

# **Trinity Broadcasting Network**

## *Quarterly Report*

January, February, March 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.*

Health

Education

Public Safety

Family

Crime

Civic 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*

					01/04/2016	6:30 PM
					01/05/2016	4:30 AM
Joy In Our Town # 506	30:00	15:00	L	PA	01/09/2016	2:00 PM
					01/16/2016	3:00 PM
					01/23/2016	3:30 PM

Kelly Waldeyer speaks with Dr. Thomas Martin about the importance of chiropractic care and its benefits. Chiropractic is the second largest healing art profession in the world. It's a science and it concerns itself with the spine and the nervous system. An electrical force originates from the brain which affects the human body. Dr. Martin briefly explains the origin of chiropractic which was, in its earliest stages, practiced without the scientific knowledge we have today. The spine houses nerves and if the spine is out of alignment it can affect the entire body. Traditional medicine may prescribe a drug for a particular ailment compared to a chiropractor looks at the body as a whole and uses the holistic approach of spinal alignment. Nutrition is also an important issue addressed within the practice of chiropractic as allergies and/or toxins may be present. Some of the most common conditions treated by chiropractic are the neck, back, and musculoskeletal areas. Our feet are our foundation for everything we do and if a person has a flat foot that can cause the entire body to be off center which throws off their posture. Chiropractic approach is different for everyone in determining underlying causes. Some of the testing involved checks the nerves, skeletal structure, and verification of possible subluxated vertebrae, usually resulting in about an hour of evaluation. When a spinal adjustment is given the patient may hear a popping sound. This sound is common and completely normal signifying that a small amount of gas has been released from the spinal. Maintaining regular visits to the chiropractor is a proactive means to keep the body aligned.

					01/04/2016	6:30 PM
					01/05/2016	4:30 AM
Joy In Our Town # 506	30:00	15:00	L	PA	01/09/2016	2:00 PM
					01/16/2016	3:00 PM
					01/23/2016	3:30 PM

Kelly Waldeyer speaks with Dr. Thomas Martin about the overall health benefits of staying in physical alignment. Poor posture is one of the most common problems today as we bend our heads downward when using technological devices. Extension exercises help us to keep the spine from bending forward especially as we age. On occasion a person may experience back pain from simply bending the wrong way to tie a shoe. Sometimes sneezing or coughing can create a back problem as the force from the sneeze or cough pushes the vertebra out of alignment. A herniated disc is a different type of problem that requires the use of a different type of treatment table. Overall, preventative maintenance treatments are easier to administer. Sometimes the spine is out of alignment due to internal issues such as Gall or kidney stones or irritable bowel syndrome. Autoimmune deficiencies can signal themselves through the spinal column. Good posture is when the head and shoulders are straight along with the hips in a relaxed stance. Obesity has a negative impact on the spine. Psychological stress and negative thoughts affect the adrenal glands and other body function which directly affects the nervous system. Arthritis is the end result of subluxations when they are not properly aligned. Stigmas associated with chiropractic are the popping and cracking sounds sometimes heard during an adjustment and that once you start with chiropractic you have to keep going with it. Chiropractic is one of the safest ways to maintain health and vitality. People continue to use this method because they feel so much better when they do.

*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*

					01/11/2016	6:30 PM
					01/12/2016	4:30 AM
Joy In Our Town # 507	30:00	15:00	L	PA	01/16/2016	2:00 PM
					01/23/2016	3:00 PM
					01/30/2016	3:30 PM

