

# **Trinity Broadcasting Network**

## *Quarterly Report*

October, November, December 2016

**WGTW-TV**

**Burlington, New Jersey**

**Philadelphia, Pennsylvania**

**Eastern Time**

Ascertainment List

Leading Community Issues

*Results of ascertainment from civic leaders, response by telephone from TBN viewers, printed media comprising newspapers and magazine publications whenever possible.*

Family

Economy

Crime

Civic Affairs

Health

Education

Substance Abuse

*The figures 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>
					10/17/2016	6:30 PM
					10/18/2016	5:00 AM
					10/22/2016	2:00 PM
Joy In Our Town # 547	30:00	15:00	L	PA	10/29/2016	3:00 PM
					11/05/2016	3:30 PM
					12/26/2016	6:30 PM
					12/27/2016	5:00 AM
					12/31/2016	2:00 PM

Show host Kelly Waldeyer speaks with Andre Sauls, pastor at the Kingdom Cultural Center, about the identity of women. Women, who do not have a relationship with their fathers, can see it affect their confidence. Women need love while men need respect. A woman's first love should come from her father. When a woman does not understand her design and purpose, then someone else can define it for them. If this current generation does not define itself, then the next generation will be lost as well. Environment is key to the development of a child. If people can build a value system in a child, then they can mold them. A value system is developed from the environment a person experiences. The secular world's value system is based upon appearance. Young women today are faced with this idea they are not pretty enough and appearance is everything. It is important for a young woman to receive positive reinforcement from their fathers. It is important men spend quality time with their daughters to build a solid relationship. This will help the young women be relational around men and not sexual.

					10/17/2016	6:30 PM
					10/18/2016	5:00 AM
					10/22/2016	2:00 PM
Joy In Our Town # 547	30:00	15:00	L	PA	10/29/2016	3:00 PM
					11/05/2016	3:30 PM
					12/26/2016	6:30 PM
					12/27/2016	5:00 AM
					12/31/2016	2:00 PM

Show host Kelly Waldeyer speaks with Andre Sauls, pastor at the Kingdom Cultural Center, about helping men relate to their daughters. One of the primary functions of a man is to be a protector. Some men find talking and relating to their daughters to be difficult. Most of their interactions with women have come from their relationships with their mothers, and girlfriends. A key element in the father and daughter relationship is love. Loving their child enough to take a risk and communicate with her while also not offending them. There is a lack of love towards children today compared to the level years ago. If a person has issues with themselves, then that person is going to have issues with their children. Society has to be more available to young women who do not have fathers in their lives because they are vulnerable and need mentors. Religious doctrine tends to put shackles on young women and can create a scenario where the young women may think God does not love them. Women need to be empowered with the knowledge that God always loves them. People today need to get out there and love on this next generation without looking for something in return. When men and women understand their purpose, design, and function, the family is strengthened.

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*Family*

					10/24/2016	6:30 PM
					10/25/2016	5:00 AM
Joy In Our Town # 548	30:00	15:00	L	PA	10/29/2016	2:00 PM
					11/05/2016	3:00 PM
					11/12/2016	3:30 PM

Show Host Kelly Waldeyer speaks with Netha D. Bell, pastor at The Greater Life Christian Center, about the current status of love, marriage and divorce. Pastor Bell explains she comes from a background where being a strong, independent woman was more important than being a wife. Many women also come from the same background of generations of single mothers taking on the role of both parents. Breaking the cycle of a single parent household is a choice and God is going to have to help break the cycle. People often think about marriage in terms of the wedding day only, but there is a deeper level of commitment in maintaining and staying married. It is a daily decision to stay married and say I am not going to give up on this relationship. God must be in the middle of the marriage relationship. People often enter a marriage relationship without fully understanding what their role in the relationship is. Couples can learn their roles by reaching out and watching loving examples. There is also a lot of prayer involved and seeking after God. One of the biggest decisions young couples can make is, no matter what happens, they decide not to leave the relationship. Being a teachable person allows couples to understand and accept their roles on the marriage relationship.

					10/24/2016	6:30 PM
					10/25/2016	5:00 AM
Joy In Our Town # 548	30:00	15:00	L	PA	10/29/2016	2:00 PM
					11/05/2016	3:00 PM
					11/12/2016	3:30 PM

Host Kelly Waldeyer speaks with Netha D. Bell, pastor at The Greater Life Christian Center, about the influence of our environment on the marriage relationship. The media creates a fantasy of what the marriage relationship will be. A fundamental factor in a successful marriage is the decreasing of a person's ego, and understanding the values of others. In the marriage relationship, people are deciding to journey through life's challenges with one another. The word of God says in order to journey together, you have to be in agreement. While a couple can take in the words of advice from others, they need to set them aside and, as believers, listen and take advice from what the word of God is telling them. People can teach each other how to love them if they are willing to study their mate. Couples need to understand what their spouse's love language is and how to interpret it. When couples study how their mate loves, they can begin to understand how they communicate to them. God shows people when they look at their mate, they need to love them where they are. This means they see where their spouse is right now, but love them as if their spouse is already where they need to be. If they see their spouse as a disappointment, they cannot expect them to excel as a disappointment. However, if they love their spouse where they are as if they are where you want them to be, they then motivate their spouse to be inspired to be a better mate. God can equip couples with the tools to make a marriage successful.

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*Family*

					10/31/2016	6:30 PM
					11/01/2016	5:00 AM
Joy In Our Town # 549	30:00	15:00	L	PA	11/05/2016	2:00 PM
					11/12/2016	3:00 PM
					11/19/2016	3:30 PM

Show host Kelly Waldeyer speaks with Andre Sauls, pastor at the Kingdom Cultural Center, about the impact of fatherlessness on young men. A young man, growing up in a fatherless environment, will begin to adapt some of the characteristics that they see in their environment. Learning a new dimension of what a man should be can cause some young men to run back to the life of the streets. The mentors in Camden, New Jersey have an accountability component to the program and will go out and find the young men who try to go back to the street. Sometimes it takes a crisis for these young men to realize there is a different and better way. These young men are the foundation of the restoration. The mentors share with these young men to do what is right because the next generation is watching them. The change in these young men is truly a blessing. It is fruitful to see these men back in the community working to raise it up. The community can now stand behind these men with pride. The next generation has come up to these young men and explained to them they have been watching and want to be like them. Most programs in Camden deal with the fruit of the problem. The fruit will grow back after a season. Andre Sauls and his mentors are dealing with the root of the problem and once you can change a man's thinking, you can change his walk. The young men, that are a part of this program, have a passion for change. This is evident by the 97% success rate.

