

# **Trinity Broadcasting Network**

## *Quarterly Report*

July, August, September 2016

**WGTW-TV**

**Burlington, New Jersey**

**Philadelphia, Pennsylvania**

**Eastern Time**

Ascertainment List

Leading Community Issues

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

Economy

Health

Public Safety

Education

Environment

Seniors

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

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

					07/25/2016	6:30 PM
					07/26/2016	4:30 AM
Joy In Our Town # 535	30:00	15:00	L	PA	07/30/2016	2:00 PM
					08/06/2016	3:00 PM
					08/13/2016	3:30 PM

Show host Kelly Waldeyer talks with Monica Dudley who is a business owner and an avid DIYer. Monica shares the benefits of learning how to do-it-yourself vs. spending money to have someone else do the job. DIY projects range from small to large, including painting, repairs, and refurbishing of household items. DIY skills can be acquired through practice and the use of the Internet as a resource to learn how to do a certain type project. An additional resource is to check with a local big box store as these stores often offer DIY classes. Monica states that she became a DIYer due to financial challenges. Wondering how she could reproduce an item she had seen in a store or magazine was the beginning of her journey and one of the many benefits she learned was that the money she saved she could then spend in other areas such as technology devices needed for her business. DIY techniques can give a home a face lift both externally and internally. Changing out pillow cases and cushions make a room look completely different. Adding crown molding or chair rail increases the value of a home and is done inexpensively. An old table, dresser, or desk that would have been disposed of can be given new life by a fresh coat of paint. Monica says that when she became a DIYer she developed a great sense of confidence as she realized she had the energy and creativity to accomplish projects she once thought were impossible.

					07/25/2016	6:30 PM
					07/26/2016	4:30 AM
Joy In Our Town # 535	30:00	15:00	L	PA	07/30/2016	2:00 PM
					08/06/2016	3:00 PM
					08/13/2016	3:30 PM

Show host Kelly Waldeyer and guest Monica Dudley talk about the benefits of repurposing certain household items. For example a dresser can become a jewelry holder. On set, they show a cabinet door that cost \$5 and is repurposed to become a menu board. Two end tables are shown, one of which was repainted using left over paint samples. This table can now be used as a child's reading or craft table or a kitchen microwave cart. A chair is also shown in which the seat was recovered with fabric that was taken from a shirt purchased from a thrift store. Monica tells how odd chairs can come together as a set when the seat cushions are covered in the same designed material. A cookie sheet can become a practical bathroom necessity as everyday makeup items can be attached to it with glue and a small magnet to keep from misplacing smaller cosmetic items. An inexpensive mirror can be embellished with stones or flowers to enhance a room or given as a gift. Monica encourages viewers to look around their living space and see if there's something that needs to be repurposed, to try it, and have fun.

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					08/15/2016	6:30 PM
					08/16/2016	4:30 AM
Joy In Our Town # 538	30:00	15:00	L	PA	08/20/2016	2:00 PM
					08/27/2016	3:00 PM
					09/03/2016	3:30 PM

Show host Kelly Waldeyer speaks with Stephanie Bittner, outreach manager for Clarifi which is a non-profit community resource devoted to assisting the public with lifelong financial literacy. Stephanie explains that credit is our ability to pay back money that we borrow and the trust that the lender has with us that we will uphold our end of the bargain and pay that money back. When we open accounts such as a car loans, student loans, mortgages, and credit cards, these accounts and our repayment history create what is known as a credit history. This information appears on our credit report. Everyone has the ability to get a free copy of their credit report from the three credit agencies: Trans Union, Equifax, and Experian. They came together and created one website for consumers to access their credit report at [www.annualcreditreport.com](http://www.annualcreditreport.com). Stephanie says it is good practice to get a copy of your credit report at least once a year. Stephanie explains law says we are entitled to one free copy of our credit report from the three credit agencies a year. She advises people should get a copy of their credit report from one of the credit agencies at different times throughout the year. The credit report we receive from the credit agencies may have different items on them depending upon whether the creditor reported the information to all three agencies. While the first yearly credit report from each credit agency is free, to get a copy of the three digit credit score usually requires a fee. The credit score is a FICO, which stands for Fair, Isaac, and Company, score which ranges from 300 to 850. Stephanie explains the higher your score, the less of a risk you are to a lender.

					08/15/2016	6:30 PM
					08/16/2016	4:30 AM
Joy In Our Town # 538	30:00	15:00	L	PA	08/20/2016	2:00 PM
					08/27/2016	3:00 PM
					09/03/2016	3:30 PM

Show host Kelly Waldeyer speaks with Stephanie Bittner, outreach manager for Clarifi which is a non-profit community resource devoted to assisting the public with lifelong financial literacy. Stephanie explains that some of the things that have a significant negative impact on your credit score include not having any accounts open, being more than 30 days late on payments, and being too close to your limit. Stephanie explains having two to three accounts open in good standing shows creditors that you can manage debt and are credit worthy. Methods to repair your credit are a case by case situation; however, the general best starting point is to get all your open accounts current. You also do not want to close accounts as that can have a negative impact on your credit as well. Stephanie says it really is about knowing what the credit reporting agencies are looking for because they may look at a situation differently than a consumer would look at the same situation. She explains improving your credit score will take time. The credit reporting agencies are looking for consistency or what they call behavior patterns. Stephanie says it may take 6 months to a year or longer to repair your credit. She adds within two years, people can make a huge positive impact on their credit score.

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*Economy*

					09/19/2016	6:30 PM
Joy In Our Town # 543	30:00	15:00	L	PA	09/20/2016	5:00 AM
					09/24/2016	2:00 PM

Show host Kelly Waldeyer speaks with Stephanie Bittner, outreach manager for Clarifi which is a non-profit community resource devoted to assisting the public with lifelong financial literacy. Stephanie explains that a delinquent mortgage is when one falls behind on the payments of their mortgage. Once someone is 30 days late on a mortgage payment, the lender will report this to the credit reporting agencies. There are many reasons why a person may have a delinquent mortgage including unemployment, underemployment, divorce, or a death in the family. Consequences of a delinquent mortgage include a negative impact on their credit score, late fees, and after three months, the mortgage company will hire an attorney to deal with the case and the fees for that will be passed on to the homeowner. The first thing one should do is to contact the bank holding the mortgage and explain the situation to them to see if they have any options available. A foreclosure is the legal process which allows the bank to sell the property, which has been used as collateral, to pay back the money that is owed from the loan. The process of foreclosure usually starts around the third or fourth month of the delinquency but it can take a year or longer for the entire process takes place. The lenders want to work out a solution. In these situations, it is really up to the homeowner to make sure they are in constant contact with the lender. Foreclosures are still occurring at a high rate today. When you look at the state by state statistics, New Jersey is #2 on the list. Delaware is #3 and Pennsylvania is #10. In Atlantic County, approximately 50 homes a week are going to Sheriff sale as a result of the economy and layoffs. Contacting your lender, first, is paramount and research has shown that working with a HUD approved housing counselor agency, a homeowner has a 60% higher success rate than someone trying to do it on their own.

