

# **Trinity Broadcasting Network**

## *Quarterly Report*

October, November, December 2015

**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.*

Health

Education

Economy

Family

Civic Affairs

Electoral Affairs

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

					11/06/2015	1:00 PM
					11/07/2015	4:00 AM
Joy In Our Town # 497	30:00	15:00	L	PA	11/09/2015	11:30 AM
					11/12/2015	4:00 AM
					11/12/2015	12:30 PM
					11/19/2015	4:30 AM

Dorrine Jones speaks with Fran Alloway, registered dietitian and licensed dietitian nutritionist, from Penn State Extension, Delaware County. Fran holds up a plate that is sectioned into five portions which is now used in lieu of the former food pyramid diagram. My Plate was created as a result of the government understanding the pyramid diagram was not easy to understand regarding portion controls. My Plate shows our daily vegetable intake should be 2.5 cups per day and 2 cups of fruit per day for an adult. A proper breakfast meal could consist of eggs and meat, which are protein; a glass of milk, is dairy; and a banana or orange, is fruit. Just eating the right foods at breakfast incorporates 3 out of the 5 food groups. Consuming too many vegetables is possible, but most people don't have this issue. For instance, eating too many carrots can actually cause one's skin to turn orange. Vitamin K appears in many dark green, leafy vegetables and this vitamin is important. However, if someone is on blood thinning medication this vitamin should be monitored. Salad eaters can actually incorporate all 5 food groups in one meal; nuts, soy, croutons, rice/pasta, and cheese. Vegetarians tend to not be overweight as they generally consume foods that are not fat laden. Guard the intake of grains to ensure they are not heavily processed with sugar such as donuts. Sugar is not a food group, it is an additive listed as a carbohydrate. The My Plate website offers a calorie checker and diet guide and offers information on the amount of food one needs depending upon their age and current weight.

					11/06/2015	1:00 PM
					11/07/2015	4:00 AM
Joy In Our Town # 497	30:00	15:00	L	PA	11/09/2015	11:30 AM
					11/12/2015	4:00 AM
					11/12/2015	12:30 PM
					11/19/2015	4:30 AM

Dorrine Jones speaks with Fran Alloway, registered dietitian and licensed dietitian nutritionist, from Penn State Extension, Delaware County. Fran shows an orange and states the importance of eating it, vs. drinking its juice so fiber is consumed. Most people like fruit because it is sweet; its sugar content is a healthy sugar. It would take approximately 3-5 oranges to produce a glass of orange juice creating 3-5 times the amount of natural sugar intake, minus the fiber. Smoothies are a good alternative for children to ensure they are receiving their daily required intake of vitamins. Our metabolisms do slow as we become older and we may not need the same portions we did when we were younger. Exercise boosts metabolism and helps us to use calories more efficiently. Water intake is not identified on My Plate but water is available in most fruits and vegetables. A healthy snack can include protein, such as peanut butter or cheese. The highest amounts of natural sugar are found in oranges and berries. Vitamin nutrients can be altered if fruits are heated. Canned fruits can often be found with higher caloric numbers as they are coupled with sugar syrup and many contain added sodium. The number one way to get all of the food groups into a daily diet is to buy them and keep them in your house.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

					11/23/2015	11:30 AM
Joy In Our Town # 500	30:00	15:00	L	PA	11/26/2015	12:30 PM
					12/03/2015	4:00 AM

Kelly Waldeyer speaks with Leslie Peters, RN who shares information regarding the importance in preparing for pregnancy. When a woman decides to become pregnant three months prior to this time is crucial especially if there are any addictions that need to be removed such as smoking, drinking, and/or drug use. A review of her diet is important to ensure proper amounts of vitamins and minerals are ingested. Under medical care, a woman may be given a pre-natal vitamin along with Folic Acid even before pregnancy occurs. Additionally, exercise is an important component to round out a healthy pregnancy. If a woman is not accustomed to exercise walking is a very good way to begin. Is there a right time to become pregnant? Leslie states that the right time is when the woman feels it's the right time. No one can really recommend that time except for you. Advanced maternal age is considered a pregnancy in a woman 35 years of age and older. At this age studies show an increased risk for high blood pressure, diabetes, and genetic disorders. Eggs are not reproduced so they have a certain amount of time in which they are viable. They are not the same quality or quantity as we age. For women under 35 years of age 80% of women become pregnant within the first year and 90% within the first two years. Attempting to become pregnant can take a bit of time and can become stressful. Relax.

Joy In Our Town # 493	30:00	15:00	L	PA	11/30/2015	11:30 AM
-----------------------	-------	-------	---	----	------------	----------

Dorrine Jones speaks with Fran Alloway, registered dietitian and licensed dietitian nutritionist, from Penn State Extension, Delaware County. Fran talks about The Big Thaw. Huge meats, like turkey, should not sit on the counter for any length of time. No food should sit outside of refrigeration for more than 2 hours. To thaw meat, do so in the refrigerator using the gauge of 24 hours for every 5 pounds of turkey. Water can be used as long as the water is running continually and no warmer than 70 degrees. Do not place meat in a water bath as bacteria will spread. Cleaning hands and the work space are very important. Use hot, soapy water. Bacteria will grow in a temperature range from 40 to 140 degrees. Keep tabs on the temp in the refrigerator which should read 39 degrees. Thermometers can be purchased at a grocery or hardware store. On a turkey, do not trust the pop-up indicator; use a thermometer to confirm an internal temperature of 165 degrees. If properly handled prior to and after cooking, turkey meat can be safely stored in the refrigerator for up to one week.

Joy In Our Town # 493	30:00	15:00	L	PA	11/30/2015	11:30 AM
-----------------------	-------	-------	---	----	------------	----------

Dorrine Jones speaks with Fran Alloway, registered dietitian and licensed dietitian nutritionist, from Penn State Extension, Delaware County. Fran shares the importance of owning thermometers, especially during the time of a power outage. Refrigerated food should not go for more than 4 hours in a temperature above 40 degrees. During a power outage place refrigerated items in a chest freezer along with ice to keep the food safe. Food will smell as it deteriorates but bacteria doesn't always smell and can't always be tasted. Heat destroys bacteria. If there is hamburger in the refrigerator waiting to be cooked an option may be to use an outdoor grill. Everything involved in properly handling food comes down to cleanliness. A weak solution of chlorine bleach can be used on counter tops. Food poisoning can occur because the preparer has poor personal hygiene; sneezing or touching of their hair. Food poisoning is serious and one should see a doctor. Symptoms include headaches, hives, upset stomach, GI discomfort, all of which may surface within 30 minutes after eating tainted food. Sometimes food poisoning or toxicity may not surface until days or weeks later depending on what toxin and/or parasite was encountered. When in doubt, throw it out.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #006	28:30	28:30	REC	PA/O/E	10/06/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside of our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this is who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific, science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remolding chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. You're capable of changing the "I can't" into the "I can."