					11/14/2016	6:30 PM
					11/15/2016	5:00 AM
Joy In Our Town # 551	30:00	15:00	L	PA	11/19/2016	2:00 PM
					11/26/2016	3:00 PM
					12/03/2016	3:30 PM

Host Kelly Waldeyer speaks with Dr. Donald Nurse about training children so that they can function properly and successfully when they reach maturity. Dr. Nurse explains that principles that relate to financial maturity are applicable to other areas of ones growth as well. Children are trained to handle adverse circumstances, look at the kinds of people they choose as friends, and look at the habits of those around them. Parents should be aware that the first five years of a child's life are their most formative and impressionable, and what they see the parent do, they will internalize and mimic. Thus, if parents demonstrate good habits, the child should observe and develop them. Parents should also not shield children from difficulties, giving them the impression that bad things never happen. Instead, exposing children to problems strengthens them because they understand it is just a hurdle to conquer, and have seen their parents do the same. It also creates an environment where young children or teenagers are more likely to come to parents for help if they encounter difficulties, rather than trying to hide it from their parents. Abusive homes, judgmental homes, or homes where too much responsibility are given to the children are some examples of the kinds of negative environments that could adversely impact the child as they grow. Understanding that it is not how much you have, but how you use it, can help children choose between "givers" and "keepers" when making friends. Parents should teach their children to give, save, and receive graciously, and with wisdom.

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					11/14/2016	6:30 PM
					11/15/2016	5:00 AM
Joy In Our Town # 551	30:00	15:00	L	PA	11/19/2016	2:00 PM
					11/26/2016	3:00 PM
					12/03/2016	3:30 PM

Host Kelly Waldeyer talks with Dr. Donald Nurse about how to train children specifically in the area of finances, so that they understand money and are prepared for real world financial scenarios. Dr. Nurse points out that beginning at birth, a child's natural tendency is to want to have or take, gravitating toward ownership. It is the parent's job to teach the child to give, while also understanding what they genuinely have ownership over. When it comes to older children, parents can use an allowance as a teaching experience; incorporating "raises," family "taxes," giving and saving into every allowance payment. Then, children will learn early these fundamental principles so they aren't shocked when they encounter taxes, unanticipated expenses and similar hurdles in adult life. Parents can let children pick out items and let them pay for them, to help them understand cost and worth. Window shopping can help children understand that adults can't always afford items either, and will teach them to quell impulse spending. If parents want to encourage children to save, they can offer to match anything the child saves, up to a certain amount. This provides them with incentive to save, but also gives them an example of what to look for in a future employer who may offer benefits such as 401K matching. Parents who want to teach a child how to use a credit card, can first start with getting the child a library card. This will teach them principles of borrowing, returning what you borrowed, and fines or fees associated with borrowing. Only after the child is trained to handle borrowing responsibly would parents then attach them to any credit card or spending account, and only with the goal of remaining debt free.

					11/21/2016	6:30 PM
					11/22/2016	5:00 AM
Joy In Our Town # 552	30:00	15:00	L	PA	11/26/2016	2:00 PM
					12/03/2016	3:00 PM
					12/10/2016	3:30 PM

Host Kelly Waldeyer talks to Dr. Donald Nurse about the benefits and pitfalls of borrowing and lending money. Dr. Nurse recommends that, if one borrows, they should make the money work for them and shop around for the best deal. This means a person properly maintains any assets purchased through borrowing, such as a home, so that they get a return, or make money, in the event they sell those assets. Banks are not always too concerned that the borrower be able to afford the amount of money that they lend, so people should be aware of their own expenses, discretionary income and what they can legitimately afford to borrow and repay. Borrowing a large sum of money should be seen as mortgaging one's future for the sake of their present needs or wants, and should not be done hastily. A potential strategy to help repay a large loan, such as a mortgage for a home, would be to borrow an additional amount on top of the mortgage and then invest that extra money. Over time, that extra investment may be able to help the borrower pay off the initial loan sooner. Another strategy would be to pay the mortgage off in an accelerated fashion, which could reduce the amount of interest one would pay on the loan. Roughly two-thirds of the amount the borrower will pay out over time will be interest, so paying it off sooner means the borrower will pay less in the long run.

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*Economy*

					11/21/2016	6:30 PM
					11/22/2016	5:00 AM
Joy In Our Town # 552	30:00	15:00	L	PA	11/26/2016	2:00 PM
					12/03/2016	3:00 PM
					12/10/2016	3:30 PM

Host Kelly Waldeyer talks to Dr. Donald Nurse about the wisdom of borrowing, and how to use borrowing and lending to one's own advantage. Dr. Nurse recommends that a person never use their own money to fund an idea or business. In the case of failure, borrowing – or spreading out the cost – can mitigate the losses, but also lets a person use someone else's money to make money for them. If the venture is successful, this may lead to additional investors, which means the owner can continue to use other people's money to grow their idea and business. With every borrowing scenario, there is always a legal and moral obligation. The legal obligation is easiest to prosecute, in cases of negligence or contestation. Historically, people used to be able to borrow based solely on their character, known as character loans. Once a borrower makes an agreement with someone, whether it is an official contracted situation or just borrowing with a verbal agreement, they are morally obligated to repay. It is hard to find lenders that will do what is right at all times, or lenders that do not have a profit mindset driving their actions. Lenders have already built the loss off a debt as a bad debt into their accounting, so that lending agency can claim that as a tax write-off in the event a borrower cannot or does not repay. Each individual should make every effort to live totally debt free, but in today's world that is not always possible. Credit scores are often a necessary part of financial life, but require people to borrow and carry debt in order to develop that score. One credit card, used to pay for monthly expenses and paid off diligently, can help build the credit score. For those in serious debt and looking to get out of it, a ladder strategy can be employed to eliminate debt quickly. This means paying the minimum payment on all loans, but adding extra to the smallest loan, paying it off first. A person can then take the entire amount of money that had been budgeted to pay that smallest loan, and add it to the minimum payment of the next smallest loan. Eventually, this strategy will continue to add money to the payments being made, and will work up the ladder of debt until all the loans are paid off, from the smallest to the largest.