Joy In Our Town # 544	30:00	15:00	L	PA	09/26/2016	6:30 PM
					09/27/2016	5:00 AM

Show host Kelly Waldeyer speaks with financial advisor, Dr. Donald A. Nurse, about the importance of financial discussion and disclosure prior to marriage. Dr. Nurse encourages anyone who is considering marriage to be open and honest about financial history, credit standing, and views on how to handle finances. Based on recent and ongoing surveys it has been determined that financial issues apprise roughly 90% of the reasons couples find themselves in divorce. Our lives consist of three factors; our spiritual orientation, our level of intimacy achievement, and money. All three of these components are interrelated. Many people find it uncomfortable in entering into dialogue about this subject when, in fact, this is one of the most important topics of discussion, especially when two people are looking at spending the rest of their lives together. Finding the least intrusive means in which to enter into this dialogue can allow for productive outcome. For instance, if a couple begins their wedding plans they can come together, making financial decisions together, which allows each one to share what they desire and how to allocate the finances. How each one responds to the challenges of these financial situations can be an indicator of how they perceive money and their relationship to it.

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### *Economy*

Joy In Our Town # 544	30:00	15:00	L	PA	09/26/2016	6:30 PM
					09/27/2016	5:00 AM

Show host Kelly Waldeyer interviews financial advisor, Dr. Donald A. Nurse, regarding the importance of maintaining dialogue about finances after marriage. Studies show that the first five years of a child's life are the most important as these years mold the child into the upcoming adult. The early years are the time in which to teach a young person good money habits. A child is watching how his/her parents handle money and will most likely mirror what they see. If the child sees a poor relationship between money and emotion, or a good relationship, that child will learn from its observations. After the marriage a couple should already know each other's goals from the pre-marriage conversations they shared including the merging of incomes. Any saved monies should be placed into a bank with the highest interest rate. The couple should also make certain that both party's names have been added to all accounts. Seeking the assistance of a financial planner is always a positive step to ensure nothing has been overlooked and that all financial responsibilities are in order. Budgeting offers favorable rewards. If there is debt involved and credit ratings are compromised contact the creditor to see what options are available to make repayment without additional financial and emotional stress.

### *Health*

Joy In Our Town # 532	30:00	15:00	L	PA	07/04/2016	6:30 PM
					07/05/2016	4:30 AM
					07/09/2016	2:00 PM
					07/16/2016	3:00 PM

Show host Kelly Waldeyer speaks with fine arts educator, Roger Lee, about the physical benefits of dancing. Roger explains that social dance is a physical communication. For instance, the Boogaloo, Krump, Hip-Hop, Whip, and Nae Nae are classified as social dances. Ballroom dance is becoming increasingly popular due to the visibility with which it is now seen on television. There are some middle schools in which dancing is now a part of a curriculum, while some of these students take a Saturday class to learn more and some enter into competition. In addition to the physical benefits of dance movements, one also is aware of the social graces that are achieved through this medium of fine arts. Additionally, as people partner with one another during dance they become aware of the importance of enacting manners, respect, and general etiquette. Ballet is an older form of dance and is often the foundation for many other dances as ballet teaches posture which is found in all dance forms. Physical changes that occur from dancing include the added strength training as legs and feet are building muscle, and a healthy blood pressure, and heart rate. Sculpting the body is not necessarily the selling point of engaging in dance; however, it is a byproduct. An additional health benefit to dance is the enhancement of balance which comes from a strong core. Coordinated motion allows the student to be mindful of the motions one takes as they control their personal space and that of others. Dancers are known for their strength both physically and mentally. More information on dance and its health benefits can be found on Roger's website at: [www.RogerleeArts.com](http://www.RogerleeArts.com).

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*Health*

					08/01/2016	6:30 PM
					08/02/2016	4:30 AM
Joy In Our Town # 536	30:00	15:00	L	PA	08/06/2016	2:00 PM
					08/13/2016	3:00 PM
					08/20/2016	3:30 PM

Show host Kelly Waldeyer speaks with Fran Alloway, a nutrition and food safety educator at Penn State Extension, about the benefits of a vegetarian diet. A true vegetarian is someone who removes animal products from their diet. A vegan vegetarian diet consists of no animal products or byproducts. Lacto-vegetarians will drink milk and eat milk products such as cheese and yogurt. A pesco-vegetarian is a person who eats plant based foods and will also eat fish or seafood. People have different reasons for choosing a vegetarian diet. Some people feel it is a healthier way to eat and some have ethical reasons like not wanting to eat animals, out of personal preference and/or religious reasons. A vegetarian diet does have a lot of advantages over a conventional diet. Studies have indicated people on a vegetarian diet tend to have a lower body mass index, lower obesity rates, and have lower rates of chronic diseases. Eating a vegetarian diet helps to lower the consumption of different types of fat which can increase cholesterol levels. A vegetarian diet also offers more fiber due to fresh plant consumption. There are some drawbacks to a vegetarian diet, such as a lack of the vitamin B-12 which is found in red meats and must be supplemented as a deficiency of this vitamin can cause anemia. Additionally, too much fiber can absorb nutrients that are needed to fuel the body. Vegetarian diets are safe for children as long as proteins are being consumed through other food sources and necessary supplements are taken, if needed.

					08/01/2016	6:30 PM
					08/02/2016	4:30 AM
Joy In Our Town # 536	30:00	15:00	L	PA	08/06/2016	2:00 PM
					08/13/2016	3:00 PM
					08/20/2016	3:30 PM

Show host Kelly Waldeyer speaks with Fran Alloway, a nutrition and food safety educator at Penn State Extension. Is it possible to benefit from a meatless meal? According to Fran, humans do not need a lot of protein in their diets. It is recommended most people get 1 gram of protein for every kilogram of body weight. Since it can be quite difficult to transition to a meatless diet obtaining guidance from a dietician would be of great benefit. Proteins come from a variety of sources other than meats. Meatless meals do not need to be fat free. Plants such as olives and corn possess needed fats and these are generally mono- or polysaturated oils and are better for heart health. Omega oils are also beneficial for heart health. Tofu was created by the Chinese 2000 years ago, and consists of soy milk that has been curdled and pressed into block form. Tofu is made from soy beans and, like all legumes, is very high in protein. When eating a meatless diet, the lack of flavor creates an opportunity to develop the use of spices. There are many meatless recipes that are healthy and enjoyable.

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*Health*

					08/08/2016	6:30 PM
					08/09/2016	4:30 AM
Joy In Our Town # 537	30:00	15:00	L	PA	08/13/2016	2:00 PM
					08/20/2016	3:00 PM
					08/27/2016	3:30 PM

Show host Kelly Waldeyer speaks with Jessica Lewis, a master personal trainer, certified nutritional counselor, and T'ai Chi Chih instructor, about the importance and benefits of physical motion. When many people hear the term T'ai Chi they think of the form called T'ai Chi Ch'uan which literally translates to "Supreme Ultimate Fist." T'ai Chi Chih translated, however, means "knowledge of the Supreme Ultimate" and consists of 19 poses that can be learned in only a few hours. To the untrained eye, the movements of T'ai Chi Ch'uan and T'ai Chi Chih are very similar but there are differences between the two disciplines. T'ai Chi Chih was originated by Justin Stone after living and studying in China, Japan, India and the Himalayas for almost two decades. What he thought would be warm up exercises to teaching T'ai Chi Ch'uan turned out to be something different completely. The primary goal of T'ai Chi Chih is to activate, circulate, and balance your Chi, which is energy. Although not a popular thought in Western culture, there is more proof that Chi exists than many people realize. The science of Physics teaches that everything broken down to its basic state is energy. In ancient cultures there was a knowledge that Chi created balance and energy circulation which lead to long, healthy, and happy lives. One of the reasons T'ai Chi Chih is easy on the physical form is because it is done with as little effort as possible. Any kind of muscular effort or tension actually constricts the meridian channels. T'ai Chi Chih is a spiritual practice but is not a martial art or a religious practice. There is a section of the brain known as the amygdala and this is where the fear center of the brain is located. In people with PTSD, the amygdala is holding the rest of the brain hostage. Creating balance and energy through T'ai Chi Chih movements can prove to be a beneficial practice over time.