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #007	28:30	28:30	REC	PA/O/E	10/13/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. You are in life processing. In the events and circumstances of life those things are coming in through your five senses. You are thinking these things through and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. You are a triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. What science quantum physics tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an incredibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your of head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewire that; that will start freeing you. That realization that this is not who you are, that you can rewire it; that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain. If you start thinking about it more, you then act upon that because whatever we do is coming from these thoughts that we've built in our non-conscious mind. The more you think about it the bigger it gets. The more you meditate the bigger it gets. If you're in a crisis situation, what are you going to revert to? The thing you're thinking about the most. Hebrews 11:1 in reverse. Faith is substance. When you are building your faith in something you are building a physical network. Your brain is following the structure of your mind. Genesis 11:6 Faith. Substance. Imagination. All of it is building substance. Substance is stuff; something physical. As you are thinking, you are creating thoughts. You first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. How do we know what is truth in terms of making decisions about whether something is good or something is bad? First of all, you are wired for love. It's the scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline, that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating "Is this thought in alignment with God or is it in alignment with the worldly way of thinking." We can train ourselves to discern because our basic nature is one of knowing good from evil. A lie cannot be measured. Light is what we measure. Darkness is the absence of light. A lie is the absence of truth. We measure truth. Your mind controls your body even down to the subatomic level. That is why when you pray your words influence the subatomic level. Your thoughts change the C-reactive proteins in your body. Your thoughts, your words, change everything right down to the DNA level.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	10/20/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #009	27:30	27:30	REC	PA/O/E	10/27/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses emotions and feelings and if can we control them. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default; this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #010	27:30	27:30	REC	PA/O/E	11/03/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

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

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #011	27:30	27:30	REC	PA/O/E	11/10/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit. 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually, the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension; you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. And you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #012	27:30	27:30	REC	PA/O/E	11/17/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

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

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #013	27:30	27:30	REC	PA/O/E	11/24/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

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

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	12/01/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	12/08/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for love. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	12/15/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will brings disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

Switch On Your Brain #004	28:30	28:30	REC	PA/O/E	12/22/2015	1:00 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses stress. There is good and bad stress. Stress is how your brain and your body reacts to how you're thinking. When you are in a positive state of stress, which is stage one, your neurons are lining up and everything is happening like it should. Stage two and three of stress is considered negative stress. Your body goes into negative stress when you build toxic thoughts. Every cell in your body is subject to every toxic thought that you keep, increasing vulnerability to illness and disease. When we make a negative choice we throw our body into a state of toxicity. Science tells us that seventy-five to ninety-eight percent of current mental, physical, and behavioral illnesses come from our thought life. There are three stages of stress. Stress stage one is actually good. It is normal and is the natural flow of the brain in helping us as humans to focus and deal with life. When we make a bad choice, we actually upset the natural cycle of stress and upset the natural flow of chemicals and cause an imbalance in our thinking. So good stress becomes bad stress and we move into stage two of stress where we have neurochemical chaos. As we're thinking and processing information, we have about 30 neurotransmitters and 1,400 different chemical reactions happening while we are just living. But as we enter stage two of stress, which is caused by a bad decision, which is caused by a toxic thought that we physically build in our brain, we cause neurochemical chaos, upsetting those 1,400 chemical reactions and 30 neurotransmitters. Stage three of stress is when we stay in stage two of stress for a long time; when we've kept those bad habits, when we've kept those toxic thoughts, and we just don't move beyond and nurse those things and suppress them in our subconscious mind. When it's there for too long, eventually, the damage becomes greater and greater, and we shift over into stage three of stress, which is a good thing gone really bad and doctor's generally talk about that as the death zone. Stress is the body's reaction to the foreign invasion of a toxic thought. Your choice, which is your reaction, determines if stress will make or break you. Every single cell in our body has like little doorways on it. Every single cell has multiple receptors for a specific purpose, little doors and windows, each letting in certain chemicals, certain substances, at certain times, in certain amounts. It is called cell specificity. When it's all going like it should, when you are in stress stage one, which is the good stress, when you're thinking correctly and making right choices, when you are in line with your wired for love natural design, then the receptors work correctly. The minute we think and choose and make a toxic decision, when we move into the wrong way of thinking, out of alignment with our natural way of thinking that causes neurochemical chaos in the body. When we have neurochemical chaos in the body that literally causes the doorways to be ripped off the hinges, causing the windows to be shattered, removing protection from the cells. Now whatever is flowing through the bloodstream, whether it's chemicals that you've inhaled from a perfume that you've sprayed, or food that you've eaten, the incorrect balance of chemical signals from a toxic reaction. All of that is actually reality inside of our blood flow. Now that can enter into the cell and into the heart of the cell, which is the DNA, and affect the way in which the genes express and effect the way in which you hold thoughts. Your spirit is the true you. It's who you've really been created to be. Your soul is your intellect, your will and your emotions, so your soul is your mind realm. Your physical body houses your spirit and your soul, so your brain is part of your physical body. The way we are designed is that the Holy Spirit guides your spirit. Your spirit guides your soul. Your soul dominates your body. Your thinking mind controls matter. Your thinking is changing the structure of your brain and your body. The Holy Spirit lays down in your spirit what you know to be the correct thing, but it is with your mind that you must appropriate that. It is with your mind that you understand what the spirit knows. We've all been at the place where we know what we're supposed to do and can even quote the scripture, but our mind is still not really believing what is true. This is called in scientific terms: cognitive dissonance or lies. You are getting input through stimulus or signals from the external to the internal part of your mind through your five senses, so your five senses are the contact between the external world and the internal world of your mind. When these signals move into your mind they're moving as electromagnetic impulses, waves, and all kinds of fantastic things, and they are in a temporary state and they move through the hundred structures of your brain. You're in the events and circumstances of life and the enemy comes and distorts those events and circumstances. When someone speaks you receive those signals, you process and think about it with your mind. As you're thinking, you cause your brain to genetically express, which means your brain has a physical reaction to your thinking. Thinking is an electromagnetic wave, which is a signal that causes your brain to make proteins. Those proteins group together into little branches that hold information that you are hearing. The stuff from outside becomes a physical reality inside. You receive it, but you have a choice. You, with your mind, have to choose whether you are going to appropriate the truth of God and step into His grace, and the signal that changes your brain is your mind. What you are thinking changes your brain. Your brain then controls your body. Your brain then receives either a negative signal or a positive signal. The lie of the enemy has no strength, no substance, until you take it and make it physical substance. Whatever you think about will produce an action and words. Everything that you say and do in your life is first a thought that you have built inside of your head. Your thoughts are the source. As a man thinks in his heart so is he. You don't have stress chemicals in your body, you have chemicals that flow in the wrong quantities. Everything inside your brain and your body is designed for perfection. When we make bad choices we disrupt the natural rhythm of the physical body that we live in. There have been thousands of studies showing how the physical heart is linked to the brain. In the heart there is a mini little brain that has about 40,000 nerve cells. This little mini-brain inside your heart is connected to your brain and what happens is that as you are processing the events and circumstances of life, as you are reacting to the events and circumstances of life, as you the observer outside of the system are observing the events and circumstances of life, as you're intellectualizing through the events and circumstances of life, you are then going to make a choice. You will always make a choice. This is how you are designed. Thinking leads to a choice. Put your past behind you. Acknowledge, confess and repent to rewire your thinking. It's time to stand up and take responsibility for our thought life. Stress literally causes brain damage. We cause our own brain damage every time we make a toxic choice and throw our body into negative stress. Positive stress is good, that happens as you're thinking and making good choices. Negative stress stage two and three is when you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

