PA/O/E	9/11/2023	8:00 PM
					9/11/2023	11:00 PM
					9/21/2023	3:00 AM

Tonight on Praise: Chris Hodges, Pastor of Church of the Highlands and Author of *"The Daniel Dilemma Stand Firm & Love Well,"* takes Matt and Laurie Crouch on a tour of the brand-new Highlands College in Birmingham, Alabama. Pastor Hodges shares that one of the dreams of Highlands College is to keep it integrated with the local church. Students have chapel twice a week and they lead every aspect of chapel. Students not only go to class, but they have three pillars of learning: academic instruction, character formation, 800 hours of ministry training, and spiritual development. Pastor Hodges doesn't want them to just leave with a degree, but with a mission. He talks about the Book of Daniel as both a historic and prophetic book, and how Daniel had the ability to stand firm in his beliefs in God, but also influenced the culture of his time. Pastor Hodges addresses how our culture wants to change our identity, pull us away from worshipping God, is filled with pride, and its greatest culprit is a busy life. He explains that the balance of grace and truth are needed in our culture today and what is lacking in the church is just courage. He shares that it is important to connect before we correct, giving grace then truth.

<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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Education/ Schools

Drive Thru History Holiday Special Independence Day #708	54:55	54:55	REC	PA/O/E	7/2/2023	3:00 AM
					7/4/2023	8:00 PM
					7/4/2023	11:00 PM

On this Drive Thru History Special Independence Day: Join Dave Stotts as we celebrate America's Declaration of Independence and learn about the rich and celebrated heritage throughout the United States, as he travels throughout Boston, Massachusetts and Philadelphia, Pennsylvania.

<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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Education/ Schools

Drive Thru History Holiday Special Labor Day #709	54:53	54:53	REC	PA/O/E	9/3/2023	3:00 AM
					9/4/2023	8:00 PM
					9/4/2023	11:00 PM

Join Dave Stotts with Drive Thru History as we celebrate Labor Day in America. While Labor Day marks the traditional end of summer, Dave uses the day to explore the awesome history of the American worker. He travels the United States to share the early stories of industry, immigration, innovation, and hard work that helped make our country great. We roll from the iron furnaces of Pennsylvania to the coal mines of West Virginia. We trek west to get a hands-on look at some early steam engines at the Western Museum of Mining and Industry in Colorado Springs, Colorado. For a very unique look at farming, ranching and horticulture in the United States we travel to the countryside of Lancaster County, Pennsylvania to an Amish community. Today, we see how free enterprise, entrepreneurship, and work ethic, helped America achieve the greatest standard of living in world history.

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>
<i>Education/ Schools</i>						
Drive Thru History Holiday Special 9/11 #710	54:31	54:31	REC	PA/O/E	9/08/2023	8:00 PM
					9/08/2023	9:00 PM
					9/08/2023	11:00 PM
					9/12/2023	3:00 AM

Join Dave Stotts with Drive Thru History as we remember September 11th in America. He starts in New York City where the events of 9/11 began with the attacks on the twin towers of the world trade center. Dave visits the incredible 9/11 Memorial and Museum, to unpack the tragedy and heroism of that terrible morning. He then travels to Virginia to investigate the attack on the Pentagon and its ongoing impact on our nation's security. Then it's off to Pennsylvania to visit the inspirational Flight 93 Memorial where forty heroes fought back against terrorism preventing even further loss of life. He ends at the Empty Sky Memorial in Liberty State Park, New Jersey along the Hudson River marveling at the rebuilt Manhattan skyline which reminds us to never ever forget.

<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>Education/ Schools</i>						
The Ramsey Show #230706	50:00	50:00	REC	PA/O/E	7/6/2023	5:00 PM

Today on The Ramsey Show: Dr. John Delony and Jade Warshaw discuss student loan repayment and answer questions about helping friends with money, ever being able to afford a house, house destroyed by a tornado, and feeling hopeless about following the 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>
<i>Education/ Schools</i>						
Huckabee #310	50:30	6:00	REC	PA/O/E	9/30/2023	8:00 PM
					9/30/2023	11:00 PM

Tonight on Huckabee: Gordan Logan, also a Veteran, is Founder of Sport Clips Haircuts, and Founder of the Help a Hero Scholarship Program. He shares that he saw that Veterans who transition from a military to a civilian career need some assistance in many cases. He began working with VFW to award scholarships up to Five Thousand Dollars a semester. He shares stories of Veterans whose lives have been changed. Also, on Veterans Day, November 11th, Sport Clips offers Veterans and those in active-duty free haircuts.

<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>Education/ Schools</i>						
The Ramsey Show #230712	50:00	50:00	REC	PA/O/E	7/12/2023	5:00 PM

Today on The Ramsey Show: Ken Coleman and George Kamel discuss an article about college graduate's overinflated view of what they could make and should make, and taking a pay cut for a better long-term trajectory. They answer questions about a good time to buy a house, side hustle taking off, where in the budget to put savings for school, continuing life insurance on Baby Step 7, is it a bad idea to be paid via Cash App, the best way to save up for a sailboat, continuing to work at job for a scholarship, and selling house to get out of debt.

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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Education/ Schools

The Ramsey Show #230713	50:00	50:00	REC	PA/O/E	7/13/2023	5:00 PM
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Today on The Ramsey Show: Ken Coleman and Rachel Cruze answer questions about fiancée's mom opening a card in her name, is going to school worth the money, should they pay off solar panels first, and paying off house or student loans first. They also discuss money fights over concerns about fairness and perceived responsibilities.

<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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Education/ Schools

The Ramsey Show #230717	50:00	50:00	REC	PA/O/E	7/17/2023	5:00 PM
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Today on The Ramsey Show: Jade Warshaw and Dr. John Delony answer questions about using savings to pay off student loans, not being able to afford house after break-up, getting wife to take their finances seriously, how to pay for house repairs, and the downside to 0% interest debt. They also discuss Biden administration issued \$39 billion forgiveness for 800,000 borrowers who signed up for IDR (Income Driven Repayment Plans) for people who have been paying their student loans for the past twenty years.

<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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Education/ Schools

The Ramsey Show #230727	50:00	50:00	REC	PA/O/E	7/27/2023	5:00 PM
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Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about how to talk to in-laws about retirement, what type of insurance to get, going back to school, using stocks as a down payment, in-laws taking out a reverse mortgage, ability to retire early, and universal basic income.