					08/29/2016	6:30 PM
					08/30/2016	4:30 AM
Joy In Our Town # 540	30:00	15:00	L	PA	09/03/2016	2:00 PM
					09/10/2016	3:00 PM
					09/17/2016	3:00 PM

Show host Kelly Waldeyer is joined by Chelsea Murphy and Adrienne Davis of The Southwest Council, a non-profit committed to ending substance abuse and educating the community about substance abuse related issues. People choose to smoke for many reasons, including stress and their environment. Many people start smoking before the age of eighteen and they may not be aware of the dangers involved. Many people smoke as a coping mechanism. The number of people smoking today is currently on the decline. Most of the advertisements regarding smoking are focused on prevention. There have also been more laws enacted that prohibit smoking in most public places. As people continue to smoke, it increases the dopamine levels in the pleasure section of the brain. Some of the negative effects of smoking include lung cancer, emphysema, gum disease, rotting of the teeth, and smoking has been linked to colon cancer. The idea of eCigarettes when it was first marketed was to help people quit smoking. The biggest problem is that people tend to continue to smoke regular cigarettes while they are using eCigarettes and they ingest a higher amount of nicotine. eCigarettes do contain a lot of the same cancer causing chemicals as regular cigarettes. It has been found that it takes most people 8 to 10 attempts to quit smoking. The research shows most people can go about a week before they need a cigarette. Only about a third of the people who quit "cold turkey" find success with it. Every person is different and how they respond to cigarettes will be different. When a person quits smoking, they are adding years to their life. There are treatment options available and there is hope for those who want to quit.

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*Health*

					09/12/2016	6:30 PM
Joy In Our Town # 542	30:00	15:00	L	PA	09/13/2016	5:00 AM
					09/17/2016	2:00 PM
					09/24/2016	3:00 PM

Show host Kelly Waldeyer is joined by Chelsea Murphy and Matthew Rudd of The Southwest Council, a non-profit committed to ending substance abuse and educating the community about substance abuse related issues. They discuss the idea of parenting to avoid drug abuse. It is not possible to raise children to completely avoid drug abuse. A parent cannot control everything their children may experience but the important thing is to show, through modeling, effective ways to handle stress if drug abuse is a means of coping. It is also important to educate children about substance abuse and have that conversation with children at the appropriate time. Communication within the family is a key factor in the fight against drug abuse. Statics show that, of the people who struggle with drug abuse, 9 out of 10 of them started before the age of 18. Parents must be aware of the importance of age appropriateness when talking to their children about drug abuse. An example of this is that a parent should not talk to a 4 year old about the effects of heroin on the body, but instead, talk to them about the importance of not touching medication they may find on the floor. Parents must maintain open the lines of communication with their children and also to know what is going on in their community. Parents should learn what the drug trends in their area are and they should know who their children's friends are. The Southwest Council has found in the addiction world that addiction is really a surface issue and, typically, it is the underlying factors, often emotional, that are perpetuating the addiction.

Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	07/06/2016	5:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses milkshake multitasking; jumping around, chaotically and haphazardly from one thing to the next. We're not doing anything properly, it creates chaos in our brain, and it's not healthy for us. We actually can't multitask. We are designed to shift between different tasks and shift between different thoughts in a very organized and ordered and very fast way. We are designed to do busy well. Research shows that the human brain is designed to constantly change throughout our entire life. We're constantly growing new neural links, new networks, new dendrites, new structures, and new connections. Memories are constantly altering. Every time you think of a memory it's changing. Every time you focus on something, you are adding more structures to your brain. You are constantly re-landscaping your brain. And we have massive power in terms of what that landscape will look like. Will it be a healthy landscape, which is mental health through good choices? Or will it be an unhealthy landscape through incorrect choices? This is mind work. We, with our incredible, powerful mind, can design it. One of the most important things is to set up a constant internal dialogue with the Holy Spirit. And as you are doing that, you will learn to activate and use the new brain material that He has given us, plus the design of the brain that responds in a healthy way to all these good thoughts that we can build in our brain. By the same token, there's a plastic paradox. We can use those great new cells for bad, for evil, for the wrong thing, for making wrong choices. This new birth of neurons as you wake up in the morning is called neurogenesis; new birth. Multitasking is a myth. Social media experts tell us that the 140-character tweets is how things should be packaged. So, there is a continual stream of information that, yes, in a way, they are correct in that we are designed to respond to a continuous stream of information, but we are also designed to stop and think about that information. There's a very positive side to social media. Fast access to information definitely improves the speed of processing. The problem is that it takes away a lot of depth to people's thinking if you are using it too much. Deep intellectual thinking is extremely important. So, in terms of social media, it has to be a balance. And what they have found is that being addicted to social media – it's an easy addiction to actually develop because we're merged with the technology. Look at people – they're constantly on some form of technology. That, actually, in itself can create a pattern in the brain that is very similar to cocaine. Milkshake multitasking can be managed through quality not quantity. The first thing is that we need to make a decision to direct our attention meaningfully. Pay attention is a primary thing. Where are you going to direct your attention? Because where you direct your attention, learning follows. We need to tune our ears to listen to His (God's) voice. We need to keep focused on God's message at all times, which means that we are supposed to be constantly in a state of: What am I supposed to do next? Now, the Holy Spirit will lay down truth in our intuition of our spirit man. So, we need to develop our intuition. We also need to be extremely aware of our thoughts. It's a definite choice. It's a definite discipline.