700 Club CBN NewsWatch #10232015	1:00:00	5:00	REC	PA/O/E	10/23/2015	3:00 PM
-------------------------------------	---------	------	-----	--------	------------	---------

CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called Our Journey of Hope. Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. 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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Health*

700 Club CBN NewsWatch #12102015	1:00:00	5:00	REC	PA/O/E	12/10/2015	3:00 PM
-------------------------------------	---------	------	-----	--------	------------	---------

CBN News Medical Reporter Lorie Johnson Reports: Not many substances are as widely studied as tea. Now, the verdict is in. The bottom line: if you're not drinking tea on a regular basis, it might be a habit worth starting. That's because when it comes to your health, tea packs a powerful punch. Combined studies examining literally hundreds of thousands of tea drinkers led a vast array of scientists to conclude that a consistent dose of tea is good for the body. Most of the research was conducted in Asian countries, on people drinking hot, green tea. The amount mattered. Usually people only experienced health benefits if they drank at least three cups a day. Dr. Patrick Fratellone is a cardiologist who practices integrative medicine New York City. He advises his patients to make tea a part of their daily life. Green tea comes from the camellia sinensis plant, as do black and white teas. Green tea contains the most EGCG. But with so many types of green tea on the market it can be difficult to choose which is best. Fratellone shares some guidelines. Research shows green tea lowers the risk of type 2 diabetes and liver disease. It also has been shown to improve memory, reduce the risk of Alzheimer's disease, Parkinson's disease, and depression, as well as significantly lowering your chance of having a stroke. In addition to the teas you'd find at the grocery store, there are also lots of other teas that are very effective at treating specific medical conditions in lieu of popping a pill. Fratellone is also a registered herbologist, with a vast knowledge about teas made from various plants, trees, and shrubs. He often prescribes those teas to his patients instead of allergy medicines, antacids, cough suppressants, and more. He points out that many conventional medicines you find at the average pharmacy are actually derived from plants. Dorota Meller needed to overcome chronic fatigue. Fratellone discovered she was anemic. But her problem went even deeper, originating in her intestinal tract. Within a month she felt better. Fratellone says his priority is getting to the root cause of his patients' illnesses, not just treating the symptoms. He said cleavers, mullein, blue violet and lady's mantle are good teas for breast health and premenstrual syndrome. Herbal teas can interact with conventional medicine, so before drinking them, people should check with their doctor or registered herbologist. The growth of these natural treatments has led to a relatively new healthcare provider known as a naturopathic physician. They attend an accredited four-year program focusing on botanical medicine, food as medicine, and other natural remedies. While naturopathic doctors practice in each state, they are only licensed on 19 states, with more on the way. So for overall better health, include three cups of green tea to your daily diet. Research overwhelmingly concludes it's worth the effort. For more specific health concerns, consult a registered herbologist or naturopathic doctor about a natural tea that could take the place of conventional pharmaceuticals.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Education*

					10/09/2015	1:00 PM
					10/10/2015	4:00 AM
					10/12/2015	11:30 AM
					10/15/2015	4:00 AM
Joy In Our Town # 494	30:00	15:00	L	PA	10/15/2015	12:30 PM
					10/22/2015	4:30 AM
					10/29/2015	4:30 AM
					10/29/2015	1:00 PM
					11/05/2015	5:00 AM

Kelly Waldeyer speaks with Aubrey Fenton, advisor to Burlington County elected officials, in the State of New Jersey. Aubrey gives some background in local government and its educational system. The definition of educational reform will vary depending upon who is asked the question. There are numerous components to reform which include finances and academics. At the core of reform is what is best for the children and how do we make the current school year better. Academic reform has been ongoing for years. Our question must be, how can we pour into a child to equip them for life? The challenges regarding funding is what drives reform today. An opinion is that each district would have their own case by case basis to identify reform. When in college, a student will see a diverse group of people from all over the globe all of which have been educated differently. Our children are competing with others from all over the world. We need to educate our kids to the very best of our ability when they are in their youngest years. Some children are hungry, come from broken homes, living in fear. Our teachers then become parent, nurse, counselor and caregiver to the student. Students are pressured to know what they want to do earlier than before. Education is a realization for personal enlightenment not necessarily to get a good job and make good money. We need to refresh ourselves and remember what education is really about and get back to the love of learning. The more a person is pressured the more that person makes poor decisions. The scarcity of funding is causing parents and educators to reassess how programs are applied. Everyone is a stakeholder in the education of every child. Every community has a level of control through school boards and have voice in their educational system.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Education*

					10/09/2015	1:00 PM
					10/10/2015	4:00 AM
					10/12/2015	11:30 AM
					10/15/2015	4:00 AM
Joy In Our Town # 494	30:00	15:00	L	PA	10/15/2015	12:30 PM
					10/22/2015	4:30 AM
					10/29/2015	4:30 AM
					10/29/2015	1:00 PM
					11/05/2015	5:00 AM

Kelly Waldeyer speaks with Aubrey Fenton, advisor to Burlington County elected officials, in the State of New Jersey. Aubrey discusses the challenges faced by teachers including budget constraints, lack of books and other educational resources. A quality teacher is one who loves kids and inspires them to learn. A tenured position is a protected position and occurs when a teacher reaches a certain level of acknowledgment and they are unable to be fired. Tenure is beneficial when a teacher is good, preserving his/her position. However, tenure can be abused and when this occurs one must ask who approved the tenure? Tenure itself is not to blame. Lack of funding occurs due to budgeting in which certain amounts of revenue is anticipated. Sometimes revenue shortfalls, certain fixed costs rise, salary increases, health insurances, and other expenses can affect the bottom line on a budget and monies become scarce. Unified education standards sounds appealing but who is setting the standard? If indiscriminate people are making the decision it could be negative. National goals and achievements are beneficial standards. Too much standardizations becomes the priority instead of learning. Time produces a change in our prioritization of education. Today, for instance, we text and send emails vs. the communication of the 1800's. Parental influence is crucial in their child's educational journey. A teacher will confirm that a child is set up for educational success when the parents are onboard. For more information on education and your local school system you can find resources online.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Education*