					12/19/2016	6:30 PM
Joy In Our Town # 556	30:00	15:00	L	PA	12/20/2016	5:00 AM
					12/24/2016	2:00 PM
					12/31/2016	3:00 PM

Host Kelly Waldeyer talks with Joe Fortunato, the founder of the South Jersey Dream Center (SJDC), about having a vision and what it takes to bring that vision to fruition in a practical sense. Every great endeavor begins with the imagination and a person having a dream, long before the work to make it happen begins. Challenges will arise on the journey, as Joe explains through his own story, but through relationships with strategic people and a continued focus on the vision, a visionary can endure when the journey gets rough. The Bible indicates that when one has a vision, provision comes to support it. Though the SJDC is a non-profit ministry, it is run with an entrepreneurial mindset, and one of the hurdles any visionary may encounter is one the SJDC has encountered as well: the need for good people and staff. No one person has, in and of themselves, everything that they need to see a dream or plan come to pass. The SJDC targets a specific region, presenting local volunteers with the opportunity to serve in their area. A visionary should keep their eye out for people who can help assist them in the various facets of their plan; whether it be something like financial, assisting, or office help. Good stewardship of a dream involves responsible financial decisions, but it also requires one to remain focused on the purpose of the dream, the range and scope of the dream, and on the people who are impacted by the dream.

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*Economy*

					12/19/2016	6:30 PM
Joy In Our Town # 556	30:00	15:00	L	PA	12/20/2016	5:00 AM
					12/24/2016	2:00 PM
					12/31/2016	3:00 PM

Host Kelly Waldeyer continues to talk with Joe Fortunato, founder of the South Jersey Dream Center (SJDC), and they are joined by Community Relations Director, Michelle DeSimone, who oversees the volunteers at the SJDC. Volunteers comprise one hundred percent of the SJDC staff, and without volunteers many service organizations like them would cease to exist. Time is humanity's most valuable commodity, so volunteers should never see their contributions as worth less than monetary or item donations, but rather understand that their donated time is essential to the success of the dreams that many visionaries have. Leaders often find themselves encouraged when they see volunteers and service recipients responding to what they have worked very hard for. Not only do volunteers make the dream possible in the first place, but they allow that vision to impact countless lives through service. Many of the volunteers referenced were at one time on the receiving side of a service organization, and after they have freely received, they want to turn it around and give in their own right – demonstrating the idea of "pay it forward." When it comes to finding new volunteers or donations, the media is a valuable resource for organizations that require community or volunteer support. Word of mouth can also be to the advantage of those serving the community, as people are prone to telling their friends and neighbors about good opportunities or organizations. The kind of networking that is required to build a large scale business or organization will take time, but it is important to reach out to community members, other businesses in the area, and any media outlet that could help get the message out. Staying isolated will only cause the vision to become stagnant. Oftentimes, visionaries will have to take bold steps, as Joe Fortunato explains through his own experience of visiting and asking the Los Angeles Dream Center for guidance. A successful business or organization that develops from a dream does not spring up overnight; it will take time. Anyone interested in more information about the SJDC, or interested in starting their own service organization, can visit [southjerseydreamcenter.org](http://southjerseydreamcenter.org) for ways to contact them directly.

*Crime*

					10/31/2016	6:30 PM
Joy In Our Town # 549	30:00	15:00	L	PA	11/01/2016	5:00 AM
					11/05/2016	2:00 PM
					11/12/2016	3:00 PM
					11/19/2016	3:30 PM

Show host Kelly Waldeyer speaks with Andre Sauls, pastor at the Kingdom Cultural Center, about making a difference in the inner city. Camden, New Jersey has been considered one of the worst cities in America. Research has found a lot of the crime in Camden is done with intent. Changing this mindset is a relational process. To develop the trust factor with this generation, the mentors had to be vulnerable. They began to open the young men's minds as to what then can do instead of what they cannot do. These young men would spent their days on the street. They were not taught the basic principles of manhood from their fathers. By enabling these young men to reach their potential and see their dreams are possible, they can now go back to the community and raise up the next generation.

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					11/28/2016	6:30 PM
					11/29/2016	5:00 AM
Joy In Our Town # 553	30:00	15:00	L	PA	12/03/2016	2:00 PM
					12/10/2016	3:00 PM
					12/17/2016	3:30 PM

Show host Kelly Waldeyer speaks with Chaplain Tim Heald who ministers to men, incarcerated, in a southern Delaware prison. Chaplain Tim states that although there are many names given to identify certain behaviors by which the world identifies the reason for incarceration the true root cause is the nature of sin. Incarceration usually is the result of some type of addiction which has propelled itself into breaking the law. The lack of education from early on does affect environment and can have profound impact on how a person perceives life. Those who have not been brought up within a home that teaches appropriateness will learn how to live from those on the streets. Those living on the street will do whatever is needed for survival. Incarcerated men will often say they are thankful to be in prison knowing if they had remained on the street they would have most likely been dead. The media and Hollywood's view of prison is not realistic. Many children will see family members behind bars, sometimes including three generations who are serving terms at the same time. Ministry teaches how to bring light into their behaviors and, through acknowledging their lack, they are able to identify and heal their hurts. Once the incarcerated begins to understand and consider the consequences of their actions, they are now capable of comprehending the hurt they can cause themselves and others which often brings about a long term sentence.

					11/28/2016	6:30 PM
					11/29/2016	5:00 AM
Joy In Our Town # 553	30:00	15:00	L	PA	12/03/2016	2:00 PM
					12/10/2016	3:00 PM
					12/17/2016	3:30 PM

Show host Kelly Waldeyer continues to speak with Chaplain Tim Heald regarding rehabilitation programs available to those incarcerated. Chaplain Tim explains that rehabilitation is the change in behavior and mindset. There are men who have served a specific amount of time in prison who return within just weeks of their release. The key to establishing a renewed mind is from the Biblical teaching about transformation and understanding that we are a creation made in God's image. One of the devastating realities for those incarcerated is that they have never heard these truths. Additionally, they feel abandoned and bored as many do not have family members who will visit them creating a sense of hopelessness. The purpose of an onsite ministry within the prison is to offer teaching, support, and connection with a spiritual mentor. Human contact is crucial to an inmates' success in removing negative influences from his life. Another complexity is that inmates may find themselves out of touch with the ongoing advances made in technology which can impede them in finding a job. The most effective tool is how Christ can change a life and give hope to the hopeless.