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*Health*

Switch On Your Brain #024	27:30	27:30	REC	PA/O/E	07/06/2016 07/13/2016	6:30 PM 5:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is the Mind?" We are spirit, soul, and body. And the mind is the central part of us. The mind is this soul part of us. It's our intellect; our ability to think deeply. Our will; our ability to choose, and our emotions; our ability to feel. And it's subservient to the spirit of man. So, the spirit of man is higher than the mind of man. And the mind is higher than the physical part of man, which is the brain and the body. And the Holy Spirit is designed to lead it all. Holy Spirit, to spirit, to soul, to body, the soul being mind. Research shows that the mind is divided into a conscious part and a non-conscious part. The non-conscious part is linked to the spiritual part of man and it drives the non-conscious mind. The conscious mind is the conscious part of us that is awake when you're awake. The non-conscious is always awake. Our conscious mind is equally as powerful as the non-conscious mind. The mind is separate from the brain. The mind is not the brain. The mind controls the brain. Scientifically we call it neuroplasticity, which "Neuro" means brain, "Plastic" means to change. But what's really happening is it's renewing of the mind. Our brain has actually been designed by God to be constantly renewed. Whatever you're focusing your attention on, your brain just reflects that. Where your mind goes, your brain follows. So, literally, as soon as we become aware of something, as soon as we are consciously aware of something in our thought life, it becomes changeable. You see, your thoughts precede your words and your actions. As soon as we become aware of something we can re-conceptualize the information. Basically, as we are aware of something, we can in science re-conceptualize the information. Re-conceptualize is basically a fancy word for redesigned. Now, it is accepted that ninety-five percent of who we are operates at the non-conscious level. What is interesting is how science is catching up with word of God. Because this is a completely spiritual thing. God made science. Science is spiritual. As you are thinking, information is coming in through your five senses. And then, that is then activating thoughts to move from the non-conscious to the conscious part of your mind. So, for example, the label PTSD (Post-Traumatic Stress Disorder) comes in varying stages. Any trauma that you have, any toxic thought that you have in your brain is a post-traumatic stress disorder. Anything that you haven't dealt with creates this trauma in your brain. It goes from worry to anxiety to trauma. So, every time it pops up from the non-conscious mind, your whole being is flooded. What we've got to do is go back to the core of: Who are you? How are you reacting? What happened in your life? How have you reacted to that? Is there a better way of reacting? And the only answer is Jesus; to go to the Holy Spirit, because He knows what you can deal with at that particular moment in your life. We need to deal with the psychology. We need to have things like talk therapy and a loving environment and people sitting down and helping you deal with these issues. We don't take the person's problem. We don't fix the person's problem. We encourage and carry the person while they're fixing their problem.

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*Health*

Switch On Your Brain #025	27:30	27:30	REC	PA/O/E	07/13/2016	6:30 PM
					07/20/2016	5:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Choice and the Power of Choice." It is such an incredible gift from God to be able to choose. And it's something that's been debated for years. Even now, it's very popular in science to talk about the fact that we actually don't have any free will. We don't have a choice. That we're just these animals or these biological automata that just respond to the environment. That's not what the Bible says and that's not actually what happens. Moment by moment of every day, you are choosing. And every time that you choose, you generate a signal with your mind that completely changes the genetic structure of your brain and your body. Deuteronomy 30:19 says: "I lay before you life or death." So, every single day, you're in the events and circumstances of life. And you can't control them because those events and circumstances are the result of other people's choices. But you can control your reaction to. So, you have the ability to choose how you are going to react to those events and circumstances. You see, choice is a real thing. And as we choose, we activate all different parts of our brain that kick into high gear. And as we choose well, amazing things happen in our brain. You have to partner with God. Grace is you stepping into what He has given us. When we step into the probabilities, they are all good and life will happen like it should and we will rejoice despite the circumstances. The only way we're going to choose the correct thing is if we direct our attention towards the Holy Spirit, and discipline our minds to listen to the Holy Spirit and choose the correct way. And as we choose, we then collapse that probability into a reality. We have such hope built into us. And science and scripture meet. God uses science to help us see the hope that He has built into us. In super position we don't know the outcome. When you have a love, power, and a sound mind, you are in super position. So, if we listen to God, we'll start hearing wonderful picture of the probabilities. If we listen to the enemy, we'll be hearing an awful list of probabilities that can go wrong. But we have to actually make one of those happen. When you are desperate, you will change. And when you have desperation plus a vision of who you really are, it's so much easier to move forward. We have these incredible things in our body that I call discomfort zones, which are reactions. When you're about to make a choice, there are three discomfort zones that kick in. The first one is you just become aware of how you're going to react. The second one is much stronger where you actually can feel your heart pounding and the adrenaline pumping – a very strong physical reaction. The third one is when you are about to make that choice. You become very, very, very self-aware, self-evaluative and self-regulating, in terms of the consequence of your choice. The plastic paradox is where we can choose either good or bad and they both have consequences. Our brain will simply follow your mind. Where your mind goes, your brain will follow. Make sure the choices that you make are the choices that are led by the Holy Spirit.

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*Health*

Switch On Your Brain #014	27:20	27:20	REC	PA/O/E	07/20/2016	6:30 PM
					07/27/2016	5:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental health issues are biological then you automatically want a biological solution. When we talk about biological, we're talking about the realm of the physical. We are spirit, soul, and body. The rules that apply to the physical are not the same as the rules that apply to the soul; to the mind. So, if mental health issues are lumped along with something like diabetes, or a broken arm, or a cardiovascular issue, that is not correct. When we separate out the biological and the mental and we look at this thing correctly, we actually have much more hope. Because of instead of stigmatizing you and saying that you are a diseased, broken machine, we are saying: Hey, you are perfect, made in the image of God. And, the choices that you've made have landed you up in a bad place. And so, we can stand with you and recognize the depth of the uniqueness of who you are and help you get through those issues

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*Health*

Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	07/27/2016	6:30 PM
					08/03/2016	5:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind constantly changes. The brain is like a mirror that reflects what is going on inside your mind. The mind can change the brain. The way you think will change the brain. The brain is plastic and we call this neuroplasticity; neuro meaning brain, plastic meaning change. Each and every one of us is so completely unique. As it says in the Bible we are uniquely, fearfully, and wonderfully made. Unique means stand alone, set apart. For so many years, there's been a debate between nature, nurture, and what I call the "I-Factor." Nature is nature-dominant. In other words, are your genes and your biology dominating you? Are you controlled by your genes? Are your genes dictating you? Is there a certain pattern in your brain that's causing all these things to happen? So, that's the nature argument. Then, the nurture argument is the environment that you grow in, the experiences that you have, the traumas that you go through. Is that what's causing these issues? So, there's the debate: Is one more important than the other? Do they work together – nature and nurture? Well, it makes a lot of sense that the nature and the nurture work together. But, there is another factor that's overriding both of these and that is you – your uniqueness that I call the "I-Factor." The psychological part of you, the mind part of you. Your choices are real. You are free to make whatever choices you want, how you focus your attention. This is the gift that God has given us. But please be aware that there are consequences of your choices. So, if you spend all day ruminating about the things that have gone wrong and who did what to you and how you want what someone else has got, well, you are going to be in the mental ill health zone. If you're spending more than 21 days whining and moaning about your situation, and complaining, you will build toxicity into your brain. Research shows that seventy-five to ninety-eight percent of current mental, physical, emotional, behavioral illnesses today come from our thought life. Research shows that DNA responds to the signal of the mind. DNA doesn't just switch itself on. It's just hardware. It needs something to make it work. You switch your genes on and off and the dominant signal for switching genes on and off, which makes physical substance in your brain, is your thought life. We create internal environments with our thinking and as we create those internal environments, that's literally done with our belief systems. What you are thinking about right at this moment is what we call an epigenetic factor. Our external environment is very important. It's the environment that you are living in, the people that you're involved with, your work environment, the context of your life, the social factors of your life – these all create the external environment that also impact how you are managing your life. These are also called epigenetic factors. It is incredibly important for us to create positive entangled relationships. God designed us for relationship. He designed us primarily for a relationship with Him and we are designed for relationship with each other. We improve our epigenetic external environment by the kinds of people that we interact with. It's important that you choose who you're going to spend time with, that they energize you, that they will encourage you, that they will lift you, and that they will not tell you what to do. Healing comes from three major things. Number one: You have to take responsibility. You have to change your own epigenetics. That's the internal epigenetic factor. Then, you need to have your loved ones, your inner circle, and your family. That changes your external epigenetics. And then, there's a second part to the external epigenetics, and that's the community. Your schools, your places of work, the institutions that you're linked with – these all play a role in your healing, in creating environments for you of healing.