					10/16/2015	1:00 PM
					10/17/2015	4:00 AM
					10/19/2015	11:30 AM
					10/22/2015	4:00 AM
					10/22/2015	12:30 PM
					10/23/2015	1:00 PM
Joy In Our Town # 495	30:00	15:00	L	PA	10/24/2015	4:00 AM
					10/26/2015	11:30 AM
					10/29/2015	4:00 AM
					10/29/2015	12:30 PM
					11/05/2015	4:30 AM
					11/05/2015	1:00 PM
					11/12/2015	5:00 AM

Kelly Waldeyer speaks with Tina Stanton, Program Coordinator at State Correctional Institute, Chester, PA and Elek Fenyes, program coordinator at George W. Hill Correctional Facility in Thornton, PA. Thresholds is a 501(c)(3) organization designed to teach decision making and goal setting skills to those incarcerated. We have choices to make and different ways to reach our goals. Volunteers from the outside connect with those in prison. Thresholds serves the State Prison in Chester, PA, the juvenile correction facility located in Lima, PA in Lima and the George W. Hill Correctional Facility in Thornton, PA, all of which are within Delaware County. This program developed roots in Bucks County, then grew into Delaware and Chester Counties, then in the State of Delaware. The author of this program, Milton Burglass, developed its curriculum while an inmate in New Orleans noticing that fellow inmates were not skilled in making good decisions. After Milton's release he attended Harvard for his Ph.D., approximately 45 years ago. Dedicated volunteers hold this program together and second generation volunteers are now teaching. The program is designed to keep inmates from returning to prison by showing them the difference between reacting and acting to situations which is at the core of this program's design. Volunteers from the outside offer support to those inmates who have signed up for the course. Inmates from state prison hold harder criminals; the county prison holds inmates of lesser crimes. It is noted that prior to an inmate taking this course they lack in remorse and are less social. After completion of the course they are more outgoing and have learned they are in control of the choices they make. Within the walls of the Chester facility inmates are serving time for drug, assault, burglary, and a variety of other charges and these inmates vary in all ages and backgrounds. Some have supportive families and some do not; some are even lawyers who are behind bars. Those who sign up for Thresholds attempt to get their lives back on track. A Micro class is a one-on-one with an instructor and the Macro classes are group sessions. To find out more about this program and volunteer opportunities please visit [www.thresholdsdelco.org](http://www.thresholdsdelco.org).

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Education*

					10/16/2015	1:00 PM
					10/17/2015	4:00 AM
					10/19/2015	11:30 AM
					10/22/2015	4:00 AM
					10/22/2015	12:30 PM
					10/23/2015	1:00 PM
Joy In Our Town # 495	30:00	15:00	L	PA	10/24/2015	4:00 AM
					10/26/2015	11:30 AM
					10/29/2015	4:00 AM
					10/29/2015	12:30 PM
					11/05/2015	4:30 AM
					11/05/2015	1:00 PM
					11/12/2015	5:00 AM

Decision making skills can be of benefit to anyone. Decisions are made consistently throughout the day in everyone's life. Inmates join and over the course of the six weeks better understand that they are in charge and now know how to work through a problem to determine the best course of action. Most inmates begin the program being closed off from others. The group classes allow them to trust and become vocal knowing that everyone in attendance is feeling the same way. For the first time for many of the inmates they learn that their choices have had negative effects on their families and friends. Some inmates are illiterate and poor in social skills, some have a GED and some have a PhD, and some are just now learning how to read and write. Thresholds volunteers have skills in working with inmates who may have physical and/or mental disabilities. The core of the Thresholds course consists of six steps which are: Define the Situation; Set the Goal; Look at the Different Possibilities; Evaluate the Possibilities; Make/Choose the Decision; and Implement the Decision. Each step uses a symbol to help the inmate easily identify and recall the step. External we see the facts and internal we feel the emotion. Goal setting is based on personal values by envisioning the goal. Recidivism is a term used to identify those who return to prison. This program is profound in reducing this rate as inmates are motivated to be better. Volunteers are always needed to carry out this program. Anyone interested may visit [www.thresholdsdelco.org](http://www.thresholdsdelco.org).

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Education*

					12/17/2015	12:30 PM
Joy In Our Town # 504	30:00	15:00	L	PA	12/21/2015	11:30 AM
					12/24/2015	11:30 AM

Kelly Waldeyer speaks with Dr. Sheryl Hickman, facilitator of conflict resolution management techniques. Conflict resolution is best understood as achieving an outcome determined by agreement of two or more people. Conflict resolution has been utilized since the beginning of time and has evolved in its teaching and style facilitation. Conflicts arise in the workplace where we spend a large majority of time alongside of coworkers. It also arises in our home life as we live among family members. When people are together for long periods of time it stands to reason that conflicts will arise. Learning how to navigate through conflicted issues can make or break a relationship. Avoidance to conflict is destructive to everyone involved and is unfortunately a common way in which people deal with conflict. We don't always know how to effectively communicate to one another and bring problems to the surface. Resolving conflict involves creating a calm atmosphere. For example, a facilitator who is working with a couple may bring to light that the couple is not completely aware of the substance or gravity of their conflict. Not every battle is actually meant to be fought. Success in conflict resolution means that all parties feel that something was effectively resolved. People are different and we have all grown up in different type environments. Learning how to work through these differences enables us to become better communicators. Communication is key as it takes courage to speak up. Counseling is a resource that can help to identify what the core problems are that a couple may be facing. Forgiveness is crucial as it allows us to let the issue go and move forward in life. Children have conflicts in their lives also as they, from an early age, play with toys. Sharing is a teaching tool that enables a child to resolve conflicts. Consensus building may consist of a team of coworkers or family members from home that come together to discuss a certain situation all of whom are seeking to make a decision or find a resolution to a particular issue. Consensus is a tool used in which the majority of vote will rule.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Education*

700 Club CBN NewsWatch #12162015	1:00:00	5:00	REC	PA/O/E	12/16/2015	3:00 PM
-------------------------------------	---------	------	-----	--------	------------	---------