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*Crime*

					12/12/2016	6:30 PM
					12/13/2016	5:00 AM
Joy In Our Town # 555	30:00	15:00	L	PA	12/17/2016	2:00 PM
					12/24/2016	3:00 PM
					12/31/2016	3:30 PM

Host Kelly Waldeyer speaks with Chaplain Steve Anderson regarding the recovery from having spent time in prison and the complexities one may face upon release. Chaplain Steve was once incarcerated due to his use of street drugs. His addiction was profound as he lost everything he had held dear. While serving time he was introduced to a Christian man who mentored him. God restored back to Steve all that had once been taken. Once released, he desired to go back into the prison system and work with those who needed a mentor just as he had been in need. Steve studied at a Bible college, worked as a drug and alcohol counselor for a period of time before entering back into the prison system but this time as Chaplain. The only way to recover from any addiction is to be honest with ourselves. Inmates and those recently released will often believe that if they only get a good job, or if there is someone to love and care for them that they will succeed. The reality is that going back into an old environment is too much of a challenge for someone attempting to change for the better. Churches can help those released by not looking at them with judgement but rather as an overcomer who desires a changed life. The Bridge to Victory is a non-profit organization that offers newly released inmates the opportunity to secure living arrangements, employment, clothing, and general basic needs in addition to Holy Spirit support and connection with others who have been incarcerated.

					12/12/2016	6:30 PM
					12/13/2016	5:00 AM
Joy In Our Town # 555	30:00	15:00	L	PA	12/17/2016	2:00 PM
					12/24/2016	3:00 PM
					12/31/2016	3:30 PM

Host Kelly Waldeyer continues to speak with Chaplain Steve Anderson in addition to welcoming Tim Santa Barbara who is also actively involved in the Bridge to Victory program and prison outreach ministry. From a very young age, Tim was using alcohol and dealing drugs. On the streets, he found love and connection with others who were also living this lifestyle. He believed this life offered him personal identity and security. He came from a loving home yet found it unfulfilling. The street life was a certain place of personal position that allowed him to feel important. No one within his family was equipped to interact with him because he had become such a problem to deal with. At one point upon release from prison, he attended a church and was approached by an older woman who embraced him and told he she love him. She thank him for being in church that day. This loving expression turned him around and he began to attend this church on a regular basis. He continues to face challenges but is confident that he is an overcomer because his strength is Jesus. There is power in testimony.

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*Crime*

700 Club NewsWatch #11022016	CBN	1:00:00	5:00	REC	PA/O/E	11/02/2016 3:00 PM
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CBN News Reporter Heather Sells Reports: Pete Leonard first developed a love for fresh-roasted coffee during a missions trip to Brazil. The former Arthur Andersen business consultant returned home and made his own roaster in his Weber grill. Around the same time, he noticed that a relative who had recently been released from prison was unable to find work. Initially, Leonard thought it was an isolated incident, but he soon learned differently. He discovered that U.S. prisons release more than 600,000 people every year and that they face multiple obstacles in reentering society. Chief among these obstacles is employment. Dr. Karen Swanson, director of The Institute for Prison Ministries at Wheaton College, says that most employers simply don't want to hire anyone with a criminal background. Leonard's solution: Take advantage of America's obsession with coffee by creating a premium coffee-roasting company—and employ former felons to run it. It's a match made in coffee heaven. More than 70 million Americans have a criminal background and at the same time, Americans overall are drinking 400 million cups of coffee a day, driving specialty sales up 20 percent. One of Leonard's early hires, Louis Dooley, was released from prison after serving 15 years for armed robbery and attempted murder. Dooley told CBN News that getting out proved to be a huge challenge. Dooley became a believer and worked hard to turn his life around while behind bars. Still, no employer would take a chance. Another ex-felon, Amy, ran into similar dead-ends. In addition to a banking resume, her background included a white collar crime conviction. Neither she nor Dooley could get past a small box that's on most job applications and must be checked if an applicant has a criminal record. But at 'I Have a Bean.' Leonard's company, both Amy and Dooley found the door open. Leonard said that ultimately, he's not concerned with job seekers' pasts. Since starting the company nine years ago, Leonard has hired 35 people out of prison and says that today, all but two are the success stories he believed could happen. The positive result is no accident. Leonard carefully vets each potential employee before hiring. He finds out if they've worked to rebuild their lives while behind bars—and whether they've stuck to that path after getting out. He's also a stickler for quality. Leonard is more than a boss — he's a witness, watching his employees transform from down and discouraged to confident and marketable. Today, Dooley works as the regional director for Set Free Ministries in Illinois. The non-profit provides Bible study courses to inmates in prisons and jails in Missouri and Illinois. Amy manages the front office for I Have a Bean. Their stories speak clearly to the power of transformation and the hope that former prisoners can find once they're able to find a place in the job market. Dr. Swanson believes the concept could become a game-changer for millions who need a second chance. Such experiences can lead—not just to increased marketability—but to a shot at restoration and a new, productive life.

700 Club NewsWatch #11042016	CBN	1:00:00	5:00	REC	PA/O/E	11/04/2016 3:00 PM
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CBN News Reporter Mark Martin Reports: From hacked emails to major data breaches, cyber attacks could potentially cripple our economy and threaten national security. Hackers shut down half of America's Internet on Oct. 21 by targeting Dyn, a company that manages key parts of the Web's infrastructure. Within minutes, the cyber attack took major websites like Twitter and Spotify offline. It was just the latest example of cyber warfare. Other major cyber hacks garnering national attention recently include the Yahoo data breach in September, WikiLeaks emails relating to Hillary Clinton's campaign and the Clinton Foundation, and the leak of roughly 20,000 emails involving the Democratic National Committee in July. Hayman believes today's worst offenders in this computer espionage are China, Russia, and North Korea. FBI special agent Robert Cochran tries to spread the word about cybersecurity danger to companies like Eastern Data in Virginia Beach, Virginia. Cochran said that of the 14,000 agents in the FBI, 1,500 fight cybercrime -- a 60 percent increase in just the last five years. He says for now, the United States is focusing on defense in this new form of warfare. While cyber warfare between nation-states may sound far removed, it's clearly happening each day on a smaller scale. How do you protect yourself at home and on the job? One practice can work for all kinds of viruses — good hygiene. In addition to computer hygiene, Kaiser urges people to lock down the log-in. In other words, add an extra layer of protection beyond your password. There are a number of options such as fingerprint scans currently available on many smartphones and tablets. Kaiser also wants people to be cyberaware. Experts also advise not to forget to back up critical information. Hayman believes education is the best defense. The National Consumers League also helps educate consumers on cybersecurity. So what kinds of laws are on the books to fight cyber crime? Breyault says on the federal level, the protection is surprisingly minimal, and his organization is lobbying to change that.