Kelly Waldeyer speaks with Leslie Peters, RN, who specializes in perinatal care, about the effects of smoking cigarettes during pregnancy. Everything a mother does during pregnancy the unborn child experiences its effect. The nicotine, carcinogens, and carbon monoxide taken in by a mother who is smoking a cigarette is going straight to the baby. Nicotine causes blood vessels to constrict. The umbilical cord is filled with blood vessels and is a direct pathway from the mother to the baby. Carbon monoxide squeezes out the much needed oxygen that is needed for the baby via the umbilical cord. The problems that occur during pregnancy due to smoking are preterm deliveries which is anything before 37 weeks, low birth weight which is anything under 5.5 lbs., still births and miscarriages. Sudden Infant Death Syndrome (SIDS) is also attributed to smoking as are birth defects such as cleft lip and cleft pallet, and learning disabilities. Respiratory issues are also a concern for the child. The early month in pregnancy are crucial. In years past it was considered okay to smoke 3-4 cigarettes a day but that is not the advice given today. Every cigarette carries toxins and just one cigarette causes damage. The moment a mother quits smoking oxygen intake is greater and the heart rate drops. Smoking is an addiction and if a mother desires to quit but can't do it successfully her physician will be able to offer other options. Cessation programs are available such as smokefree.gov and information on this site may be helpful. Beating ourselves up doesn't help because what's been done is done. A physician may be able to subscribe a medication or a patch or gum. A pregnant woman must always check with her physician. Some other ways to quit is to place cigarettes in another place that makes getting them inconvenient, or go for a walk. Inhalation may be part of the habit to relax so take a pencil or straw and breathe as if smoking a cigarette. Substituting caffeine for smoking is not a viable alternative as caffeine also constricts blood vessels and increases heart rate.

					01/11/2016	6:30 PM
					01/12/2016	4:30 AM
Joy In Our Town # 507	30:00	15:00	L	PA	01/16/2016	2:00 PM
					01/23/2016	3:00 PM
					01/30/2016	3:30 PM

Kelly Waldeyer speaks with Leslie Peters, RN, who specializes in perinatal care, about the effects of drinking alcohol during pregnancy. Studies conducted years ago allowed a pregnant woman to consume a glass of wine every so often but studies today say no alcohol during pregnancy and prior to becoming pregnant. There is no safe amount of alcohol and in order to give yourself and your baby the best chance at the best, healthy life is to not smoke or drink during this time. Fetal alcohol spectrum disorders (FASD) categorize three types, one being fetal alcohol syndrome (FAS) which exhibits physical and mental problems that affect the baby. These problems are not genetic but rather traced back directly to the mother who consumed alcohol during pregnancy. FAS is noted in physical appearance as the baby's eyes are set closer together, stature is shorter, underweight, behavioral issues, lack of attention span, hyperactivity. These kids struggle throughout school and life. Sometimes their hearing, vision, speech, and motor skills are effected. The alcohol taken in by the mother enters the baby through the blood stream where the alcohol is stored. The baby's system does not have the ability to rid itself of the alcohol. When a woman decides to conceive that is the time to prepare and quit drinking three months prior. If a woman is addicted to alcohol she needs to be honest with her physician who can assist in helping her find resources. If the father drinks alcohol it doesn't directly affect the fetus. Problems from FAS can't be passed on to their own children. Symptoms of alcohol withdraw are irritability, headache, nausea, increased heart rate, and jitters. Within ten to fourteen days the woman should begin to feel better. Keep walking, exercising as cleared by the physician, eat smaller, healthy meals. Meditation, yoga, and journaling are other options to help keep the mind active. During pregnancy it is important for the mother to visualize holding the baby and respond to it accordingly.

*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*

					02/01/2016	6:30 PM
					02/02/2016	4:30 AM
Joy In Our Town # 510	30:00	15:00	L	PA	02/06/2016	2:00 PM
					02/13/2016	3:00 PM
					02/20/2016	3:30 PM

Dr. Thomas Martin, DC, speaks with show host Kelly Waldeyer on how to properly lift to save your back. Back issues create multiple complexities for both employer and employee by not lifting correctly. There is a proper technique in heavy lifting which is identified as anything over twenty pounds. To properly lift, maintain the arch in the back, squat down, keep the back straight, tighten the core muscles, bring the item into your chest, and then lift straight up using the legs. People will bend and twist which is the worst way to lift as it affects the lower back. The lower back is not designed to twist while lifting. Feet placement are shoulder width apart. Support belts can actually weaken the back and inner core muscles if work all of the time. They are helpful when healing from an injury serving as a reminder to be aware of posture, etc. Notice how a golfer raises his/her leg when on the green to lift a golf ball. This is an intentional stance to preserve their backs from all of the bending that they do. Diet and musculoskeletal systems work together. If someone is not producing digestive juices autoimmune problems can arise which can weaken the spine and internal organs. Physical activity assists in maintaining health of the spine. Controlled workouts at the gym will build muscle to assist in maintaining proper alignment. Working the core helps to protect the back. For every muscle in the front of our body the muscles in the back must also be balanced. Inactivity is a cause for poor alignment and overstretching a muscle can cause injury. Proper footwear is crucial as the feet are the foundation of the spine. Smoking contributes to decline in spine health as it impedes necessary oxygen and nutrients to this part of the body. When using a cell phone or doing any activity that is repetitive be aware to move the head, neck, and shoulders to relax these areas that can become stiff from overuse.

Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	01/06/2016	6:30 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. Neuroplasticity 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	01/13/2016	6:30 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	01/20/2016	6:30 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 bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. 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 #014	27:30	27:30	REC	PA/O/E	01/27/2016	6:30 PM
---------------------------	-------	-------	-----	--------	------------	---------

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

*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>
Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	02/03/2016	6:30 PM

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.

*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 #016	27:30	27:30	REC	PA/O/E	02/10/2016	6:30 PM
---------------------------	-------	-------	-----	--------	------------	---------

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	02/17/2016	6:30 PM
---------------------------	-------	-------	-----	--------	------------	---------

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.

*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 #018	27:30	27:30	REC	PA/O/E	02/24/2016	6:30 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. NIDA is the National Institute of Drug Association. They define addiction as "A chronic (which means on-going) relapsing (which means it's never going to go away) brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences." Basically, their philosophy is that once you're an addict, you're always an addict. That is not what the Word of God says. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

Switch On Your Brain #019	27:30	27:30	REC	PA/O/E	03/02/2016	6:30 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

*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 #020	27:30	27:30	REC	PA/O/E	03/09/2016	6:30 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses "The Disordered Mind." The difference between a disease and a disorder is that you can control a disorder. But that is a choice. And if you choose well, you move into mental health. If you choose badly, you move into mental ill health. So, if you make a good choice, you build healthy thoughts, which generate life. If you make a wrong choice, you build unhealthy thoughts. It's not that you have a disease in your brain. It's that you have a disorder and your brain can rewire. Disorder is the result of incorrect thinking. A disordered mind is a chaotic mind filled with cluttered rogue thoughts of anxiety, worry, and all manner of fear-related emotions send out the wrong signal right down to the level of the DNA. Some research that just came out very recently from Stanford shows that instead of there being a distinct neurological pattern for each type of disorder, for example, schizophrenia would have this type of brain signature; and bipolar this type of brain signature; and anorexia this type of brain signature; and each of those having this type of genetic signature. What they've actually found is that all the different psychiatric disorders actually have the same kind of brain damage. And what's very interesting is the areas of the brain that show damage are the actual areas that follow the path of thought formation. We're thinking beings. We think all day long. We're made in the image of a thinking God. And as we are thinking, we are building thoughts. And that building of thoughts follows a certain pattern in the brain. What's important to understand now is that your thinking is so powerful that you change the physical nature of who you are. You can choose to build your brain, you can choose to destroy your brain. Your brain simply responds to the mind and the body responds to the brain. You are not a victim of your biology. You are a victor over and above your biology.