CBN News Reporter Heather Sells Reports: More and more, today's college students want professors and administrators to make them feel safe and will protest if they don't. The Foundation for Individual Rights in Higher Education (FIRE) is a nonprofit educational foundation that tracks speech on college campuses. The foundation recently captured cell phone video of a Yale University student publicly cussing at and denouncing Dr. Nicholas Christakis, a professor and master of Silliman College, a residence hall at, Yale. His crime? Encouraging students to make their own decisions about what Halloween costumes to wear. The student (and many of her peers) wanted Yale to make rules about costumes. At Yale, the University of Missouri, and elsewhere students are increasingly concerned about what they consider offensive. They're calling for more rules to limit what students can say. In the last 20 years, such sentiment has led more than 400 universities to adopt speech codes. These codes consistently violate the First Amendment by prohibiting speech that is constitutional. The codes often forbid speech that is disrespectful or offensive while the First Amendment, and many court decisions, allow for such speech. Todd Zywicki, professor at George Mason University School of Law in Arlington, Virginia, spent the last five years working to reform the university's speech codes. He said that sometimes students will be uncomfortable in college life as controversial ideas are debated. Like Zywicki, Adams is working to reform speech codes at his university. He's especially concerned about what's called the "respect compact," which calls for a "free exchange of thoughts and opinions within a climate of civility and respect." In reality, Adams said it gives UNCW incredible power and the ability to punish anyone whose speech it deems to be disrespectful. UNCW student Alex Benson said he thinks the compact gets in the way of open debate on campus. Adams said such speech codes erode a robust understanding of the First Amendment over time. Right now, FIRE is following more than 200 universities that have substantially restrictive policies. The typical approach is codes that define harassment broadly, despite a narrow definition from the Supreme Court. What's known as the "Chicago statement" is beginning to change the trend. The Committee on Freedom of Expression at the University of Chicago released it in January 2015. The statement holds a high view of the freedom of speech and notes that "concerns about civility and mutual respect can never be used as a justification for closing off discussion of ideas, however offensive or disagreeable those ideas may be." Six universities have followed the University of Chicago's lead this year and have created similar documents. University of Chicago Law Professor Geoffrey Stone, who served on the committee, said that most faculty and students support the statement although some students oppose it. The diversity movement has also played a role he said. It's a profound change for students to be the ones arguing for limited speech. Historically, it's been administrators or off-campus forces. This student movement has huge ramifications for the future of universities as well as for those who dare to disagree. This battle between learning and safety may be just beginning. At its core, it's not just campus policies at stake but the hearts and minds of a new generation.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Economy*

					11/13/2015	1:00 PM
					11/14/2015	4:00 AM
					11/16/2015	11:30 AM
Joy In Our Town # 498	30:00	15:00	L	PA	11/19/2015	4:00 AM
					11/19/2015	12:30 PM
					11/26/2015	1:00 PM
					12/03/2015	5:00 AM

Kelly Waldeyer speaks with Dr. Donald Nurse, director of Abundant Life Institute, about debt and the strategies that we can incorporate to become debt-free. Dr. Nurse teaches that as far as possible cash is a good way to purchase items instead of using credit cards. Clipping up credit cards can keep one from future temptation however the debt on the account remains. The better way is to call the credit card company and request the account be cancelled and noted that this is at the "customer's request." In doing this the customer will avoid a negative notation on a credit report. A pay day loan is a cash advance on your salary and should be used only in an emergency situation. If a person plans properly a pay day loan will never be needed as a saving resource would be used instead. This is, of course, taking into consideration that monies have been set aside which are available for emergency situations. Our country is experiencing a high level of poverty. Poverty is a cycle which can be broken with education and a realistic budget plan. Creditors usually work along with the customer and can often develop a schedule that will work for both creditor and customer. Debt consolidation is an option. Another option is to pay off a creditor that has the highest interest rate. Dr. Nurse believes that the smaller amount of debt, regardless of interest rate, be paid first which gives a person a sense of success, then work on the second lowest debt, and so on.

					11/13/2015	1:00 PM
					11/14/2015	4:00 AM
					11/16/2015	11:30 AM
Joy In Our Town # 498	30:00	15:00	L	PA	11/19/2015	4:00 AM
					11/19/2015	12:30 PM
					11/26/2015	1:00 PM
					12/03/2015	5:00 AM

Kelly Waldeyer speaks with Dr. Donald Nurse, director of Abundant Life Institute, about developing a budget. Dr. Nurse explains that a budget gives financial boundaries in which one is aware of how much money can be spent on what items and purchase frequency. A budget requires commitment. Simply explained the best way to determine a budget is income vs. expenses. A budget can incorporate fun items which is also known as discretionary income. This category can be used for emergency needs, also. Listing all expenses helps us to better see where we may be spending unnecessarily so we can implement changes to our existing purchasing patterns. The question is, "What are your goals?" If you want to save you'll reconsider a certain purchase. If you desire to become debt-free, again you will reconsider a certain purchase. An emergency fund should be in place and have a minimum of 3 months of living expenses, preferably 6 months which is the best. The only way in which someone can purchase a large item, such as a house, when their income is not sufficient the only other avenue is to work another job. There is stress involved in managing finances especially when expenses are greater than the income.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Economy*

					11/20/2015	1:00 PM
					11/21/2015	4:00 AM
Joy In Our Town # 499	30:00	15:00	L	PA	11/26/2015	12:30 PM
					12/03/2015	4:30 AM
					12/03/2015	1:00 PM

Kelly Waldeyer speaks with Dr. Donald Nurse, director of Abundant Life Institute, about the functional background of stocks and bonds. Bonds are federal and/or state created vehicles used to raise a certain amount of money for a particular project over a certain period of time. Stocks are a different investment. For instance, a business owner may ask family or friends to join financially in the start-up endeavor. Those that invest would share in the success or failure of the business. This is the same concept with a corporation. Sometimes a corporation may become so large their stocks are exchanged on the market. The New York Stock Exchange is in a constant flurry of activity throughout the day as investors are buying and selling stocks and shares. Those who purchase shares in a corporation can stay abreast on the strength of that stock and if it goes either up or down that investor has the option of buying or selling. Learning how stocks work can be of great financial benefit as an investor could purchase stock for a very low price and over time, as the stock becomes stronger, can earn a large return. Basically, an investor is aware that the purchase of stocks is actually loaning the corporation their money and the risk is that the investor may or may not see profit. A dividend is income received from the growth or surplus of income a company makes during a point of time, i.e., annually. Preferred stock is purchased at a higher price as it is considered assured income. Personal preference decides which is most beneficial to the investor; preferred stock vs. common stock. A dividend is excess income and given to the investor as a payout from the company. Privately owned corporations can be held by individuals who want to get ahead by working together without visibility on the New York Stock Exchange. These are individuals who sell among themselves and not publicly. There are always risks involved in investing. Some investments are considered conservative and others are considered aggressive. The most effective way in which to determine where to invest is to examine the corporation's portfolio to ensure their plans show potential for growth.