<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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Education/ Schools

The Ramsey Show #230801	50:00	50:00	REC	PA/O/E	8/1/2023	5:00 PM
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Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about not needing a credit card, husband quitting and starting his business, buying a house now before being priced out, using 403(b) to pay off house, what to do with a million dollars. Katee and Jeremy are here from Washington, Iowa to do their debt-free scream after paying off \$975,000 in 7.5 years including their car, house, and farm. Dave and Ken also discuss education, selecting a school, if a degree is the only way to do that thing you want to do or is it the best way, and tips on applying for jobs under A.I.

<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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Education/ Schools

The Ramsey Show #230804	50:00	50:00	REC	PA/O/E	8/4/2023	5:00 PM
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Today on The Ramsey Show: Dr. John Delony joins Dave Ramsey and Jade Warshaw to discuss anxiety and the disease of despair in our culture. Dave and Jade answer questions about using student loans to invest, the best way to save for kids' education, how to buy a car without debt, and how to talk to a friend about his money. They also discuss student loans. Lizz and Kerry from Kansas City, Kansas are here to do their debt-free scream after paying off \$424,800 in 42 months that includes student loans and their house.

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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Education/ Schools

The Ramsey Show #230901	50:00	50:00	REC	PA/O/E	9/1/2023	5:00 PM
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Today on The Ramsey Show: Dave Ramsey and Jade Warshaw discuss student loans and answer questions about how to get a law degree without loans, continuing to invest for retirement, paying off daughter's car that is co-signed, taking out a mortgage to buy first home, selling house now that divorce is finalized, budgeting for replacement of A/C unit, and whether \$1.4 million is enough to retire on.

<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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Education/ Schools

The Ramsey Show #230907	50:00	50:00	REC	PA/O/E	9/7/2023	5:00 PM
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Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about selling off house to pay off debt, changing careers after an injury, and infinite banking. They also discuss a press release about student loan repayment and four million enrolling in Biden's Save Plan ahead of the payment restart.

<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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Education/ Schools

The Ramsey Show #230922	50:00	50:00	REC	PA/O/E	9/22/2023	5:00 PM
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Today on The Ramsey Show: Ken Coleman and Jade Warshaw answer questions about being responsible for kid's college tuition, how to find a new job, investing while saving for a new house, using savings to pay student loans, selling cars to pay off debt, and how to earn money while in college. They also discuss name brands vs generic store brands.

<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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Education/ Schools

Takeaways with Kirk Cameron	54:00	54:00	REC	PA/O/E	8/25/2023	9:30 PM
The HomeSchool Awakening #29					9/01/2023	3:00 AM

Today on Takeaways with Kirk Cameron: What comes to mind when I say the word classroom? Some of you just had flashbacks of pop quizzes, lockers, books, peachy folders, and homework. Lots of homework. But what about snowboarding, cooking, cross country road trips, farming the land? The aftermath of a global pandemic and political challenges of parental authority have led many parents to explore their options regarding their children's education. Put another way, families across the nation are discovering that the world is their classroom through home schooling. Kirk is joined by Alex Newman and Dr. Kathy Koch to discuss the home school awakening sweeping our culture. By laying the foundation of the history and state of education today, along with a crucial conversation about teaching to our children's learning styles. Both Alex and Kathy will also be featured in Kirk's upcoming film "The HomeSchool Awakening" and we're excited to give you an exclusive sneak peek.

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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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Education/ Schools

This Month in Christian History #203	47:29	47:29	REC	PA/O/E	7/16/2023	3:00 AM
					7/17/2023	8:00 PM
					7/17/2023	11:00 PM
					7/25/2023	3:00 AM

This Month in Christian History: Founding Fathers. On today's episode join Cody Crouch as he uncovers overwhelming evidence of the faith that founded America. We learn about the faith of just a few of our founding fathers: Patrick Henry, John Adams, Benjamin Rush, Benjamin Franklin, Thomas Jefferson, and George Washington; a group of influential late eighteenth century revolutionary leaders who united our thirteen colonies, fought for independence from Great Britain, and developed the framework of government for our new nation. We also learn about clergyman, John Rogers, whose inspiring story, and hundreds of others like it, can be found in the best-selling book, "Foxes Voices of the Martyrs," offered for free by our sponsor, Voice of the Martyrs.

<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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Education/ Schools

This Month in Christian History #204	47:29	47:29	REC	PA/O/E	8/21/2023	8:00 PM
					8/21/2023	11:00 PM
					8/29/2023	3:00 AM

This Month in Christian History: Spreading the Gospel. On today's episode Cody Crouch reveals how believers throughout history created innovative ways to break barriers and share the Gospel. We learn about Gutenberg's Press, Anne van der Bijl also known as Brother Andrew, the Salvation Army, the story behind the musical "Handel's Messiah," Reginald Fessenden, Jack Wyrzten, Percy Crawford, Archbishop Fulton J. Sheen, Reverend Billy Graham, Lee Mendelson, Charles Schulz, Bill Melendez, James McGready, Young Men's Christian Association (YMCA), George Williams, and a Chinese woman named Jiang Zongxiu. You can find Jiang Zongxiu's story and hundreds of others like it in the best-selling book "Foxe's: Voices of the Martyrs" offered for free by our sponsors Voice of the Martyrs.

<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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Education/ Schools

This Month in Christian History #205	47:29	47:29	REC	PA/O/E	9/18/2023	8:00 PM
					9/20/2023	11:00 PM
					9/26/2023	3:00 AM

This Month in Christian History: Thinkers. On today's episode Cody Crouch reveals that many of the great thinkers throughout history were people of faith. Scientists, artists and philosophers have played a monumental role in shaping the way that we understand the world and perhaps, more importantly, our faith. From Augustine to Hilda to Martin Luther, are men and women who have bravely shaped the course of history and their legacy continues in us today. Today we learn about Augustine, Sir. Thomas Aquina, Saint Francis of Assisi, Martin Luther, Jerome of Stridon, Sarah of the Desert, Proba, Hilda of Whitby, JingJing, Erasmus, C.S. Lewis, and Origen. You can find the story of Origen and hundreds of others like it in the bestselling book, "Foxe Voice of the Martyrs," offered for free by our sponsor, Voice of the Martyrs.