Switch On Your Brain #021	27:30	27:30	REC	PA/O/E	03/16/2016	6:30 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses psychotropic medications. Research shows that no one single psychotropic does any good for any brain. It actually creates a new neurological disorder. It doesn't matter what meds you have taken, what you've been told to do, you can change it with your mind. So, when we take a biomedical approach to medication, what we will see is a disease that needs a medication. But, actually, mental illness is not a disease and it doesn't need a medication. It is a very serious thing, but it's a mind disorder and it needs a different type of approach. Unfortunately, there's an entrenched myth in society. And it really is a theoretical myth that has just grown. And that is that medications are going to rebalance the brain. It also implies that the whole cause of mental disorder is biological or genetic or chemical. Unfortunately, if you look at the research, we've kind of been led to believe that a drug will actually renormalize the brain and this is really not true. What drugs do is they change the brain, and not necessarily for the better. Psychotropic drugs are things like your benzodiazepines, which are things like valium. You get your SSRIs, which are things like Prozac. And then, you get your anti-psychotic drugs that are given for things like schizophrenias. What's very interesting is that these drugs were initially stumbled on by mistake. They were developed for surgery and they saw that they had a mood-altering affect, and at that point, the world of psychiatry had mental health be classified as a disease. There's been an increase of use of psychotropic drugs and a reduction of more psychological talk-based intervention in helping people deal with mental health. Mental health is not being dealt with like it should. There's hundreds of references that you can go through and research this concept of what medication does to your brain. Once you're more informed, you then go to your doctor. You speak to your doctor. Find a doctor that will work with you and work on a plan to reduce your medications in a way that's going to work for you. You can't just reduce medications. You also have to address what is going on in your mind. Because you got there with your mind, so you're going to get out of it with your mind. Seventy-five to ninety-eight percent of mental, physical, emotional illnesses today are coming from our thought life. So, as you are gathering that data, that's a decision of your mind, the decision of your mind to go and read the resources and get informed about this. That is a decision of your mind. It's also a decision of your mind to be desperate to change and to be prepared to work through the change. In the same way that your brain has structurally changed because of the medication, your brain can structurally change again because of your mind, because of your love, power, and sound mind being able to change your brain.

*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 #022	27:30	27:30	REC	PA/O/E	03/30/2016	6:30 PM
---------------------------	-------	-------	-----	--------	------------	---------

Today on Switch On Your Brain Dr. Caroline Leaf discusses directing your rest. Directed rest means being able to focus, being able to do what it says in Proverbs 4:20-22, which is pay attention to my words, direct and focus your attention. When you do that, a healing comes in your body. You change. Directed rest activates networks inside the brain. When you switch off to the external and you switch on to the internal networks of your brain, they kick into high gear and you actually think with more wisdom, more clarity. So, the Psalm 46:10, which says, "Be still, and know that I am God," is really important when it comes to activating the internal networks of our brain. Directed rest literally means that we focus in a different way, we pay attention in a different way that actually activates our brain to function at a much higher level. A disciplined mind where you're focusing on something makes learning take place. We call this the "Quantum Zeno Effect" in quantum physics. "Quantum Zeno Effect" means the repeated effort that makes learning take place. Now research studies are pouring out showing that when we direct our mind, when we learn, we change the brain. Your brain is designed to be restructured and renormalized. It just takes a lot of disciplined mind work. We are designed to direct our rest. Scientific research has actually shown us that when we direct our rest, that means that we switch off the external, we switch on to the internal, and we actually organize our mind. And when we're focusing on God, we get this incredible sense of peace and calmness. Directed rest means that we actually think within ourselves. We actually go inside of our own heads and we think internally and that helps us to bring order and focus back into our minds. What's the benefit? What they have found from the research is when you order your thoughts like this, your brain grows networks. You activate neuroprotection, which means you protect against mental ill health. You actually bring health into your body. So prayer works. Thirty seconds a day that you build up cumulatively into a minimum of seven minutes is a number that scientists give us for making incredible physical change inside of your brain.

700 Club NewsWatch #01292016	CBN	1:00:00	5:00	REC	PA/O/E	01/29/2016	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. 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.

*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 NewsWatch #02012016	CBN	1:00:00	5:00	REC	PA/O/E	02/01/2016 3:00 PM
---------------------------------	-----	---------	------	-----	--------	--------------------