					11/20/2015	1:00 PM
					11/21/2015	4:00 AM
Joy In Our Town # 499	30:00	15:00	L	PA	11/26/2015	12:30 PM
					12/03/2015	4:30 AM
					12/03/2015	1:00 PM

Kelly Waldeyer speaks with Dr. Donald Nurse, director of Abundant Life Institute, on how stock and bonds can work for the investor. Dr. Nurse begins by clarifying that a bond is a legal vehicle in which money is raised for a certain project. Federal bonds have great benefits to their investors. The federal government is a sound entity so investing in a federal bond offers minimal risk on return. There are three types of investments: aggressive, medium, and low/conservative. The younger a person is the more risk can be taken with investments. The older a person is the least risk is taken so low/conservative investments are a better choice. Money is currency and it must work for its owner. Investments are important for both short and long term goals as these investments usher us into our later years. Seeking a financial advisor or consultant is of benefit as they will have information that the investor may not be aware of so that the best choices are made on behalf of the investor. Diversity is another area in which financial gain is possible. There is much information on the Internet that will get one started in better understanding the ins and outs of investing. Someone that owns stocks in a company is actually part owner of that company. Profit/loss information is made available to the investor, annually, and in many cases the investors are asked to participate in voting on certain decisions regarding the corporation's future.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Economy*

					11/23/2015	11:30 AM
Joy In Our Town # 500	30:00	15:00	L	PA	11/26/2015	12:30 PM
					12/03/2015	4:00 AM

Kelly Waldeyer speaks with Dr. Donald Nurse, director of Abundant Life Institute, on the 529 Plan. This plan was created by the IRS, section 529, to allow the investment of monies to pay for future educational programs. More people are shying away from the traditional college savings plans and are opting for the 529 Plan because of its benefits. There is no limit in which you can place in this account. A 529 Plan can be set up by a bank or an investment company. Many of these investment companies have presence on the Internet. Some companies request a minimal amount of money to open this type of account and others may request more. If a parent opens this account for a child anyone can contribute to this effort. For example, if a family member wishes to give a birthday gift of \$25 this money can be deposited into the 529 account. The parent is the guardian and the child would be listed as the beneficiary. This plan and its financial activities is not required to be reported in a yearly tax return. An additional competitive plan to save for college would be a living trust which also dictates who receives the money. A grandparent could leave a grandchild educational monies through this method. One of the strategies in creating accounts such as these is tax-free or tax deferred arrangements. Seeking advisement of a financial planner will help assist in determining the best plan in which to save for college education.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Family*

Joy In Our Town # 502	30:00	15:00	L	PA	12/07/2015	11:30 AM
-----------------------	-------	-------	---	----	------------	----------

Kelly Waldeyer speaks with Dr. Harold Arnold, a marriage and family therapist, about the family of today and how it differs from the family of yesterday. There is a remnant image today that idealizes what the family looked like during the television time of June and Ward Cleaver. Although that type of family may have existed it was not the norm. In today's society our family units range from blended to single parent to traditional two-parent and to bi-racial groupings. We need to be flexible in our thinking about family. In years past a family also consisted of aunts and uncles who were not biologically related but given that title as they were close family members who were shown respect and authority. These surrogates helped establish the family unit. Grandparents and other extended family members lived in close proximity to one another. In describing the positive effect of a team one would see that a good team pulls together as they share a common goal. A team has leadership or an executive system that strengthens its core and if a family would adopt this type of standard the family would become successful. The terminology used to describe a family with certain behavior issues is dysfunctional. Oftentimes this word is overused as we are human and make mistakes. Dysfunction is a word that truly relates to chronic abuse or neglect. We are too quick to place the dysfunctional label on the family and/or its members. The family structure has changed over the years but continues to possess a resilience. A perfect family is non-existent. What is possible is to raise up families in which their core substance is based on respect, and an environment that is shame-free. A family that rallies together and helps others within its own community is one that shows strength and solidarity.

Joy In Our Town # 502	30:00	15:00	L	PA	12/07/2015	11:30 AM
-----------------------	-------	-------	---	----	------------	----------

Kelly Waldeyer speaks with Dr. Harold Arnold, a marriage and family therapist, about the social benefits of marriage. Marriage is a legal union in which a legal document is signed to show its validity. Many studies have been conducted to substantiate the benefits of marriage including child welfare, lower substance abuse in men, lower rates of depression in women, and greater economic affluence than those who are not married. We, as a general public, have a mythology or romanticized version of what we believe marriage is or should be. We have been brought up with media images that are not realistic. Couples who measure their relationship against these images set themselves up for failure and disappointment. All conflicts are opportunities to learn about one another and the marriage as a unified relationship. Conflicts can be considered "failing forward." Data shows that a large number of our population desire to be married but that many delay this until an older age. The reason is to become more stable in profession and economically. How a person handles conflict will have a profound bearing on the health of the relationship. Prior to marriage a couple needs to openly discuss their views on money, communication, intimacy, language, and division of tasks. Premarital counseling is of great benefit to a couple giving them the opportunity to learn how to communicate effectively before any problem can surface. Communication is key.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Family*

					12/10/2015	12:30 PM
Joy In Our Town # 503	30:00	15:00	L	PA	12/14/2015	11:30 AM
					12/17/2015	1:00 PM
					12/24/2015	1:00 PM

Kelly Waldeyer speaks with Dr. Harold Arnold, family and marriage therapist, about marriage and divorce rates. Divorce rates have stabilized at around 50% but the marriage rate has fallen significantly as couples tend to cohabitate. Additionally, those who do become married tend to do so at a much later time in life. Statistics show, in addition to marrying at a later age, ethnicity and environment play a role in marriage decline. Within the African American community, for instance, today's culture tends for couples to not marry although raise children without marriage. There was a time within United States history the black community did enjoy healthy marriage relationships that occurred one generation after the abolition of slavery. Statistics show that at approximately in the 1950's and 1960's the black community was offered assistance programs to those deemed poverty level and these programs, considered entitlement programs, became more of a problem than a help. This explanation is considered one of great controversy. In 1965, the marriage rate for the black community was at 75% and in the last 50 years has dramatically declined. A data study showed that three things must be in place for a couple not to find themselves in poverty level which are: finish high school, marry before having children, and work any kind of job, full-time. If these steps are followed poverty will be non-existent for the couple. As we deal with these issues, one by one, we can chip away at the previous demise in marriage and teach the upcoming generation the importance to finish school, become employed, and wait until marriage to have children. This new standard will take generations to reteach but will have positive outcome. Some variables that effect a child not completing high school is lack of support, supplies, and encouragement. Some may feel that there is a lack of resources but parents need to search out area programs that are available to children and get their kids involved. There is hope.