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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Education/ Schools

Center Point #230706	27:00	7:00	LIVE	PA/O/E	7/6/2023	7:30 PM
			REC		7/6/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Dr. Pete Peterson, Dean of Pepperdine's School of Public Policy, to discuss free speech under attack on campus, teaching American civic courses on campus, and a creative approach to promoting free speech.

<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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Education/ Schools

Center Point #230901	27:00	5:00	LIVE	PA/O/E	9/1/2023	7:30 PM
					9/1/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Rep. Aaron Bean (R-FL) House Committee on Education and the Workforce, and House Committee on Small Business, to discuss student loan interest resumes, the economic outlook, new student loan repayment options, and student loan debt.

<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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Education/ Schools

Center Point #230911	27:00	6:00	LIVE	PA/O/E	9/11/2023	7:30 PM
			REC		9/11/2023	10:30 PM

Tonight on CenterPoint: Correspondent Joe Gumm interviews George Seay, CEO at Annadale Capital LLC, to discuss the housing market outlook and how the student debt bubble fueled the housing bubble.

<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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Education/ Schools

Center Point #230921	27:00	5:00	REC	PA/O/E	9/21/2023	7:30 PM
			REC		9/21//2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Pastor Gary Hamrick, Pastor of Cornerstone Chapel, to discuss parental rights in education, standing up for Christian values, Christian values in education, and standing for truth.

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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Education/ Schools

700 Club CBN NewsWatch #09072023	52:30	6:00	REC	PA/O/E	9/7/2023	3:00 PM
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CBN Reporter Jenna Browder Reports: They call themselves “Joyful Warriors” and since 2021, Moms for Liberty has enlisted more than 100,000 members from across the country with the goal of standing up for parents’ rights at each level of government. In that time, the organization has become a voice in the 2024 presidential election and has also taken arrows from the Southern Poverty Law Center. The issue of parents’ rights is now a top-tier political issue in the United States, with many parents seeing their rights under attack, from being denied any say in the classroom, to transgender issues, to mandating masks and vaccines during the pandemic. Tina Descovich’s devotion to her family led her to become a long-term advocate. In addition to serving as PTO president of her kids’ elementary school, Descovich says she joined nearly every committee available. That thinking laid the groundwork for Moms for Liberty. Descovich eventually met Tiffany Justice, another concerned mom and former school board member in a neighboring county, through their shared congressman. What started in Florida has now grown to nearly 300 chapters nationwide and 120,000 members in 45 states, with victory after victory for the organization. Last year, Moms for Liberty endorsed candidates in 500 school board races across the country – 275 of those candidates won. With all of the attention has also come heightened scrutiny. And Moms for Liberty does have a target on its back. At its annual summit in Philadelphia this year, angry protestors terrorized participants and tried to shut down the event altogether. Despite being targeted, they call themselves “Joyful Warriors.” Speaking of the future, Moms for Liberty has gained the respect of many of the leading 2024 GOP presidential hopefuls, from Donald Trump and Ron DeSantis to Nikki Haley, who all spoke at the Philadelphia summit. Looking back, Descovich says it’s nothing short of a miracle Moms for Liberty has seen this level of success. As for what’s next for Moms for Liberty, Descovich says it’s a matter of expanding their fight for parents’ rights. Right now, they’re in 300 counties nationwide, on their way to reach all 3,000.

<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/ Mental Health

Taking Care of Business #TCOB-1903	27:30	27:30	LCL	PA	7/5/2023 7/7/2023	11:30 PM 4:30 AM
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Abortion. It’s a health issue that effects over 900,000 lives each year. On this program, we’ll hear stories from people who have suffered traumatically while dealing with the consequences of abortion. Including, one woman who will tell how she personally profited from the life-altering circumstances of others.

<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/Mental Health

Taking Care of Business #TCOB-1925	27:30	27:30	LCL	PA	8/16/2023 8/18/2023	11:30 PM 4:30 AM
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Every night in America, over 500,000 people sleep on the streets without a roof over their head. Millions more are homeless without a place to call their own. While homelessness is caused by many factors, in a nation where home ownership should be attainable by any citizen, this is not the case. Many people have given up on the American dream of owning a home. The reasons are many and complicated. Taking Care of Business examines our nation’s housing dilemma.

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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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Health/Mental Health

Taking Care of Business	28:30	28:30	LCL	PA	9/6/2023	11:30 PM
#TCOB-1909					9/8/2023	4:30 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.

<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/ Mental Health

Taking Care of Business	28:15	28:15	LCL	PA	9/13/2023	11:30 PM
#TCOB-1904					9/15/2023	4:30 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>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/ Mental Health

Taking Care of Business	28:30	28:30	LCL	PA	9/20/2023	11:30 PM
#TCOB-1907					9/22/2023	4:30 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>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/ Mental Health

Taking Care of Business	28:15	28:15	LCL	PA	9/27/2023	11:30 PM
#TCOB-1916					9/29/2023	4:30 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.

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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/ Mental Health</i>						
Praise Presents Superfruits Superveggyes #31	57:59	57;59	REC	PA/O/E	7/01/2023	5:30 AM
					7/04/2023	3:00 AM
					7/08/2023	6:00 AM
					7/10/2023	1:30 AM
					7/13/2023	2:00 AM
					7/18/2023	1:30 AM
					7/22/2023	5:30 AM
					7/24/2023	2:00 AM
					7/28/2023	1:30 AM

Tonight on Praise: Jordan Rubin, America's Health Coach, Co-Founder of Ancient Nutrition and "New York Times" Best-Selling Author, and Todd Vincent, Director of Farming for Ancient Nutrition, share how they connected and began the new venture of the Ancient Nutrition Center for Regenerative Agriculture. Jordan explains that organic truly means a way of raising and growing food that doesn't involve pesticides, herbicides, or fungicides. Regenerative is quite literally leaving the land better than you when found it. Regenerative Organic Certified is a new standard on foods, beverages, skincare, and now supplements. He shares that Organic Superfruits & Organic Superveggies are the first ever Regenerative Organic Certified supplements and are packaged in biodegradable packaging. Todd shares how his farming is different and that they are using water buffalo, cattle, sheep, and goats on their farm and do not use fertilizer. The animals provide the fertilizer. They're almost through year one of a fourteen-year program. These animals will graze in a program fashion for six years, and the seventh year they will let the land go fallow, as the Bible says. And all the while scientists are on site measuring the results, so that they can share this information with the world. Jordan shares his mission to end food waste. Jordan also shares that to heal the planet, feed the world, and transform health is their mission and what Ancient Nutrition exists to do as a founder and farmer-led company is to bring information, hope, and tools to transform lives.