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*Health*

Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	08/03/2016	6:30 PM
					08/10/2016	5:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "The New Science of Stress." Did you know that stress is good for you? The new science of stress shows us that the way we perceive an event will determine whether we move into healthy or unhealthy stress. Healthy stress, which is normal, which is good, helps us to become alert and focused, have wisdom, and think clearly. Unhealthy stress, is when you make bad choices and we then throw our body off and we step into this unhealthy zone inside of our bodies, and there are two stages. We cannot control the events and circumstances of our life, but we can control our reactions to those events and circumstances. When you react incorrectly, you take a good thing and you turn it into a bad thing. What happens is that when we actually start reacting incorrectly and our perceptions start changing; our perceptions of the environment and the situations, then we start affecting every cell of our body and we start moving into stage two and three of stress, which is toxic and which is negative. They manifest in different ways. When we do make these bad mistakes, we can get rid of them and this is the most amazing thing in science: if you have wired that in, you can wire it out. Because we can stand back and observe our own thinking, we have a multiple perspective advantage both into the way that our brain actually functions. So, stand there, stand back, and make a decision: I want healthy stuff happening in my body, not bad stuff. The more you reach out and help others, the more you serve others, the more you get over yourself, the more resilience you actually build into your body physically and mentally against the stressors of life and the more easily you will actually stay in stress stage one and the more you will avoid mental ill health. We need to stop seeing people that have diagnosed mental ill health issues as faulty biological machines. This in itself is a stigma. What we need to see is a beautiful, unique, incredible human being that is not stuck in a box but that has a unique way of seeing life and is going through a hard time.

Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	08/10/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

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Dr. Caroline Leaf #001	27:30	27:10	REC	PA/O/E	08/17/2016 08/17/2016	5:00 AM 6:30 PM
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet.

Dr. Caroline Leaf #002	27:30	27:00	REC	PA/O/E	08/24/2016 08/24/2016 08/31/2016	5:00 AM 6:30 PM 5:00 AM
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food.

Dr. Carolina Leaf #003	27:30	26:50	REC	PA/O/E	08/31/2016	6:30 PM
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices.

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*Health*

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	07/06/2016 3:00 PM
						09/13/2016 3:00 PM
#0706-09132016						

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

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*Health*

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	07/08/2016 3:00 PM
#07082016						

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. La Wanda 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.

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*Health*

700 Club NewsWatch #08122016	CBN	1:00:00	5:00	REC	PA/O/E	08/12/2016 3:00 PM
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Hippocrates, the father of medicine, once said, "All disease begins in the gut." Now, 2,000 years later, that belief still rings true. Some of our latest medical breakthroughs focus on what's happening in our intestinal system. Bacteria, also known as bugs or germs, we assume they're all bad, right? Not so fast. Scientists recently discovered much, if not most, of the bacteria in our body is good for us. The key to good health depends on having enough of the right kind. We all have trillions of bacteria living in our intestines—hundreds of different species, each with different functions. Scientists call it our "gut flora." Neurologist Dr. David Perlmutter, author of "Brain Maker" is one of many physicians warning against disrupting this fragile ecosystem. Dr. Vincent Pedre, author of "Happy Gut," agrees. Unfortunately, when it comes to good gut bacteria, many of us are sorely lacking. After all, antibiotics kill bacteria--bad and good. Perlmutter says most people have no idea how severely antibiotics damage our gut flora. In addition to antibiotics, processed food can also disrupt the gut biome. Perlmutter says processed foods contain heavy doses of the wrong kinds of fat, like heated oils such as soybean, corn and vegetable oils. He also advises against consuming hydrogenated oils, also known as trans fats, which are common in processed foods. However, he points out not all fat is bad. Even babies delivered by Caesarian section can miss out on getting enough good bacteria. So while our lifestyle choices really do a number on the gut bacteria that's so critical to our health, the good news is we can improve it with probiotics and prebiotics. Probiotics are the good bacteria we need and often lack. You can find these living, microscopic organisms in supplements as well as in cultured and fermented foods like kim chee, sauerkraut, yogurt, kefir and kombucha. Prebiotics are the food for the probiotics - they keep probiotics living and growing as they should. Just like good soil, they create a nurturing environment in your gut so your bacteria can thrive. You can get prebiotics in supplement form as well as in foods, like asparagus, onions, leeks, garlic and dandelion greens. Perlmutter says many people are only aware of the benefits of probiotics, but he stresses prebiotics are equally important. Not only can it help your mood — Perlmutter says even serious brain disorders, like attention deficit hyperactivity disorder, autism, even Alzheimer's disease can improve by increasing good bacteria. That's because they help make neurotransmitters and vitamins while at the same time aid in reducing harmful inflammation. And not just the brain. Scientists are now identifying specific strains of good bacteria that treat all kinds of problems, from skin rashes to the flu. That means a targeted probiotic could take the place of a prescribed drug. Pedre says that opens the door to a wide range of natural treatments. So if you want to boost your health, doctors say improve your gut flora. That means avoiding processed foods, even antibacterial cleansers and antibiotics when advisable. Then add good bacteria with probiotics and boost them with prebiotics, also available as supplements or in certain foods.

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*Health*

700 Club NewsWatch #09142016	CBN	1:00:00	5:00	REC	PA/O/E	09/14/2016 3:00 PM
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CBN News Reporter Lorie Johnson Reports: Americans are increasingly getting fed up with the insurance-based medical systems. It often means long waits for appointments and doctors who seem to have one eye on the patient and the other eye on the clock. That's why many primary care doctors and patients are turning away from insurance and to what's known as concierge medicine. When it comes to healthcare, Johnny Guerry prefers old school, meaning just he and his doctor calls the shots without any input from an insurance company. With concierge medicine, patients pay their primary care physician an out-of-pocket monthly fee, sometimes an annual fee, in exchange for unlimited access, 24/7. Concierge medicine used to be something only for the rich and famous. But according to Dr. James Pinckney, known to his patients as "Dr. James." that's not the case any longer. Where he works at Diamond Physicians in Dallas, adults pay from \$95 to \$295 each month, based on age. That covers all acute procedures and medications. Sometimes patients have to pay extra for services outside the office, like a CT scan. But doctors negotiate cash rates with those third party vendors that are a fraction of what they bill insurance. The cost for children is even less than adults. Each child costs \$45 a month for unlimited access to their doctor. Liza Schlitt says her two young boys usually need medical attention alter hours. Doctors recently gave her son Griffin a breathing treatment, prescription and a nebulizer to take home, all covered by the monthly fee - and on a rainy Sunday afternoon. Perhaps the biggest difference between concierge medicine and insurance-based medicine is the time patients spend with their doctors. The Affordable Care Act flooded offices of already overloaded primary care physicians to the point where face-time with doctors can average as little as eight minutes per visit. Primary care doctors who accept insurance treat on average about 3,000 patients, This is known as a doctor's patient panel. The typical concierge physician has a patient panel of about 500 patients. At Diamond, the doctors promise their patients their patient panel will never exceed 600. This ensures each patient has their doctor's undivided attention. Although concierge medicine involves paying cash for day-to-day health expenses, doctors do recommend their patients buy health insurance, but with a high deductible. So as insurance-based healthcare complicated this crucial need, more patients and doctors are going old school, with a cash-only plan, similar to the way it was a half-century ago.