					12/10/2015	12:30 PM
Joy In Our Town # 503	30:00	15:00	L	PA	12/14/2015	11:30 AM
					12/17/2015	1:00 PM
					12/24/2015	1:00 PM

Kelly Waldeyer speaks with Dr. Harold Arnold, family and marriage therapist, about the impact of personal attitude and belief that assists in social transformation. Management is just about handling the status quo which is transactional and even though quite functional is void of change. Transformation is a game changer and doesn't accept the status quo. Transformation is about moving into another level of hope and is the critical ingredient needed to empower ourselves to change our surroundings. There are teaching resources available to all of us that are underutilized within our communities. These resources teach us that we are not victims of our circumstances. We need to develop a growth mindset. This concept can be taught by listening to elders, pastors, and mentors all of whom offer us their wisdom from their own life experiences. Approximately 75% of children born into the black community are raised by their mothers as their fathers are not available. There is a significant impact in having a two parent home, a female and male, which shows the children positive differences between the genders. Financial and wealth aspects in which a child is raised in a single parent home usually find themselves in a lower income bracket and oftentimes in poverty. Transformation can begin by helping children finish high school; finding them a mentor if needed, seeking assistance from their teachers, and looking at the grades that they bring home. Communication with children is extremely important and asking them about their experiences. Single parent homes tend to take on a negative connotation but there are so many resilient single parents who are doing an amazing job. When we encourage our children by telling them everything is possible, that they have the ability to do anything, they believe us. A strong community and family help the children to break free from a "caught to taught" lifestyle. It's not what we say to our children it's what we show them. The majority of communication, 85% of all communication, is non-verbal. We say a lot more by what we do than by what we say.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Family*

					12/17/2015	12:30 PM
Joy In Our Town # 504	30:00	15:00	L	PA	12/21/2015	11:30 AM
					12/24/2015	11:30 AM

Kelly Waldeyer speaks with Dr. Harold Arnold, family and marriage therapist, about media and its effect on the family. The amount of media consumed does have an effect on a person. Does media reflect or drive our culture? Dr. Arnold believes that media does have an agenda regarding what is promoted and placed into the public for view. He queries that there is not one sitcom currently on television in which a happily married couple is portrayed. There are different modalities of media ranging from television to the Internet. The Internet has opened a whole new portal into pornography. These images carry negative impact on the viewer. Gambling is also another example of what is readily available online and this addiction can have devastating effects on a person and/or family. The public, especially children, seem to be bombarded with media images that may not be of benefit to them emotionally. The best way to work with our children is to first understand age appropriateness. We want our children to develop a mind that makes healthy choices which begins when a child is young. When a child is of young age the parent must make choices for them until they come of age and are able to make decisions on their own. As parents we must be the filter of what they do and see when they are young and then as they become older we can begin to release responsibility to them. Spot check what they do by looking at their cell phone and social media contacts. Parents can't filter out everything but we can provide them with truth. Ultimately what parents are trying to do is give a child a mental schema by which to develop filtering rules. Self-regulation is a way of thinking which assists us in becoming an educated consumer. We have the choice to decide what to view and what not to view.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Civic Affairs*

					10/30/2015	1:00 PM
					10/31/2015	4:00 AM
					11/02/2015	11:30 AM
Joy In Our Town # 496	30:00	15:00	L	PA	11/05/2015	4:00 AM
					11/05/2015	12:30 PM
					11/12/2015	4:30 AM
					11/19/2015	5:00 AM

Kelly Waldeyer speaks with Aubrey Fenton, advisor to Burlington County Elected Officials, in the State of New Jersey. Aubrey explains that a freehold was someone who owned land, free and clear. The State of New Jersey kept this term to identify one in legislative position while other states use the term of county commissioner. The term for a freeholder is three years. Burlington County houses 40 municipalities. Every year freeholders are voted in dependent upon the election year. Some counties have between 3 to 9 freeholders and a county executive or administrator. In effort and in work it is a full-time job but does not pay accordingly. Aubrey tells of his experience in which he spent approximately 40+ hours a week attending board meetings and community meetings, reaching out to the constituency, and holding his day job as operations manager at a church. As a freeholder there is significant commitment and duties include authority and responsibility to pass resolutions, setting policies, overseeing management and safety of highways, roads, bridges, parks, social services, education, and economic development. A freeholder is a broker between the federal government and his/her constituency securing funding needed for certain projects. The responsibilities of a freehold director range from spokesperson to a principle in the construction of the budget. An unexpired term can be replaced with someone appointed by a freehold director until a special election is called in. To learn more about New Jersey freeholders and legislators within your immediate area contact your local county's website.

Joy In Our Town # 501	30:00	15:00	L	PA	12/04/2015	1:00 PM
					12/05/2015	4:00 AM

Kelly Waldeyer speaks with William Baldwin, Executive Director and Jackie Csop, Pro Bono Coordinator both of whom are employed at the Delaware County Bar Association. The mission of the Delco Bar Association is to offer support to the public, ensure laws are upheld, and that all works together for the good of all. The Delco Bar Association offers services to the public such as lawyer referrals, pro bono services, and generating public notices to keep the public informed of government activities. If someone is in need of an attorney and unsure of where to find a particular or specialized attorney referrals can be given by contacting the local bar association. The word Pro Bono means "for the public good." Lawyers who are involved with the bar association are encouraged to offer their services at no cost to someone who is in need of counsel but is financially unable to pay. Lawyers are guardians of the gates to the courts and judicial processes. In order for one to receive pro bono services they must qualify for this service. When someone is in need of legal counsel their first contact is to Legal Aid. If and when Legal Aid determines they are 125% below the poverty level a representative from Legal Aid contacts Jackie Csop, the Pro Bono Coordinator, and she locates a lawyer in their listing who has signed up to participate in pro bono services and determines who can represent them with the specialized services needed. Pro Bono services is considered an act of volunteerism. The majority of cases that come to the attention of Legal Aid are usually those surrounding custody and protection from abuse issues. There are other cases also that come to the attention of Legal Aid which are elder and civil related. The pro bono services offered through the Delaware County Bar Association consists of approximately 250 volunteer attorneys. All new members into the bar association are encouraged to perform one pro bono service each year. When a new lawyer joins and is a bit inexperienced in this area they will be mentored by another lawyer who has experience with pro bono services. Resources used to inform the public of this service is made available through local newspapers, community events, free public seminars and their website.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Civic Affairs*

Joy In Our Town # 501	30:00	15:00	L	PA	12/04/2015	1:00 PM
					12/05/2015	4:00 AM