<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/ Mental Health</i>						
Praise Scott Hannen Stop the Pain #70821	54:25	54:25	REC	PA/O/E	7/03/2023	12:00 AM
					8/06/2023	3:00 AM
					8/21/2023	12:00 AM

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.

<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/ Mental Health</i>						
Praise Presents Jordan Rubin CBD Capsules #1	56:15	56:15	REC	PA/O/E	7/03/2023	4:00 AM
					8/07/2023	2:00 AM
					8/15/2023	1:30 AM
					9/09/2023	4:00 AM
					9/21/2023	1:30 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.

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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/ Mental Health</i>						
Praise Presents Jordan Rubin Lions Mane & Turmeric #3	55:30	55:30	REC	PA/O/E	7/4/2023	2:00 AM
Tonight on Praise: Jordan Rubin, America's Biblical Health Coach and Dr. Josh Axe, Chiropractic Physician and Nutritionist, discuss the health benefits of turmeric and lion's mane mushrooms. Ancient Nutrition offers USDA organic turmeric tablets and introduces for the first time the one and only USDA certified organic lion's mane caplet.						

<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/ Mental Health</i>						
Praise #62723	52:14	52:14	REC	PA/O/E	7/05/2023	3:00 AM
					7/09/2023	1:30 AM
					7/30/2023	3:00 AM
					8/13/2023	1:30 AM

Tonight on Praise: Matt and Laurie sit down with Sheila Walsh in Israel as she brings her new first-time perspective to the Holy Land. We take a sneak peek at her brand-new series called "My First Trip to Israel with Sheila Walsh." Matt and Laurie talked about his mother's depression, how she was delivered and testified about it for the rest of her life and was so joyful. Sheila talks about growing up with a profound sense of shame because of her father's violence before his death by suicide, and her suicide attempt later in life. They discuss the acts of faith and miraculous healings as told in the Bible when Jesus told the disciples to go to the other side of the Sea of Galilee, the deliverance of the man filled with demons, the woman with the issue of blood, Jairus' daughter, and the centurion. Sheila tells viewers that although we may feel overlooked, forgotten, anonymous, or unworthy, Jesus not only sees us but seeks us out. That has never been clearer to her than since she set her feet on the soil of Israel. Although we think we know the stories, when we set our feet where Jesus set his feet, it changes everything. She will not be the same again. She invites viewers to come to Israel.

<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/ Mental Health</i>						
Praise Presents Joseph Prince Healing Scriptures #20	54:15	54:15	REC	PA/O/E	7/06/2023	4:00 AM
					7/07/2023	3:00 AM
					7/11/2023	8:00 PM
					7/11/2023	11:00 PM
					7/15/2023	12:30 PM
					7/19/2023	3:00 AM
					7/30/2023	11:00 PM
					8/14/2023	12:00 AM
					8/16/2023	3:00 AM
					8/27/2023	8:00 PM
					9/11/2023	12:00 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.

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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/Mental Health</i>						
Praise Presents Jordan Rubin Multi-Collagen #16	56:15	56:15	REC	PA/O/E	7/08/2023	12:30 PM
					8/10/2023	2:00 AM
					8/14/2023	3:30 AM
					8/21/2023	2:00 AM
					9/02/2023	12:30 PM
					9/30/2023	5:30 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.

<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/ Mental Health</i>						
Praise Presents Rick Warren Purpose Driven Life #7	54:15	54:15	REC	PA/O/E	7/10/2023	12:00 AM
					9/9/2023	12:30 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.

<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/ Mental Health</i>						
Praise Presents Scott Hannen Nano Nutrients #25	54:59	54:59	REC	PA/O/E	7/15/2023	6:00 AM
					7/22/2023	4:00 AM
					7/22/2023	12:30 PM
					8/07/2023	12:00 AM
					8/07/2023	4:00 AM
					8/13/2023	3:00 AM
					8/19/2023	12:30 PM
					9/23/2023	4:00 AM
					9/24/2023	1:30 AM
9/28/2023	1:30 AM					

Tonight on Praise: Matt and Laurie Crouch host Dr. Scott Hannen, Chiropractic Physician, Best-Selling Author, TV Host and Pastor, 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.

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>
<i>Health/ Mental Health</i>						
Praise Presents Jordan Rubin Brain Boost/Trinity #18	54:29	54:29	REC	PA/O/E	7/24/2023	3:30 AM
					8/05/2023	4:00 AM
					8/05/2023	12:30 PM
					8/12/2023	6:00 AM
					8/25/2023	1:30 AM
					8/26/2023	5:30 AM
					8/28/2023	4:00 AM
					8/28/2023	8:00 PM
					8/28/2023	11:00 PM
					8/31/2023	1:30 AM
					9/05/2023	3:00 AM
9/18/2023	2:00 AM					
9/30/2023	12:30 PM					

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.

<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/ Mental Health</i>						
Praise Presents Jordan Rubin Bone Broth Savory Vitality #24	56:59	56:59	REC	PA/O/E	8/04/2023	1:30 AM
					8/17/2023	4:00 AM
					9/02/2023	6:00 AM
					9/04/2023	1:30 AM

Tonight on Praise: Tom Newman hosts guest Jordan Rubin, America’s Health Coach, “*New York Times*” Best-Selling Author, and 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.

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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/Mental Health</i>						
Praise #80823	57:17	57:17	REC	PA/O/E	8/8/2023	8:00 PM
					8/8/2023	11:00 PM

Tonight on Praise: Matt and Laurie sit down with Brian and Jenn Johnson, Co-Founders of Bethel Music, and Worship Leaders at Bethel Church. They share the story of how they met and started music together and ultimately gained national exposure. Brian talks about the physical impact fear, anxiety and stress had on his body as well as heart issues of forgiveness. He shares how the word of God brought healing to his mind and sustained him each day, giving him peace that relieved his panic attacks. Through his experience he learned his limitations and the necessity to spend time with God each morning. Brian's life story is detailed in his book, "When God Becomes Real," which is also the statement of faith he told his children during his health crisis. Brian wants to give people hope that they will get through whatever they are going through. Brian and Jenn also share how several of their songs came about. They started a School of Worship to help train people in practical things but also spiritual things, bringing experts from around the world. They also have online school that is year-round. Brian shares that the heart of worship is that moment when God is in the room.