*The figures 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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*Civic Affairs*

					10/03/2016	6:30 PM
					10/04/2016	5:00 AM
Joy In Our Town # 545	30:00	15:00	L	PA	10/08/2016	2:00 PM
					10/15/2016	3:00 PM
					10/22/2016	3:30 PM

Host Kelly Waldeyer speaks with Sari Steuber, president of Transition Town Media, and Julie DiRemigio, director of the Media Free Store, about what is a Transition Town and how it works. The basic concept of a transition town is to build a better future that takes care of our planet and the people who live on it by supporting local food sources, reducing pollution, and reducing energy consumption. This idea comes from the perspective that our current path and choices are leading towards a future that is not good. An underlying benefit from this work is creating a closer and tighter knit community that can depend on each other. Transition towns are an international movement but they work on a local level with local governments to create locally connected communities. A small group of residents in the Media area researched the ideas of a transition town and, because of the small town feel of Media, thought Media was the perfect place to start a transition town. Transition towns have community events that are designed to bring the community together. One of Transition Town Media's programs is the Media Free Store. The Media free Store is a completely donation based store that is available to anyone. One of the main concepts of the free store is to keep items out of landfills and trying to repurpose them for someone else.

					10/03/2016	6:30 PM
					10/04/2016	5:00 AM
Joy In Our Town # 545	30:00	15:00	L	PA	10/08/2016	2:00 PM
					10/15/2016	3:00 PM
					10/22/2016	3:30 PM

Host Kelly Waldeyer continues speaking with Transition Town Media president, Sari Steuber, and is joined by Donna Cusano, coordinator of Time Bank Media, about what is Time Bank Media and how it works. A time bank is a way for people to share their time and talents with the community. Unlike a straight barter system, this allows for people to store accumulated time and redeem their stored time at a time more convenient to them. Programs like this have been found to be real community builders. It creates a circle of community where people are sharing their talents, earning time dollars, and using them elsewhere in the community. The time bank works on agreements between individuals and your character is your currency. Another important factor about the time bank is that everyone's hour is worth the same as anyone else's hour. The concept of the time bank was originally started from a social justice standpoint by Dr. Edgar S. Cahn. He saw it as a way of having juvenile delinquents offer their services to the community and thereby, gain status and trust in the community and to become more of a part of their community.

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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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*Civic Affairs*

					10/10/2016	6:30 PM
					10/11/2016	5:00 AM
Joy In Our Town # 546	30:00	15:00	L	PA	10/15/2016	2:00 PM
					10/22/2016	3:00 PM
					10/29/2016	3:30 PM

Host Kelly Waldeyer continues speaking with Pastor Netha D. Bell, of the Greater Life Christian Center, about some of the effects of the Greater Life Christian Center has on the West Philadelphia Community. When you can provide a good foundation for a child, there is no limit to what you can teach them because you have gained their trust. Exposure is also an important element in a balanced learning experience. Allowing children an opportunity to experience and be exposed to things they may not normally be exposed to in their home life helps to broaden their minds and open new possibilities to them. Exposure to Christian values in education has shown a remarkable change over a few years. The reward in watching these children grow and being able to plant seeds into their lives and watching the harvest come is a true blessing. Parents have reported that they can see the discipline and the structure in their child's life. Even at 5 years of age, the children are able to take what they have learned and be a difference maker at home. One of the challenges in the West Philadelphia area is the family structure. Many times, the children are living in a single mother environment and may not have a male role model in their lives. It can be hard to raise a child today as a single parent. Classes in financial matters, job training programs, resume work, are made available to the parents. There are volunteers and ministers there that can provide that male role model. The ministry also provides an opportunity to work with the mothers as well to give them guidance and support. The volunteers are part of the community and have a vested interest in seeing the young people on the community achieve success. Often families that came to the Greater Life Child Care center for day care later return to become members of the church. It is designed to be a center of hope for the entire community of West Philadelphia.

					12/05/2016	6:30 PM
					12/06/2016	5:00 AM
Joy In Our Town # 554	30:00	15:00	L	PA	12/10/2016	2:00 PM
					12/17/2016	3:00 PM
					12/24/2016	3:30 PM

Show host Kelly Waldeyer speaks with Michelle DeSimone, community relations administrator for South Jersey Dream Center. Michelle states she has always had a desire to serve others. She is trained in the field of nursing and enjoyed her work but shifted professional direction into the area of community outreach, working to serve those who are in need of basic living necessities. Many people have the desire to serve others but are not always sure how to begin and where to go for guidance. Begin anywhere is her advice. Take the first step, for instance, by offering four hours of volunteer time each month to an organization that is of interest and see where it leads. People are valuable and are innately energized when offering themselves to the betterment of others. We all have something to offer and to those who are feeling hopeless we have the ability to offer hope. Volunteers who serve those in need do so knowing that those they are caring for are not in a position to give back, at least not in the current state they are in. There is one particular example in which a family faithfully visited the South Jersey Dream Center for basic necessities and food items. After a period of time, the family was back on track and visited the center asking how they could now help out as volunteers. Another success is from a man who secured full-time employment after being unemployed for a long period of time. Helping others is a way in which we help ourselves.