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*Public Safety*

					08/08/2016	6:30 PM
					08/09/2016	4:30 AM
Joy In Our Town # 537	30:00	15:00	L	PA	08/13/2016	2:00 PM
					08/20/2016	3:00 PM
					08/27/2016	3:30 PM

Show host Kelly Waldeyer speaks with Mike Sharon, Federal Preparedness Coordinator for FEMA, Region III, which includes the areas of District of Columbia, Delaware, Maryland, Pennsylvania, Virginia, and West Virginia. Mike discusses the mission of FEMA and their active involvement in providing safety throughout the United States. FEMA is an acronym and stands for Federal Emergency Management Agency. FEMA was originally founded on April 1, 1979 and was designed to bring together disaster programs that were scattered across different departments within the federal government. FEMA falls under the Department of Homeland Security and works with state and local governments to assist in helping these offices prepare for, respond to, and recover from the impacts of disasters. The Region III office, which covers the Mid-Atlantic, deals with threats from tornados, hurricanes, wildfires, nuclear power plant accidents, and terrorist attacks. One of FEMA's signature programs is National Preparedness Month. Since 2002, every September is an opportunity for FEMA to connect with the public and challenge them to think about preparing safety measures to protect themselves, their family, and business, in the event of a disaster or emergency. Unfortunately, many people think of these precautionary measures only after a disaster occurs. FEMA has a Ready campaign which is designed to provide information to individuals, small businesses, and other segments of the community about the steps required to develop a preparedness plan. The Ready campaign has three main themes; Be Aware, Build a Kit, and Have a Plan. Some of the most beneficial ways in which a person can stay informed is to be in touch with happenings in the community, to know what hazards are the most common within the community, and to communicate with local first responders and safety officials at the county or municipal level of local government.

					08/22/2016	6:30 PM
					08/23/2016	4:30 AM
Joy In Our Town # 539	30:00	15:00	L	PA	08/27/2016	2:00 PM
					09/03/2016	3:00 PM
					09/10/2016	3:30 PM

Show host Kelly Waldeyer speaks with Mike Sharon, Federal Preparedness Coordinator for FEMA, Region III, which includes the areas of District of Columbia, Delaware, Maryland, Pennsylvania, Virginia, and West Virginia. One of FEMA's signature programs is National Preparedness Month. Since 2002, every September is an opportunity for FEMA to connect with the public and challenge them to think about preparing safety measures to protect themselves, their family, and business, in the event of a disaster or emergency. Mike explains, from a government standpoint, if people can help themselves during a disaster, it aids the government as it dispatches resources. Winter storms are often overlooked as an event that can cause catastrophic situations. Mike explains there are steps anyone can take to get themselves prepared for disasters locally. One of the first things is to be aware of the hazards in the community. Secondly, one should think about how they are going to take care of themselves, their family, and who they would get in contact with during an emergency situation. The third step is to build a kit to help during an emergency situation. This kit should be a very basic stash of disaster supplies that will help one be self-sufficient for approximately 72 hours. This kit should not only include supplies like food, water, and medication but important papers and documents that can help a person or family get their life back in order after the emergency.

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

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

					08/29/2016	6:30 PM
					08/30/2016	4:30 AM
Joy In Our Town # 540	30:00	15:00	L	PA	09/03/2016	2:00 PM
					09/10/2016	3:00 PM
					09/17/2016	3:00 PM

Show host Kelly Waldeyer talks to William Powell, an Extended Affairs Specialist from the Federal Emergency Management Agency, about what Citizen Corp is and how people can get involved. They begin by discussing what FEMA is and how Citizen Corp came to be. First responders cannot take care of every disaster alone, so having individual and community involvement allows communities to handle disasters better and recover quicker. Citizen Corp communicates and coordinates with various organizations to ensure help is provided to those who need it. The Medical Reserve Corp is an example of a volunteer organization where strict qualifications and training that might be needed, but that there are parts of Citizen Corp that require no training, or that would provide the average individual resources to get involved and be trained within the program. Citizen Corp is designed to help individuals develop a known response plan ahead of a disaster, so that if one happens, people already know how to respond. Citizen Corp Councils are where the training, plans and information are made for each individual region. The nearest Council for any area can be found at [www.ready.gov](http://www.ready.gov). Citizen Corp has been utilized in the past to help out in regular disasters that happen frequently. It cannot be overstated the importance of being involved before a disaster strikes and how it is harder to organize individual response during a disaster without a recovery plan already being in place. People need to talk to local officials and first responders to discover what unskilled positions a volunteer might be able to fill to assist local first responders during a disaster.

					09/09/2016	1:30 PM
Joy In Our Town # 541	30:00	15:00	L	PA	09/10/2016	2:00 PM
					09/17/2016	2:00 PM
					09/24/2016	3:30 PM

Show host Kelly Waldeyer is joined in the studio by Mike Sharon, the Federal Preparedness Coordinator for FEMA Region III, to discuss natural disasters and how and why people need to be prepared ahead of time. Floods and fires are the most common kinds of disasters around the US and disasters do not always give advance warning. Citizens should always have a plan in place before a disaster of any size. They should have a plan about what to do, a plan of how to communicate with family or loved ones, and an emergency preparedness kit ready ahead of time – which they can find more information about at [www.ready.gov](http://www.ready.gov). The items found in one's emergency preparedness kit may be different depending upon the situation they are currently dealing with at a particular time. Different items would be needed if one had an emergency in their vehicle as supposed to their home or office. In a major disaster situation, the federal response could be as long as 72 hours, so individuals really need to have a kit in place to help survive the initial critical days of a disaster. It is extremely important to prepare now, so that any situation that arises without warning or with little warning does not catch citizens unprepared or unable to survive a storm or disaster that would otherwise not be life-threatening. Most people do not have an emergency preparedness kit ready and often people think disasters will never happen to them. People should look at it as a bunch of smaller steps and items they can gather or buy over time to help prepare. Basic preparedness steps would apply to any disaster, anywhere, even if there are unique problems that might be specific to a particular region or community. Visiting [www.ready.gov](http://www.ready.gov) will provide citizens with plenty of information on making a kit, making a plan, and getting accurate information during a disaster.