<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/ Mental Health</i>						
Praise Presents Max Lucado You Are Never Alone #32	55:30	55:30	REC	PA/O/E	8/10/2023	8:00 PM
					8/10/2023	11:00 PM
					8/17/2023	3:00 AM

Tonight on Praise: Max Lucado, Teaching Minister at Oak Hills Church and Best-Selling Author of his latest book, "You Are Never Alone," shares that the greatest news is that God loves the world. Everything begins and ends with the character of God. He shares how to overcome loneliness and have communion with God. He tells us Jesus enters the storms of life with us. He shares the story of being molested as a child and how God healed him. He tells viewers to open their mind to the possibility of a living and loving God, pray, and say yes to Him.

<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/ Mental Health</i>						
Praise #81423	52:59	52:59	REC	PA/O/E	8/14/2023	8:00 PM
					8/14/2023	11:00 PM
					8/22/2023	3:00 AM

Tonight on Praise: Sheila Walsh hosts Clinical Psychologist, "New York Times" Best-Selling Author, and Leadership Expert, Dr. Henry Cloud, whose latest book is "Trust Knowing When to Give It, When to Withhold it, and How to Earn It and How to Fix It When It Gets Broken." Dr. Cloud shares that although we think of COVID as over, many people developed patterns in their lives during COVID and have not rebooted their lives to get reconnected, in control, in routines, to pursue and process things. Although everyone was impacted, it was most difficult for the younger generation. Dr. Cloud shares the concept of boundaries. He explains the five foundational issues of trust which are Understanding, Motive, Ability, Character and Track Record. He also explains the Second Law of Thermodynamics. He encourages viewers to reach outside of themselves and find some groups, or a counselor, or a pastor or some wise friends to start, who understands and has the wisdom and knowledge to do what needs to be done.

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>
<i>Health/Mental Health</i>						
Praise 81523	55:30	55:30	REC	PA/O/E	8/15/2023	8:00 PM
					8/15/2023	11:00 PM
					8/23/2023	3:00 AM
					8/27/2023	1:30 AM

Tonight on Praise: Matt and Laurie Crouch are joined by Rabbi Jason Sobel and Pastor Jentezen Franklin as they tour Israel to explore the Holy Land. Along the way, Pastor Jentezen teaches us that the fact that Jesus bled from different parts of his body, and the fact that he bled from his head speaks especially to this generation after COVID. He bled for our mental health, he bled for the healing of our minds, healing from depression, hopelessness, mental illness, mental distress, trauma, pain, and sorrow. He tells us to keep our mind stayed on Jesus and no matter what's going on he can give us the perfect peace referenced in Isaiah. In the Old Testament he had a temple for his people. Under the new covenant he has people for his temple. We are the temple of the Holy Spirit. Rabbi Sobel teaches us that when Jesus died on that cross, he died that we might find spiritual, emotional, relational, and physical healing as a result of his death and resurrection. Pastor Jentezen and Rabbi Sobel pray prayers of peace for viewers.

<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/Mental Health</i>						
Better Together #805	50:59	50:59	REC	PA/O/E	7/14/2023	1:29 PM

Today on Better Together: Lisa Harper, Ashley Phillips, Christy Wright, Rita Springer, and Lisa Whittle address: Can God use someone like me? Does God want me to suffer? Is it too late to fulfill my purpose? We must confront the lies we tell ourselves with God's truth. The antidote to negative and destructive thoughts is to renew our minds with what God says about 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>
<i>Health/Mental Health</i>						
Better Together #729	51:00	51:00	REC	PA/O/E	8/3/2023	1:29 PM

Today on Better Together: Laurie Crouch, Sheila Walsh, Donna Pisani, Dr. DeeDee Freeman, Brittany Price Brooker address: Worry and stress have no right to overwhelm our minds and hearts! When we keep our eyes on our Heavenly Father, He promises to keep us in His perfect peace. God's peace transcends our circumstances and empowers us to walk by faith.

<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/Mental Health</i>						
Better Together #730	50:59	50:59	REC	PA/O/E	8/4/2023	1:29 PM

Today on Better Together: Laurie Crouch, Sheila Walsh, Donna Pisani, Dr. DeeDee Freeman, Brittany Price Brooker address: You were created for REST! God's design is for us to find rest in Him--relying on His strength and allowing Him to guide our steps. When we choose to do life His way, we can stop striving and find rest.

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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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Health/Mental Health

Better Together #826	51:00	51:00	REC	PA/O/E	8/21/2023	1:29 PM
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Today on Better Together: Laurie Crouch, Christine Caine, Toni Collier, Irene Rollins, and Julie Mullins address: It's time to rebuild our thoughts! When we exchange our worries and unhealthy thoughts with God's TRUTH. We find lasting freedom and a renewed mind.

<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/Mental Health

Better Together #827	51:00	51:00	REC	PA/O/E	8/22/2023	1:29 PM
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Today on Better Together: Laurie Crouch, Christine Caine, Toni Collier, Irene Rollins, and Julie Mullins address: God's grace is bigger than addiction, bad habits, and old mindsets! His mercy is new every morning, and His strength carries us through our weakness. In Him, we are more than overcomers!

<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/ Mental Health

Huckabee #310	50:30	5:00	REC	PA/O/E	9/09/2023	8:00 PM
					9/09/2023	11:00 PM
					9/10/2023	9:00 PM

Tonight on Huckabee: Dr. Omar Hamada, Family Medicine & BY/GYN, U.S. Army Special Forces Lt. Colonel (Retired), talks about unrestricted abortion and new strains of COVID.

<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/ Mental Health

The Ramsey Show #230904	50:00	50:00	REC	PA/O/E	9/4/2023	5:00 PM
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Today on The Ramsey Show: Dr. John Delony and Jade Warshaw answer questions about being traumatized by the housing market, having debt but wanting to start investing, using savings to pay off cars, making payments vs using emergency fund, and student loans causing anxiety.