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### *Civic Affairs*

					12/05/2016	6:30 PM
					12/06/2016	5:00 AM
Joy In Our Town # 554	30:00	15:00	L	PA	12/10/2016	2:00 PM
					12/17/2016	3:00 PM
					12/24/2016	3:30 PM

Show host Kelly Waldeyer continues conversation with Michelle DeSimone and welcomes Pastor Joe Fortunato who is the founder of the South Jersey Dream Center. Pastor states that cultivating a strong team of volunteers comes with trial and error. We must remember that we, too, come from different places and experiences and no one is perfect. Prejudging another person keeps us from appreciating their gifting and insights. When training volunteers it is important to remember that preaching is proclaiming but teaching is explaining. We have opportunity to minister to the person currently in need who are always a future volunteer. Volunteer training includes the reminder to love all who come through the doors regardless of appearances, to provide a safe and loving environment and extending grace in all circumstances. Volunteers become a close knit group of people all sharing the same goal, filling in the gap for one another, and praying for each other. Volunteers are given the opportunity to grow into leadership positions both within the South Jersey Dream Center and outside of the center in surrounding communities. To get started in the area of volunteerism, ask yourself what you are most passionate about, research the interest, and take the risk. The happiest people are those who give back to others.

### *Health*

					11/07/2016	6:30 PM
					11/08/2016	5:00 AM
Joy In Our Town # 550	30:00	15:00	L	PA	11/12/2016	2:00 PM
					11/19/2016	3:00 PM
					11/26/2016	3:30 PM

Host Kelly Waldeyer talks with mental health counselor Robert Fair from ServingLeaders Ministries about the word "NO" and how its use or lack of use affects our lives. We often feel guilty when we use this word as we want to please others especially those that are close to us. We can also feel guilty when we don't use this word as we find ourselves overextended. Robert gives an example of a fictitious case study in which *Martha* is battling physical disease while juggling the demands of husband, children, work, and church activities. It seems the more she does the more is needed to be done and she finds herself exhausted. She finds it very difficult to say *no* because she associates this word with lack of love and commitment. In order to free ourselves from internal and external destructive demands we must begin with ourselves. The teaching of self-kindness can be found in the Scriptures, Colossians chapter three. Self-awareness consists of being silent and appreciating the moment, the here and now, as this state of silence enables us to quiet ourselves and communicate with God.

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*Health*

					11/07/2016	6:30 PM
					11/08/2016	5:00 AM
Joy In Our Town # 550	30:00	15:00	L	PA	11/12/2016	2:00 PM
					11/19/2016	3:00 PM
					11/26/2016	3:30 PM

Kelly Waldeyer continues to talk with mental health counselor Robert Fair from ServingLeaders Ministries on using the word *NO* to create a healthy life. The use of *NO* does not create a selfish spirit within us but rather the use of this word creates areas for much needed boundaries. We are all aware of what we can and cannot handle in reference to our abilities, creativity, and availability of free time. Someone may ask us to take on a particular task which requires a number of hours to complete. We may find that we can easily offer one hour to help out but that one hour is all we have to give. Self-realization is key to understanding how we work best and in doing so we are able to give the best of us to others. Not everyone, who is accustomed to hearing us say *yes* will immediately understand that we've learned a new word. Conversation may be needed with our family members, church family and friends so they better understand the change that is being made in order to live a more productive, happy life.

Dr. Leaf Show	26:50	26:50	REC	PA/O/E	10/05/2016	5:00 AM
#0003					12/14/2016	6:30 PM
					12/21/2016	5:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices. Brain research and memory research shows you build memory about food. Information enters through the five senses and goes into the brain. What you put in your body is going to change the way your body reacts and functions. Be mindfully aware and have conscious consumerism. Ask yourself: What is on my plate? What is it going to do to my body? Where did it come from? What has this done to the earth? Research shows that 80% of an eating decision is in the mind. We need to be healthy mentally and physically. Research has shown that it takes twenty-one days to build a long-term memory. Then it's another two cycles of twenty-one days, which comes to around sixty-three to stabilize or automatize, which is the scientific word for building a habit. The Modern American Diet is more addictive than heroin and cocaine. We have to recognize that what you are thinking about is having a physiological effect. Your mind is your soul; it's your intellect, your will, and your emotions. Then you have your physical body, of which your brain is a part. So, your mind is changing your brain, which is changing your body. We need to be very conscious of what we are thinking about when it comes to food and everything in life.

Dr. Leaf Show	27:05	27:05	REC	PA/O/E	10/05/2016	6:30 PM
#0001					10/12/2016	5:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet, shortened to the "MAD" Diet. Real food is nutritious, has very few ingredients, is organically grown from the ground, is sustainable, and picked when it is ripe. A happy animal is allowed to do what it does the way God designed it to do; roam freely and eat things as it's roaming around, which produces happy food. When you've had sufficient nutrition for your body, you stop eating. However, on the MAD diet the opposite happens. The MAD diet contains conventional-processed, food-like, products. An unhappy animal is restricted, force-fed, fattened up with hormones, full of antibiotics, and stressed. We have to eat food to survive, but the problem is what man has done to food. If we eat for health and not for losing weight, we will naturally get the correct weight. It's real food that you should be eating.

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*Health*

Dr. Leaf Show	26:55	26:55	REC	PA/O/E	10/12/2016	6:30 PM
#0002					10/19/2016	5:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food. Real food is made the way God designed it, without chemicals, herbicides, pesticides, or Genetically Modified Organisms (GMO). Biomimicry is looking at the intelligence of nature. The ecosystem is completely diverse. Going from diversity to monoculture is very dangerous. We need the variability. Learn how to eat properly. Find out what it's doing for and to your body - the good and the bad stuff. Get the knowledge to change your diet and lifestyle.

Dr. Leaf Show	27:30	27:30	REC	PA/O/E	10/26/2016	6:30 PM
#0005					11/02/2016	5:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss living under a sense of urgency. With the advances of technology, we're just rushing from one thing to the next and we're constantly living under this directorate of time instead of going through life calmly and peacefully. Rushing from one thing to the next impacts our choice of food, when we eat, our physiology, our brain, and our brain functioning, which is called, literally, hurry sickness. The hurry sickness puts us in toxic stress. Stress is good to help us focus. Toxic stress takes that away, and then you have the opposite reaction. It pushes you into that zone where you're not thinking straight, where you make wrong choices. If you lead a disciplined lifestyle and you learn to renew and discipline your mind, you can apply that kind of thinking to your everyday life, including eating. Be intentional about your eating process. Try to separate your mealtime from your work. Don't eat standing up. Make eating your relaxation. Eat when you are calm to get more benefit from that food.