Kelly Waldeyer speaks with William Baldwin, Executive Director and Jackie Csop, Pro Bono Coordinator both of whom are employed at the Delaware County Bar Association. Obtaining legal counsel is important for the overall public good as attorneys are capable of following the necessary procedures to ensure that cases flow as quickly and smoothly as possible through the judicial system. The term pro se means "on one's behalf" and this self-representation is becoming increasingly more popular but with some very real complications. The judge can be understanding in regards to one who is representing him/herself however the laws cannot be changed to accommodate legal ignorance and the judge holds pro se to the same standards as one with legal representation. In some pro se cases legal forms have been downloaded from the Internet and those who are seeking to create their own wills or perform divorce proceedings can find themselves in a legal bind. A divorce can be processed pro se if it is straightforward and no property is involved. People make the mistake of not understanding that marital property includes debt as well as assets. These are specific areas that must be handled by someone who truly understands the ins and outs of the law. If anyone is in need of referrals for lawyers who handle a certain type of law the bar association can assist in supplying this information. Regarding the possible needs of a corporation the bar association may assist in offering referrals but will not offer any type of pro bono services. A non-profit may be given special consideration by a private attorney but this is not a formal part of the bar associations mission. Legal services through them are intended to assist the individual who is in need, and not a corporation. The common good which comes from obtaining legal counsel is the example of an elderly gentleman who refinanced his home to have repair work done. The contractor took advantage and the work was never completed. The elderly gentleman could have easily lost his home to the bank had it not been for the pro bono services he obtained. The lawyer who worked on his behalf was able to cut through all of the red tape and expedited the legal proceedings and the man's home was saved. A pro bono case can be quite time intensive and lengthy. However, the majority of pro bono lawyers who are assigned to a case will stay with it until it is completed. Regarding legal counsel for the public good one other important area is with domestic abuse. Each county has a domestic violence program where legal representation can be obtained. Anyone can contact their local bar association for lawyer referrals.

Joy In Our Town # 505	30:00	15:00	L	PA	12/24/2015	12:30 PM
					12/28/2015	6:30 PM

Kelly Waldeyer speaks with Fran Alloway, a Nutrition and Food Safety Educator at Penn State Extension. Fran is a member of the Delaware County Interfaith Food Assistance Network (DIFAN) that works with food cupboard coordinators in the regional area. Philabundance, a food bank, is a huge organization that helps supply food to surrounding food cupboards. Their warehouse can store large quantities of food that are donated by food vendors that may have an overrun of a certain product, for example. Food cupboards or food pantries are usually found in smaller scale in local communities such as a church. Donations are always accepted and appreciated to help continue with the supply of food. Community organizations will hold periodic food drives to help support local food cupboards and the regional food bank, Philabundance. Food drives tend to run prior to holidays to provide those in need with food. However, people are hungry all year long so donations are needed no matter what time of the year. The government provides non-perishable foods to local food cupboards that usually consist of cans, boxes, cereals, and pastas. Most food cupboards don't carry protein foods unless it has refrigeration and can accept perishable items. People tend to donate boxed or canned foods and don't realize that paper products are greatly needed. EBT benefits do not allow the purchase of paper goods so these types of donations are always welcome. Another item that is appreciated is fresh produce when given to local food pantry by local residents or churches. Some food items can be stretched out to feed a family for a longer period of time such as peanut butter which can yield many sandwiches. Some food items should not be donated such as those with expired dates, a can of sardines, dented cans, or food packages that have been opened. Those who receive food from cupboards or pantries usually earn low wages, are physically disabled, or are classified as "the working poor." Looking into assistance programs and enrolling in SNAP does require proof of low income. Cupboards and pantries have certain restrictions on the amount of food they give away which is based on the size of the family. Volunteers are always needed at local and regional food banks and cupboards. To locate what is available in the area the best resources are to ask around in your community, check the local government's website, and inquire at your local library.

*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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Civic Affairs*

Joy In Our Town # 505	30:00	15:00	L	PA	12/24/2015	12:30 PM
					12/28/2015	6:30 PM

Kelly Waldeyer speaks with Connie Roggio who has been volunteering for decades and considers herself a communitarian. Volunteering is giving of oneself without expectation of financial return. Anyone can volunteer without regard to age or experience. There are no limits. For instance, there are some volunteer opportunities in which the volunteer can work out of their own home. Some nurses and doctors volunteer their time by giving to the American Red Cross or signing up to assist with a first responder unit in the event of a catastrophic event. Statistics obtained in 2013 reflect the dollar power of volunteerism. For instance, the value of an hour of volunteering in the state of Delaware was \$20.29; in Maryland, \$25.43; New Jersey, \$25.33; and in Pennsylvania the value was \$21.94. Connie used as an example a volunteer organization that she was involved with that determined the amount of volunteer hours for this year was 5,292. Those hours then multiplied by the hour value equated to \$116,424.00 given to this organization by volunteers. Someone may think that two hours of their time doesn't hold value but it does. A volunteer gets back so much more than initially understood. They receive learning, giving, social engagement, and fun. Volunteers can assist an organization by pushing forward programs that may not be budgeted for. The right volunteer fit may not happen the first time out. Don't get discouraged. Keep looking until the right organization surfaces. Connie responded to an ad for Thresholds Delco and it clicked. Decades later she still continues to train volunteers and offer her services to this organization. Every community has senior services programs and every community offers literacy programs. These are viable and much needed outreach programs that look for volunteers. Volunteering gives opportunity to work in our passion and the reward is to see the look of appreciation from those whose lives are touched. Resources for volunteer opportunities can be found in church bulletins, local newspapers, or by calling the mayor or city council offices to find out what is available.

*Electoral Affairs*

Joy In Our Town # 496	30:00	15:00	L	PA	10/30/2015	1:00 PM
					10/31/2015	4:00 AM
					11/02/2015	11:30 AM
					11/05/2015	4:00 AM
					11/05/2015	12:30 PM
					11/12/2015	4:30 AM
					11/19/2015	5:00 AM

Kelly Waldeyer speaks with Aubrey Fenton, advisor to Burlington County elected officials, in the State of New Jersey. Aubrey offers a wealth of information regarding the research of candidates in order to make the best choice. A candidate needs to possess passion and understanding of the office. Listen to the candidates and the promises they give to make sure the promises they make can be fulfilled by their role. Become educated about the offices in which a candidate wishes to be elected. Most people see a candidate for the first time through a television ad but know nothing about them. A candidate may not have previous experience but have the ability to fulfill an elected role based on their working profession. A voter needs to get to the candidate's character which can be presented incorrectly based on the slander and libel standards that we often see in these ads. Voters must not be gullible and give in to what slander is presented in the media. A candidate's character can be revealed through their core values and how they handle themselves with those around them, including their families. On occasion a candidate may not be able to keep a campaign promise due to a changed circumstance or a financial shift. Third hand testimonies regarding a candidate's integrity and character aren't necessarily true. Be careful what you listen to and from where the information comes. Be willing to check out the candidate yourself. It is helpful to find out what other people think of the candidate, i.e., local shopkeepers, etc. An educated voter does not allow the media to determine what the issues are. See your own passions and concerns and base your vote according to the candidate who best meets your passions and concerns. A voting record can be obtained on any candidate due to public access. Also, look at a candidate's budget which will show their priorities from executive level positions. Information on candidates running for office is available by researching the web.

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