<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/ Mental Health

The Ramsey Show #230911	50:00	50:00	REC	PA/O/E	9/11/2023	5:00 PM
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Today on The Ramsey Show: Rachel Cruze and Dr. John Delony answer questions about saving for a car while in Baby Step 3, buying their next house, how to tackle debt, any hope for their marriage, rental property causing anxiety, 16-year-old buying her first car, and what to do with extra money in budget. They also discuss anxiety.

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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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Health/ Mental Health

The Ramsey Show #230919	50:00	50:00	REC	PA/O/E	9/19/2023	5:00 PM
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Today on The Ramsey Show: Dave Ramsey and Dr. John Delony discuss anxiety and setting boundaries for extended family on money. They answer questions about falling behind financially, taking out a HELOC for home repairs, paying for daughter's college, and whether there is ever a time you wouldn't tithe.

<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/ Mental Health

The Ramsey Show #230927	50:00	50:00	REC	PA/O/E	9/27/2023	5:00 PM
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Today on The Ramsey Show: Dave Ramsey and Dr. John Delony discuss daily choices to build a foundation to prepare for anxiety. Dave explains to a single mom when to get life insurance. Dave and Ken Coleman answer questions about what to do after losing business to a fire and accepting money from dad to buy a house. Charlie and Katie from Chandler, Arizona are here to do their debt-free scream after paying off \$335,000 in sixty months which included credit cards and their 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>
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Health/ Mental Health

Center Point #230707	27:00	11:00	LIVE	PA/O/E	7/7/2023	7:30 PM
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Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Dr. Phil McGraw to discuss the beneficial effects of prayer, the role of faith in overall well-being, how religious observance can boost immunity, and the health benefits of attending church.

<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/ Mental Health

Center Point #230714	27:00	3:00	LIVE	PA/O/E	7/14/2023	7:30 PM
			REC		7/14/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Jim Karas, Lifestyle Expert and Author of "The Business Plan for the Body," to discuss the health benefits of walking and ways to improve your 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>
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Health/ Mental Health

Center Point #230719	27:00	4:00	LIVE	PA/O/E	7/19/2023	7:30 PM
			REC		7/19/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Jim Karas, Lifestyle Expert, and Author of "The Business Plan for the Body," to discuss health concerns with airline seating, shrinking airline seating, and tips for travelers.

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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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Health/ Mental Health

Center Point #230810	27:00	3:00	LIVE	PA/O/E	8/10/2023	7:30 PM
			REC		8/10/2023	10:30 PM

Tonight on CenterPoint: Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Dr. Purvi Parikh, Immunologist, Infectious Disease Allergist, and Medical Expert, to discuss health threats from migrant surge, and protecting from 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>
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Health/ Mental Health

Center Point #230811	27:00	5:00	LIVE	PA/O/E	8/11/2023	7:30 PM
			REC		8/11/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Jim Karas, Lifestyle Expert, and Author of "The Business Plan For The Body," to discuss benefits of weekend workouts, protecting heart health, and tips for weekend workouts.

<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/ Mental Health

Center Point #230906	27:00	5:00	LIVE	PA/O/E	9/6/2023	7:30 PM
			REC		9/6/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Jim Karas, Lifestyle Expert, and Author of "The Business Plan for the Body" to discuss the dangers of Ozempic.

<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/Mental Health

Center Point #230925	27:00	7:00	REC	PA/O/E	9/25/2023	7:30 PM
			REC		9/25/2023	10:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Pastor Michael Miller, Founder of Upper Room Dallas, Author of "His House His Presence," to discuss the mental health crisis, healing America's youth, and encouraging faith in young people.

<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/ Mental Health

Center Point #230929	27:00	19:00	LIVE	PA/O/E	9/29/2023	7:30 PM
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Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Jim Karas, Lifestyle Expert and Author of "The Business Plan for The Body" to discuss alternatives to cardio, doing more than just cardio, taking care of our health, and making healthy choices.

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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Health/ Mental Health

700 Club CBN NewsWatch #07052023	52:30	3:00	REC	PA/O/E	7/5/2023	3:00 PM
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CBN Medical Reporter Lorie Johnson Reports: Doctors say regular exercise is a key to overall good health. However, if you're someone who thinks working out is boring and lonely, you might want to consider pickleball. It's now the fastest growing sport in America, especially among older people who are looking for exercise they are able to do, that's good for not only the body, but also the mind. Players are thrilled to discover something so healthy is also really fun. Although pickle ball looks like tennis, it's easier on the body. For example, there's less wear and tear on the joints. Pickleball is a slower game and much easier to grasp compared to tennis. Lessons are not needed. Like all sports, injuries are possible. Strains or tears in the feet, back, and should are the most common, especially among older folks. Experts recommend people talk to their doctor before starting a new activity and warming up before hitting the court. Pickleball was invented in 1960s Seattle when two men wanted to play badminton but only had the net. So they improvised using equipment from other sports – a waffle ball and ping-pong paddles. The name pickleball comes from the "pickle boat" in the rowing sport called crew, which instead of utilizing a designated team, uses various oarsmen from other boats. Pickleball surged in popularity during the COVID-19 pandemic, as people searched for ways to exercise outside, while keeping their distance. Health experts like Ashley Gorman, Ph.D., Board Certified Clinical Neuropsychologist with Atlas Neuropsychology, say pickleball offers many of the same brain benefits as ping-pong, a sport doctors recommend to help reduce cognitive decline, largely due to the constant hand-eye coordination. Pickleball can also improve reflexes. Many players say the social element is what keeps them coming back for more. This element is also good for the brain. Exercise can help us sleep better, and vitamin D from sun exposure can improve our mood. So while trying a new sport can be intimidating, especially if you've been on the bench for a while, pickleball can be easy, fun, and very healthy.