Dr. Leaf Show	27:30	27:30	REC	PA/O/E	11/09/2016	6:30 PM
#0007					11/16/2016	5:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the gut-brain connection. Brain tissue that we find in the brain is also in the gut. That gut-brain connection is a two-way connection and it's controlled by the enteric nervous system that contains 200-600 million neurons, which is more neurons than in the spine. In the Blue Zones of the world is where you find centenarians; people who live more than a hundred years of age. The underlying commonality is spirituality, community, attitude, and nutrition. And, the nutrition that they have is real food. When you decide to change the way you're thinking, you're going to change your physical status. Your brain and your whole body will respond. That's the eighty percent of the signal, and then the biology, the biological components of food, forms the other twenty percent of the signal. The thought that you are thinking right now at this moment is actually influencing all 75-1000 trillion of your cells, either positively or negatively. Fasting is important spiritually and physically. Some of the benefits of fasting are cardiovascular benefits, increased longevity and resistance to age-related diseases, enhanced mental and physical health, increased cellular energy, decreased inflammation, protects against the onset of illness, and protects against stroke and high blood pressure.

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*Health*

Dr. Leaf Show	27:30	27:30	REC	PA/O/E	11/23/2016	6:30 PM
#0009					11/30/2016	5:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist, and Dr. Lillian Lockett Robertson, an OB/GYN, to explore the supermarket, how to cook, what to do, and how to shop. Eat real food. Buy real food. There is a definite engineered design in the supermarket. A lot of people have heard: avoid the center aisles and go to the outside, where your fresh produce is because everything down the center aisles are basically in boxes and containers. The Modern American Diet food-like products are industrially manufactured. When something is added, that means that something is being removed, so we should be wary of an added anything. Eating is eighty-percent dominated by our thought life and what we've built memories of. Eat real food. Read the labels. Buy local. You can find community-supported agriculture. Real food makes physiological changes in your brain. So, your mind, the thinking to choose to eat well, the intellectual stimulation, the being happy, and then choosing to eat the real food, and eating the real food, satisfies you. Eating real food is the way God designed us to eat.

Dr. Leaf Show	27:50	27:30	REC	PA/O/E	12/07/2016	6:30 PM
#0011					12/14/2016	5:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Esther Houston to discuss postpartum depression, also known as the baby blues. Suffering exists in life and we are here to learn through our suffering with the help of others. Something like postpartum depression is a very real thing that actually needs to be addressed as a very complex process unique to each individual. We can't just say it's a disease, label it, medicate it, and think that it's over and blame the mother. We've got to recognize the whole person. Who is this mum? What is she going through? What are her life circumstances? What is her past? What is her support system? What are the physical needs in her body and diet? We have to look at the whole person in a very loving and very supportive way. The more loving and supportive we are, the more we will actually help each other be better mothers.

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*Health*

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	11/16/2016	3:00 PM
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#11162016

CBN News Reporter Lorie Johnson Reports: Busy, sleep-deprived, and stressed-out. These are the terms that describe most young parents. That roller-coaster lifestyle rocks your blood sugar and hormones, creating the perfect storm for weight gain. Even Mark Macdonald, the nutrition expert and bestselling author, gained 35 pounds after becoming a father. Mark and his wife, Abbi, didn't like the direction in which they were going — so they learned to gain control instead of gaining weight. Mark shares their secrets to success in the book, "Why Kids Make you Fat. . . And How to Get Your Body Back." He explained that when it comes to managing weight, new parents fall into four traps: lack of sleep, stress, lack of exercise and poor diet. While all those factors need to be addressed, Mark notes that diet is the most important. He says the secret to losing weight and keeping it off is what he calls "Eating in Threes," which means eat a protein, a fat and a carbohydrate every three hours. Abbi said she's noticed in her own life the importance of eating frequent, balanced meals. The key to "Eating in Threes" is understanding which foods are proteins, fats and carbohydrates. Most animal products are proteins. This includes meats like beef, pork, chicken and turkey, also yogurt (Greek yogurt is higher in protein than regular) and cheese. Seafood also qualifies as protein. There are also plant-based proteins, like tofu, a soy product. Fats include foods like olive, coconut and soybean oils. These are often the main ingredient in mayonnaise and salad dressing. Butter is also a fat, as are nuts like pecans and walnuts, as well as nut butters, such as almond butter. Avocados are also considered fats. Carbohydrates cover a lot of ground. Typically the healthiest carbs are vegetables. Fruits are also carbohydrates. Grains are carbohydrates as well, such as wheat, corn and rice and all the many products that come from them such as all breads and tortillas. Perhaps the unhealthiest carbohydrate is sugar. Some foods fit into more than one category. For instance, cheese is a protein, but because it contains a lot of fat, can also be considered a fat. Mark says if you can, eat your protein, fat and carbs in a certain order. Most Americans eat way too many carbohydrates and too few proteins. Her other grab-and-go favorites include nitrate-free turkey jerky, protein bars, nuts, vegetables and fruit. Although packing your food and taking it with you is usually healthier and cheaper, you can still "Eat in Threes" at restaurants, even fast food establishments. A good choice is grilled chicken as the protein, lettuce as the carb and salad dressing as the fat. Another option is an open faced sandwich using grilled chicken as the protein, half a bun as the carb and mayonnaise the fat. Less sleep, which goes hand-in-hand with parenthood, delivers a one-two hormone punch for weight gain. This is because not getting enough sleep increases the hunger-stimulating hormone ghrelin and lowers the appetite-suppressing hormone leptin. Mark advises parents to try to get more sleep. If that's not possible, he says at least they can learn to get better quality sleep, which pays dividends. This can be accomplished by avoiding the snooze button. Replace 30 minutes of useless sleep with quality sleep. For instance, instead of setting your alarm for 6:30 a.m. and hitting the snooze until 7:00, set your alarm for 7:00 and don't hit the snooze. Too many busy parents are dehydrated, which can lead to weight gain. Believe it or not, our brain sometimes tricks us into thinking we're hungry, when we're actually thirsty. How many ounces should we drink a day? A good rule of thumb is our body weight divided by two. For example, a person who weighs 120 pounds should drink 60 ounces of water a day. Parents know all too well the pre-kid days of spending an hour a day at the gym are long gone. But with a little creativity, you can work-out while getting more family time. Family walks, especially for dog owners, can be a daily or even twice-daily routine. Mark straps on a weighted vest to make his walks a bit more challenging. Even time in front of the screen doubles as core strength training if you sit on a stability balls instead of a chair. Finally, letting go of those little annoyances that accompany parenthood goes a long way towards losing weight. The Macdonalds say following their prescribed guidelines will help shed the pounds and create new, sustainable habits that keep it from coming back.