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

					09/12/2016	6:30 PM
Joy In Our Town # 542	30:00	15:00	L	PA	09/13/2016	5:00 AM
					09/17/2016	2:00 PM
					09/24/2016	3:00 PM

Show host Kelly Waldeyer talks to William Powell, an Extended Affairs Specialist from the Federal Emergency Management Agency, about the importance of being tech ready for a disaster. FEMA is a division of the Department of Homeland Security and their mission is to work with citizens, first responders, local and state governments to prepare for, protect against, and respond to and mitigate disasters when they occur. When a disaster occurs, communication systems may not be operational as normal and it is important to have a plan in place for these situations. In high density areas, making a cell phone call during a disaster event may not be possible so FEMA recommends people use social media or SMS text messages to connect with loved ones. There are other ways to communicate but the important factor is that each individual to make sure people know how you intend to contact them and to practice and exercise that plan. Having an alternative means of contacting people other than a cell phone is also important. There should be an out of town contact one can reach via landline as a good alternative. The two most important aspects of successfully managing a disaster situation are being tech ready and being generally informed about what is happening in the local area. One source is not necessarily better than another but having access to multiple sources better. I.C.E. stands for "In Case of Emergency" and is a contact designation put in a person's mobile phone(s) so that in an emergency situation, if the person is unconscious or unable to communicate, their emergency contact can be reached and possibly give first responders critical information about the incapacitated individual.

					09/19/2016	6:30 PM
Joy In Our Town # 543	30:00	15:00	L	PA	09/20/2016	5:00 AM
					09/24/2016	2:00 PM

Show host Kelly Waldeyer is joined by Matthew Rudd and Adrienne Davis of The Southwest Council, a non-profit committed to ending substance abuse, and to educating the community about the current trend in street drugs and why it's important to know them. One of the major reasons such knowledge is important is our nation needs to have a higher degree of awareness today. There is an epidemic of opioid/heroin abuse that is effecting a large number of the population. When average citizens hear about substance abuse issues, it is vital they not be naive about the situation. While parents do not need to know every drug available, it is important for them to know what the different trends are and the different effects these drugs may have on people. Addiction causes people to be creative in the ways they obtain their drugs. In the Southwest Council's message to the public, a couple of the principles are to take accountability by knowing how many prescription drugs they have in the house and secondly, make them secure. The DEA published a report in June of 2016 and there has been a downward trend in cocaine and meth abuse and a rise in heroin abuse. For people who need to take these prescription drugs but are concerned about becoming addicted, they need to be aware of the effects of each on their medications and to speak with their doctor if they feel it will become a problem. The Council stresses to individuals that it is important to make sure they do not isolate themselves when dealing with this problem. There are treatment options available.

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*Public Safety*

700 Club NewsWatch #09122016	CBN	1:00:00	5:00	REC	PA/O/E	09/12/2016 3:00 PM
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CBN News Reporter Mark Martin Reports: Author and activist Erin Merryn is on a mission to protect children from being sexually abused. With millions of victims in the United States alone, the Illinois woman is taking her fight to all 50 states and beyond. People magazine named her one of 15 women changing the world. With a bubbly baby girl, supportive husband, and infectious personality, you'd never guess Erin Merryn has endured tragic, unimaginable acts. This vibrant 30-year-old is a survivor of sexual abuse. Merryn said it started when she was just 6 years old at her first sleep-over. She said the uncle of her best friend sexually abused her during the night. The first time. Merryn never told anyone, and she says until she turned 8 and a half, when her family moved from the area, the man repeatedly sexually abused her. He even brutally raped her just weeks shy of her seventh birthday. She said he continued to threaten her to keep quiet, and she complied. Even after she and her family moved to a new neighborhood, sexual abuse continued. Merryn said this time the perpetrator was an older cousin, someone she had viewed as a brother figure. Merryn wrote about her despair in her childhood diary. Merryn finally broke her silence when her younger sister told her that she, too, was being sexually abused by the same cousin. The two told their parents who believed them 100 percent. The next step was telling their story to a forensic investigator at The Children's Advocacy Center of North and Northwest Cook County. More than 900 of these non-profit centers exist around the country. The room where Merryn found her voice has a two-way mirror. As she shared her story with a trained therapist, behind that mirror investigators listened, collecting information to build a case against a perpetrator. Merryn said her cousin confessed to the crime, was sentenced to seven years probation, and put in a sex offender treatment program instead of receiving jail time. However, her early childhood abuser was never prosecuted. What Merryn and her sister went through is by no means isolated. Merryn eventually went on to become a social worker at a counseling agency. But God had different plans for her to help children and teens on a national and international level. He used her childhood diary to spark a new idea. At that, Erin's Law was born. The law requires age-appropriate personal body safety and sexual abuse prevention curriculum for pre-kindergarten through 12th grade students in public schools. It educates kids on safe touch, unsafe touch; safe secrets, unsafe secrets; how to get away and tell. Merryn is on a mission to find either a state senator or representative in each state to sponsor the bill, draft it, and introduce it to lawmakers for an eventual vote. Erin's Law is spreading like wildfire, even drawing the attention of celebrities like Oprah and Katie Couric, and magazines like People and Glamour. In a little more than four years it's passed in 21 states and pending in 22, with seven to go. It's a legacy she'll leave for her baby girl and millions of other children who, because of a law, will be protected from the grip of sexual abuse.

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*Education*

					07/04/2016	6:30 PM
Joy In Our Town # 532	30:00	15:00	L	PA	07/05/2016	4:30 AM
					07/09/2016	2:00 PM
					07/16/2016	3:00 PM

Show host Kelly Waldeyer interviews professional dancer and educator of fine arts, Roger Lee. Roger tells of the importance of the inclusion of fine arts in the lives of both children and adults. The definition of fine arts includes a variety of art forms that can be both studied and practiced. Engaging in the fine arts includes many subcategories, such as painting, visual, literary, and dance. Often times fine arts is considered an academic "add on" and not necessarily a beneficial component of the overall educational experience. Youth who become involved in a fine arts activity have been shown to become less interested in street activity which can produce negative behaviors. The youthful student begins to experience a personal transformation as he/she becomes confident within themselves through their artistic expression. Within the educational realm of fine arts, a student also learns how to work alongside others and share with one another. Children who are introduced to the fine arts at a young age tend to continue their appreciation for the arts for the remainder of their lives. If using dance as an example of one of the fine arts, a potential benefit is that it offers the dancer ways in which to communicate without verbal use of words. Dance encourages trust between partners, working together as one unit in a collaborate effort. These lessons are transferrable into daily life and create an overall well-adjusted and employable young person. A literary example of the fine arts is that a student may be able to better fully express him/herself on paper instead of expressing thoughts or feelings verbally. The same is true of the painter. All aspects of fine arts are of great benefit to the student.

					07/18/2016	6:30 PM
Joy In Our Town # 534	30:00	15:00	L	PA	07/19/2016	4:30 AM
					08/06/2016	3:30 PM

Show host Kelly Waldeyer speaks with Dave Tatum, an educator, about what is phishing and how to protect yourself online. Dave explains the term phishing refers to someone pretending to be a legitimate online entity as a means of acquiring other people's personal or financial information. Phishing can also lead to identity theft. Phishing schemes can affect computer systems as a means of getting information. Many times phishing schemes work by giving the appearance of an actual trusted website in order to get people to enter in their personal or financial information. When online, an individual wants to protect three things: account name, password, and the actual connection. Websites will show https in the URL section as a sign that the site and connection is secured. Financial institutions will never send an email asking for a customer's personal information. Some of the best ways for people to protect themselves online is to follow some of the best practices. The Federal Trade Commission has created a website for people to report phishing schemes at [www.ftc.gov/complaints](http://www.ftc.gov/complaints) and one can email the FTC at [ReportPhishing@AntiPhishing.org](mailto:ReportPhishing@AntiPhishing.org). If a person believes they are a victim of a phishing scam, they should contact their financial institution and check their bank statements regularly.