<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/ Mental Health

700 Club CBN NewsWatch #07112023	52:30	5:00	REC	PA/O/E	7/11/2023	3:00 PM
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CBN Medical Reporter Lorie Johnson Reports: Nearly 70 million Americans report suffering from some type of digestive issue, according to government statistics, while it's believed many more suffer in silence. While the causes can vary, some point to an unhealthy diet and say reversing that pattern can make all the difference. While serving as a Bible camp counselor, Jordan Rubin became suddenly ill with an inflammatory bowel disease that became so severe it eventually caused him to lose 80 pounds and the ability to walk. After being diagnosed with Crohn's colitis, Jordan saw dozens of doctors over a two-year period to no avail. Then he met Joseph Brasco, M.D., a Huntsville, Alabama gastroenterologist. That changed, however, when the two embarked on a program for Jordan that finally produced positive results. Dr. Brasco helped Jordan adopt a diet to help balance his gut microbiome. That's the ecosystem of good and bad bacteria in the intestines that scientists have discovered can have wide-ranging health implications. The key for Jordan was to follow a diet plan putting lots of good bacteria, called probiotics, and other healthy foods into his system while staying away from items that led to the growth of bad bacteria. The experience was so profound, Jordan dedicated his life to becoming a natural health expert. He, Dr. Brasco, and fellow natural health expert Dr. Josh Axe, are sharing the plan that turned Jordan's life around in the book "The Probiotic Diet: Improve Digestion, Boost Your Brain Health, and Supercharge Your Immune System. The diet is for people struggling with all kinds of digestive problems. The Probiotic Diet involves taking a daily probiotic supplement, then moving to consume the various foods and beverages containing probiotics, so-called "good bugs," which are various types of living bacteria proven to be good for us. While many of these items may seem new, most are actually very old. Since the good bacteria are alive, like most living organisms, they need food, called prebiotics, to survive and reproduce. Fiber-rich foods, like vegetables, are what health experts consider to be prebiotics, which helps the good bacteria to stay alive and multiply. Other examples of high-fiber foods include fruit, beans, and whole grains. While a healthy gut microbiome involves adding lots of good bacteria and fiber to our diet, it also calls for subtracting other items, like processed foods and sweets, which lead to the overgrowth of bad bacteria. So while millions of people look for relief from painful digestive problems, for some, it can be found in The Probiotic Diet, which promotes consuming fermented selections and whole foods created by God. Modern scientists recently discovered this old plan can help us feel better by achieving the right balance of good and bad bacteria in our gut.

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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/ Mental Health</i>						
700 Club CBN NewsWatch #07132023	52:30	2:00	REC	PA/O/E	7/13/2023	3:00 PM

CBN Medical Reporter Lorie Johnson Reports: The U.S. Surgeon General says loneliness is now a public health threat so severe that it's on par with smoking and obesity. For far too many Americans, loneliness can become a painful secret, U.S. Surgeon General Vivek Murthy, M.D. said, revealing that he experienced this firsthand. Like many others, Dr. Murthy experienced loneliness as a child, and again as an adult. Last month, Dr. Murthy released a new Surgeon General Advisory calling attention to the public health crisis of loneliness, isolation, and lack of connection in our country. He said loneliness increases the risk of physical ailments like heart disease, dementia, and stroke plus mental ones, including depression, anxiety, and suicide. He adds the possibility of premature death due to loneliness could equal that of smoking 15 cigarettes a day, and can pose a greater health risk than living with obesity. Murthy said about half of adults are struggling with loneliness and even greater numbers of children are. That can be surprising given the fact that many young people are frequently connecting with their peers online. However, Murthy said technology serves as a poor substitute for in-person connection. Mental health experts, like psychiatrist Daniel Amen believe social media can prove to be addicting, and therefore predict the problem will only get worse. Dr. Amen said loneliness was a serious problem in America before the pandemic, but the COVID-19-related shut-downs made loneliness "exponentially worse." He points out that while the pandemic is over, many people continue to remain isolated from those with whom they interacted before the pandemic. Therefore, he recommends minimizing screen time while maximizing in-person interactions. Dr. Amen also believes more public resources should be used to hire and train mental health professionals so they're more accessible and affordable to the people who need them.

<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/ Mental Health</i>						
700 Club CBN NewsWatch #07182023	52:30	3:00	REC	PA/O/E	7/18/2023	3:00 PM

CBN Medical Reporter Lorie Johnson Reports: The World Health Organization (WHO) announced last week that the artificial sweetener aspartame could cause cancer, particularly cancer in the liver. The declaration captured the attention of consumers worldwide because since it was introduced into the food supply in 1980, the product has been added to more than 5,000 sugar-free, diet, and low-calorie foods and beverages including Diet Coke, Trident gum, Jell-O, Log Cabin Sugar-Free Syrup, Equal, Crystal Light, and Zero-Sugar Snapple. It can even be found in health products like toothpaste, chewable vitamins, and cough drops. However, just hours after WHO made the announcement, in a rare move, the U.S. Food and Drug Administration (FDA) publicly stated they disagree with WHO's classification of aspartame as a possible carcinogenic, largely because of the research the global health organization used to arrive at their conclusion. The FDA cited "significant shortcomings in the studies" the WHO used, and added, "FDA scientists do not have safety concerns." The WHO says unsafe levels of aspartame consumption begin at 40 milligrams per kilogram per day, which is the amount in about nine cans of Diet Coke. This isn't the first time aspartame and other artificial sweeteners have come under fire. For years, doctors have been warning about the impact on the gut microbiome, the balance of good and bad bacteria in our intestines that a growing number of doctors say has an enormous impact on our overall health. Studies show people who drink diet soda are at higher risk for dementia, stroke, and even weight gain, than people who don't consume these beverages. Most artificial sweeteners have no nutritional value, but neither do many natural sweeteners, like sugar. That's why doctors recommend avoiding both.

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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/ Mental Health</i>						
700 Club CBN NewsWatch #07212023	52:30	3:00	REC	PA/O/E	7/21/2023	3:00 PM

CBN Medical Reporter Lorie Johnson Reports: Heart disease remains America’s number one cause of death, claiming one out of every five lives lost. However doctors say many of these deaths are preventable if we make certain changes to our lifestyles, such as lowering cholesterol. More than 200 million people worldwide take a statin drug because of its ability to significantly lower LDL, so so-called “bad” cholesterol. However, statins aren’t perfect medicines. Research shows up to 29 percent of statin users complain of side effects. Muscle symptoms, like pain, weakness, and cramps, are by far the most common, but others include stomach problems and fatigue. Patients who experience side effects often stop using statins. But now, there are pharmaceutical alternatives for people who want a medicine to help lower their LDL cholesterol but don’t want to take a statin. A Cleveland Clinic-led study shows bempedoic acid is effective and without the drawback some experience with statins. The study involved 14,000 statin-intolerant patients. The group that took bempedoic acid experienced significant benefits compared to the group that took a fake pill known as a placebo. Bempedoic acid did, however, raise a few red flags. In addition to bempedoic acid, doctors can prescribe a number of other non-statin cholesterol-lowering drugs. The American Heart Association announced the top eight ways to achieve good cardiovascular health, such as eating right, exercising, getting enough sleep, and keeping blood pressure in check. In addition to statins and statin-alternative pharmaceuticals, some doctors recommend natural products to help lower cholesterol, such as red yeast rice extract, fish oil pills, oatmeal, and niacin.