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*Health*

700 Club NewsWatch #12272016	CBN	1:00:00	5:00	REC	PA/O/E	12/27/2016 3:00 PM
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CBN News Reporter Lorie Johnson Reports: Our bodies use oxygen in a number of ways, including healing. Breathing alone provides about 20 percent of the oxygen our bodies need. But today, doctors can ramp up that amount to help people recover from the most debilitating injuries and illnesses with hyperbaric oxygen therapy. It's hard to believe Michael "Bean" Black survived his horrific car crash in 2011. He was thrown 40 feet from the vehicle and landed on his head. Black's grandmother, Mary Orr, said even the doctors had given up hope. When Black arrived home to Dallas he still suffered from severe injuries, including brain damage. But his condition improved after he started receiving hyperbaric oxygen therapy. Hyperbaric oxygen therapy involves breathing 100 percent pure oxygen inside a pressurized chamber for about an hour to 90 minutes per session. Dr. Alfred Johnson directs the Hyperbaric Centers of Texas in Richardson. Black said the therapy made a big difference. After the first 40 treatments, Black went back for 40 more a few months later. Costs vary depending on the provider from as little as \$100 an hour on up. Insurance and Medicare sometimes offer coverage, depending on the condition being treated. Insurance companies can reimburse for hyperbaric oxygen therapy for the treatment of traumatic brain injuries, like Black's. Dallas businessman John Derrick said the therapy is easy and has helped him sharpen his focus. Consumers can purchase or rent portable hyperbaric oxygen chambers, but they typically deliver far less oxygen and pressure than industrial-grade ones. Conditions treated with Hyperbaric Oxygen Therapy include: Autism, Burns, Cerebral Palsy, Chronic Fatigue Syndrome, Closed Head Injury, Fibromyalgia, Migraine Headaches, Multiple Sclerosis, Near Drowning, Parkinson's Syndrome, Post Traumatic Stress Disorder, Reflex Sympathetic Dystrophy, Rheumatoid Arthritis, Sports Injury, Stroke, and Traumatic Brain Injury. Johnson said stroke patients can have improved quality of life. He said he's witnessed progress for people with autism, as well. Hyperbaric oxygen therapy may not be for everyone. But today, Michael Black is in far better shape than he or his family ever dreamed possible since his near-fatal car accident. They believe this therapy has a lot to do with his recovery, so they plan to stick with it and hopefully see even more improvement.

700 Club NewsWatch #12292016	CBN	1:00:00	5:00	REC	PA/O/E	12/29/2016 3:00 PM
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CBN News Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called Our Journey of Hope. Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. LaWanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

*The figures 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*

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					10/11/2016	5:00 AM
Joy In Our Town # 546	30:00	15:00	L	PA	10/15/2016	2:00 PM
					10/22/2016	3:00 PM
					10/29/2016	3:30 PM

Host Kelly Waldeyer speaks with Netha D. Bell, pastor at The Greater Life Christian Center, about the importance of a Christian education at the pre-school level. Pastor Bell left a six figured job as an executive at a bank to open a Christian child care center in the inner city of Philadelphia. In today's society, success is defined as achieving the highest goals possible in the business world. As she achieved the corner office and the six figure salary, Pastor Bell still felt empty inside and felt there was more to life. The child care center at the Greater Life Christian Center, provides a loving safe environment where children, from 3 to 5 years old, can learn and be challenged. Studies have shown these early years are critical to the development of children. You will be surprised how far you can stretch a child when you place them in a loving and caring environment. God has given the staff at the Greater Life Child Care Center the gift to go beyond the emotional bad behavior and love on them and give them the nurturing they would not receive at others facilities. Graduates from the center have blossomed and gone on to receive scholarships to kindergarten because they are so far advanced in their education. Some of these children entered the center with the parents explaining they have already been labeled with a learning disability. Children during these early years need a place free from chaos, and they need someone they can access that is an authority figure to help promote a healthy learning environment.

*Substance Abuse*

700 Club NewsWatch #10202016	CBN	1:00:00	5:00	REC	PA/O/E	10/20/2016	3:00 PM
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CBN News Reporter Caitlin Burke Reports: Alcoholism remains a leading cause of death in the United States. But even with all the research poured into the problem, it's a condition that's often misunderstood. When someone consistently drinks large amounts of alcohol it injures the brain, specifically the limbic system, or the brain's control center. When alcohol is consumed, it enters the blood stream and goes to this control center where it releases dopamine. While that chemical can make you feel good, it can also injure the brain as more of it is released overtime. The alcohol essentially causes the brain's control center to short circuit, overwhelming how you think, feel, and manage your emotions. Another misunderstood fact about alcoholism: females can become addicted more easily than their male counterparts. When a female drinks, her body absorbs 50 percent more alcohol per drink than a male. Because of this, Urschel says female alcoholics face more medical problems. This becomes even more of a concern as alcohol beverage companies spend millions appealing to women through television ads and social media. Hanna Fobare, 24, believed all the hype and turned to drugs and alcohol when the pressure to perform in college athletics got to be too much. As Fobare embraced her new lifestyle--the friends, parties and boys--the addiction quickly took over. When she started failing classes, Fobare realized she couldn't lie to her family any longer. Her parents stepped in and sent her to Enterhealth. There she received a dual diagnosis--as is common with many alcoholics. Fobare is now one year sober, but it hasn't been easy. Her first attempt led to a relapse, detox and time in a state-funded rehab facility. Both she and Urschel stress that the hardest thing for a recovering addict to understand is the need for constant maintenance. While the alcohol damage never goes away, Urschel says the brain contains an amazing ability to reboot and heal. With the right treatment, there's a 85 to 90 percent chance the brain will go back to its normal state.

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