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*Education*

					07/18/2016	6:30 PM
Joy In Our Town # 534	30:00	15:00	L	PA	07/19/2016	4:30 AM
					08/06/2016	3:30 PM

Show host Kelly Waldeyer speaks with Dave Tatum, an educator, about what Wi-Fi is and how to secure a connection. Dave explains Wi-Fi is basically using radio waves to communicate online. A hot spot is a physical device that allows people to connect to the internet. A non-secured network transmits data in plain text and can be viewed and read by anyone. A secured network uses encryption to scramble the data during transmission. Best practices suggest an individual should not connect their devices to an unsecured network. Any data that would be considered sensitive should not be transmitted across an unsecured network. While encryption does make it harder to read your data, it is not impossible. When one is visiting websites, secure sites can be distinguished by the HTTPS in the URL web address. Mobile apps are plentiful and available everywhere. The first thing one should think about with mobile apps is from where they are downloading them. It is best to get mobile apps only from the Google Play Store for Android phones and the Apple store for iPhones. Updating one's phone regularly is an important step in securing it. Password protection is another good step. It is advised that a person does not use the same password for all the websites they create accounts with or visit.

					08/22/2016	6:30 PM
					08/23/2016	4:30 AM
Joy In Our Town # 539	30:00	15:00	L	PA	08/27/2016	2:00 PM
					09/03/2016	3:00 PM
					09/10/2016	3:30 PM

Show host Kelly Waldeyer speaks with Dave Tatum, an educator, about what computer cookies are and how we can avoid leaving a cookie trail. Dave explains the term cookie refers to a small file that is placed on a person's computer to track their browsing on the internet. The files are loaded onto the computer from websites that person may visit. These are called first party cookies. A third party cookie originates from another site and not necessarily from the site the person was visiting. Many times these cookies are linked to advertisements. There are ways to control cookies being added to a computer. Users can opt out of cookies and not have them downloaded to the computer. One can also limit what information a cookie will have access. Disabling cookies entirely is possible but this can limit the browsing experience. It is very important to keep the web browser up to date. Cookies are not necessarily dangerous but one should also be careful when they are on the internet and only visit trusted websites.

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*Environment*

					07/11/2016	6:30 PM
Joy In Our Town # 533	30:00	15:00	L	PA	07/12/2016	4:30 AM
					07/16/2016	2:00 PM

Show host Kelly Waldeyer speaks with Lee Armillei, a sustainable and biodiverse landscaper, about sustainable landscape practices. Lee explains a sustainable landscape is an environmentally friendly landscape. When citizens think of environmental friendly, they should think of pollinators, habitat, and minimizing pesticide use, but it goes much further than that. It also covers storm water management and soil management. A sustainable landscape is one that factors in the look and functionality of the yard. This is a very practical way of doing landscaping. In most case, there is not a lot of change need to what a property owner is currently doing. Protection of the pollinators is important to the survival of the whole ecosystem. When sustainable landscapers talk about the reduction in the use of fertilizers and pesticides, they are focusing on the synthetic fertilizers and pesticides, or things that are petroleum based and come from a synthetic background. When it comes to pesticides, people usually see insects and assume they are bad or pesky, and spray pesticides to remove them. Instead, people should look at an integrated pest management approach. In this process, they are applying pesticides for a very specific reason to target evasive insects. With fertilizers, it is suggested on minimize their usage primarily due to the possibility of runoff. Excess fertilizers and pesticides can runoff and flow into area drinking water. All residents are dependent on an area ecosystem and while some think they can survive without some insects or animals, this is inaccurate and they are all interconnected. When an area has these sustainable landscapes, everybody feels better and benefits. The drinking water is safer. The soil area farmers and gardeners grow plants in is healthier, and all of those factors are important.

					07/11/2016	6:30 PM
Joy In Our Town # 533	30:00	15:00	L	PA	07/12/2016	4:30 AM
					07/16/2016	2:00 PM

Show host Kelly Waldeyer speaks with Lee Armillei, a sustainable and biodiverse landscaper, about biodiversity, what it is, and how homeowners can encourage it in their area. Lee explains that biodiversity means having a lot of different insects, animals, and plants in an area, and in having a diverse group of biological organisms, this creates a really stable ecosystem. In a stable ecosystem, if disease comes through and begins to hurt one of these beneficial organisms, it will not wipe out an entire ecosystem. You want to avoid having a monoculture that can be susceptible to a disease that could wipe out the entire landscape. It is very possible to create a biodiverse ecosystem on any size property. Having a mix of plants creates a more stable ecosystem. The good things a person does in their individual yard are definitely beneficial to the local ecosystem on a greater scale. The bad thing one does, like planting or allowing invasive plants, can spread beyond their own border and have an impact on the ecosystem as well. There are a wide variety of plants in the region and plants do not follow municipal boundaries. Plants will grow where they do well. When one looks at the ecoregion, the greater Philadelphia area is more of what is called a piedmont region. New Jersey tends to have more of a sandy soil. Nurseries do not list which plants are invasive and which ones are not, so homeowners and gardeners may have to research it themselves. A lot of area birds and insects have developed exclusive, life-sustaining relationships with native plants and if an invasive plant hurts the native plant, it can affect the native insects which will affect the native birds that have a beneficial relationship with said plant. All these organisms have a very important relationships in regional ecosystems and landscapes. It is important to get information about what one is or should be keeping away from their property and why.

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*Seniors*

					09/09/2016	1:30 PM
Joy In Our Town # 541	30:00	15:00	L	PA	09/10/2016	2:00 PM
					09/17/2016	2:00 PM
					09/24/2016	3:30 PM

Show host Kelly Waldeyer speaks with Heidi Carlson, Deputy Director of the Department of Aging Services for Chester County, PA, about elder abuse, what constitutes elder abuse and some ways people can spot such cases. The state of Pennsylvania had knowledge of 20,000 cases of elder abuse in the previous year. There are bureaucratic systems in place in many states to assist older adults and provide legal protection for them. The Older Adult Protective Services Act tasks the Dept. of Aging Services with handling and investigating any complaints of abuse against any citizen over 60 years of age. Older adults in other regions would be covered by their local Department of Aging Services. It is important to note that not all reports are referred to law enforcement, and the goal of the Department of Aging Services is to help people find solutions to these situations. It is believed the number of reported cases is very low compared to the number of actual cases, because people are often embarrassed by the abuse, or fearful of being removed from their homes, or think they are alone. There are also some of difficulties in defining the various forms of abuse – for example, what constitutes emotional abuse, versus the more obvious physical abuse – and how dementia or other conditions may factor in to the scenario. It is recommended people report what they see, if they are worried about cases of abuse, because investigators are very well trained and understand the various sensitive factors that impact abuse situations, and can offer helpful services to those who might be in a stressful situation. Viewers are encouraged to stay aware of elderly neighbors or family members, to check in on them, and keep an eye out for signs of abuse. If a person thinks there is any form of abuse being committed toward an elderly person, there is a 24-hour hotline number (800-490-8505) to report elder abuse in Pennsylvania.

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