<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/ Mental Health</i>						
700 Club CBN NewsWatch #08242023	52:30	6:00	REC	PA/O/E	8/24/2023	3:00 PM

CBN National Security Correspondent Caitlin Burke Reports: For the first time since the Cold War, the Navy is expanding its Chaplain Corps. This year alone, the goal is to fill 70 active duty slots, a number that would place one chaplain on every U.S. Navy destroyer. Rear Adm. Gregory Todd serves as the Navy’s Chief of Chaplains, a position that also covers the Marine Corps and Coast Guard. Over the course of his career, he’s worked as a chaplain in all three branches, responding to Ground Zero after 9/11, and deploying to both Iraq and Afghanistan. With growing mental health issues threatening service members across the board, Todd says chaplains can be the tip of the spear. According to research from Columbia University, Duke, and Harvard, those engaged in spiritual practices are 50 to 80 percent less likely to suffer depression. Todd says the Pentagon’s decision to grow the Chaplain Corp is part of an effort to better care for people – a new emphasis on what he calls spiritual readiness. Now it’s up to him to fill the vacancies, and he’s counting on a new generation to answer the call. While a chaplain at Emory University, Lt. Cmdr. Saul Burleson says God put military ministry on his heart. He now serves as a Navy chaplain on the USS Makin Island. While his sailors are similar in age to the college students with whom he once worked, the job responsibilities look quite different. Lt. Col. Brandon Moore is an Army chaplain. After years of deploying with soldiers, he now serves as a recruiter for the Chaplaincy School at Fort Jackson. As the branch with the largest Chaplain Corp, Moore says the Army isn’t looking to grow, but rather to maintain. Military chaplains are required to meet the same age and physical fitness standards as any other service member. Plus there’s educational requirements, which include a Bachelor’s degree, a Masters in divinity, or some area of religion, and then professional ministry experience. 2nd Lt. Michael Englesgjerd is a candidate in the Army’s Chaplaincy School. He felt called to minister to soldiers after his own military service. As he goes through the program, he’s learning to view the men and women he serves alongside in a much different light. Three decades into his career, Rear Adm. Todd calls caring for the men and women of the Armed Services a sacred honor and privilege. While the Navy is currently asking for 70 additional chaplains, Todd anticipates a need for even further growth, with the Marine Corps and Coast Guard expected to follow suit.

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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/ Mental Health</i>						
700 Club CBN NewsWatch #09202023	52:30	6:00	REC	PA/O/E	9/20/2023	3:00 PM

CBN Medical Reporter Lorie Johnson Reports: Teenagers are participating in a dangerous trend that's sweeping the nation. A growing number of America's youths, even as young as 11 years old, are vaping THC, the ingredient in marijuana that makes a person "high." The most recent CDC figures available show more than one in five high school seniors vaped THC in 2020, which was a significant increase over prior years, and likely even greater today. Many parents may know THC is the main psychoactive compound in marijuana but don't realize vaping it is much more potent than smoking a joint. Unlike typical marijuana cigarettes that contain 10% THC, today's new THC vaping devices can concentrate it to a staggering 95%. Nora Volkow, M.D., director of the National Institute on Drug Abuse, told CBN News the high-content THC people are consuming can cause serious mental issues. In addition to mental health issues, Dr. Volkow said more doctors are seeing patients suffering from a number of physical health complications stemming from high THC consumption. Further complications include stomach issues, such as cannabis hyperemesis syndrome. Nick Sauber told CBN News he started vaping THC when he was just 14 years old and in the eighth grade. He noticed right away it got him very high, very fast. THC vape pens are small enough to fit in the palm of the hand, and are often smokeless and odorless. That means kids like Nick can vape THC pretty much anywhere they want without anyone noticing. Before long, however, Nick noticed the drug's effect. He quickly became addicted. A loophole in the 2018 Farm Bill, which legalized hemp, also legalized Delta-8 THC vape products, which are synthesized from hemp. That means in addition to cannabis dispensaries, Delta-8 vape pens can be sold at smoke shops, gas stations, dollar stores, and online, in nearly every state. Oftentimes, deliveries can be made to homes with the products packaged in containers that do not reveal what's inside. Manufacturers literally sweeten the deal by adding kid-friendly flavors like bubblegum and strawberry to their vape pens. Aubrey Adams, director of Every Brain Matters, which educates about the health dangers of marijuana, told CBN News people who develop THC-induced psychosis are at a five times greater risk of developing schizophrenia. Likewise, Christian parenting expert Kelly Newcom, founder of Brave Parenting told CBN News parents need to address the issue of vaping THC with their own children. Newcom advises parents to search vape pens online and become familiar with their appearance, because many adults may not even recognize the devices in their own homes because they can look like other common items like thumb drives, ink pens, or markers. Then Newcom suggests parents look for the devices in their child's bedroom or backpack, as well as missing or spliced charging cords, which are often used to power the devices. Newcom says if a child is vaping THC, the sooner the parent discovers the problem and intervenes, the better. Newcom says if a parent discovers, or suspects their child is vaping THC, the parent should confiscate their child's smartphone because that's often the primary tool used to advertise, buy and sell. Parents who confiscate smartphones and still want their children to have the ability to communicate can give their children a kid-safe phone, like Pinwheel. Parents can also use a drug test, available at most pharmacies and online, as a way to monitor their child. Adams said drug testing her son actually gave him an excuse to avoid marijuana while also saving face. Newcom says marijuana in a child's body can be detected long after they consume it. Some kids make THC vaping their drug of choice because they feel it's safer than other street drugs, such as pills, cocaine, and heroin, which can often be laced with deadly fentanyl, without the user's knowledge. While THC vapes typically are fentanyl-free, that could change. Fortunately, Nick got the help he needed to quit vaping THC. He urges others to kick the habit, or better yet, never start.

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