CBN News Medical Reporter Lorie Johnson Reports: Fifty million Americans suffer from an autoimmune disease. That beats the number of people with cancer and heart disease combined. New research indicates processed foods could play a role. In fact, an increasing number of doctors say cleaning up the diet could reverse this autoimmune trend. Our immune system keeps us healthy by attacking invaders, like viruses. One problem, however, is our immune system can misfire and attack healthy tissue. That can lead to one of more than 100 autoimmune diseases like Graves' disease, lupus, rheumatoid arthritis, Crohn's disease and multiple sclerosis. Many people don't even realize they have an autoimmune disease, assuming instead their exhaustion, brain fog or abdominal pain are just a part of life. Other symptoms include feeling cold much of the time or having a rapid heartbeat. When doctors diagnosed Sierra Vellinga with Hashimoto's Thyroiditis, which attacks the thyroid gland, they told her the same thing millions of others with autoimmune issues hear. Then Sierra heard about Dr. Amy Myers, one of a growing number of autoimmune specialists who believe drugs often make matters worse. Dr. Myers prescribes a series of lifestyle changes to prevent and possibly reverse autoimmune diseases, starting with a clean diet. Sierra followed this route, and after six months regained her health. Dr. Myers believes many autoimmune diseases stem from a condition called "leaky gut." A leaky gut means large openings form along the intestinal walls, allowing proteins and viruses to escape into the bloodstream. The immune system recognizes them as foreign, and begins to attack them, as well as things that resemble them. Myers says a leaky gut comes from things like stress, certain medications and eating processed foods, sugar, dairy and gluten, which is in wheat. That's because scientists have hybridized wheat over the years. Today's crop produces a higher yield, but contains more gluten. Our once-wholesome cheese isn't the same either. The problem with sugar is it can cause massive inflammation. Food manufacturers add sugar to nearly all the products we buy, including ones that seem healthy like spaghetti sauce, peanut butter, salad dressing and granola bars. Dr. Myers recommends avoiding gluten, dairy, sugar and processed foods in order to heal the gut and reverse autoimmune disease. When Sierra heard this, she understood why she felt so horrible until that point. Correcting the problem usually involves cooking at home, from scratch. That was a tall order for Sierra. Dr. Myers outlines what she likes her patients to eat. Sierra said she now enjoys the creativity of cooking for herself. Dr. Myers provides many healthy recipes in her book, "The Autoimmune Solution," such as Coconut Cream Berry Parfait, Brussels Sprouts with Dark Cherries and Crispy Coconut Shrimp. Sierra says eating whole foods make her feel like a new person. So one way to guard against, or treat any number of autoimmune diseases, is to consider an anti-inflammatory diet, like the Paleo plan: one that's rich in vegetables and healthy fats, minus the processed foods, sugar, dairy and wheat. It could be well worth the effort.

700 Club NewsWatch #02182016	CBN	1:00:00	5:00	REC	PA/O/E	02/18/2016 3:00 PM
---------------------------------	-----	---------	------	-----	--------	--------------------

CBN News Medical Reporter Lorie Johnson Reports: Roughly 2 million people will be diagnosed with cancer this year. If you or a loved one is facing cancer, you might want to consider the treatment known as proton therapy. The treatment is not for everyone, but for some, it's an answer to prayer. Jeff Powell and his wife, Vickie, believe they dodged not one, but two bullets. First, Jeff beat prostate cancer. Second, because he chose proton therapy treatment, he avoided the miserable side effects that often accompany traditional methods. Proton therapy patients have fewer side effects because it only kills the cancer. But traditional radiation therapy works like a bullet, damaging healthy tissue as it enters and exits the body. Proton therapy, on the other hand, is like a firecracker placed inside the tumor. The explosion of radiation damages just the tumor, nothing else. There's no nausea, no burning and best of all, no organ damage. There are only nine proton therapy centers in all of the United States right now, but another seven are on the way. One of the newest treatment centers is The Hampton University Proton Therapy Institute in Hampton, Virginia. The location was chosen, in part, because this area of the country leads the nation in prostate cancer deaths. Craig Fieldings, 45, chose proton therapy to treat his prostate cancer. So far, he's come to the Proton Therapy Institute Monday through Friday for one month. He has one more month of treatment to go. The cost of proton therapy is about three times the cost of traditional treatment, but most insurers, like Craig's, cover the treatment. Prostate cancer patients like Fieldings aren't the only ones who benefit from this breakthrough, according to HUPTI's scientific director, Cynthia Keppel. During treatment, the patient lies in a custom-fitted brace on a machine called a gantry. In an adjoining room, technicians activate the proton beam -- no needles, no knives. The gantry room itself is fairly unremarkable. But on the other side of the wall stands the part of the gantry machine the patient never sees. It's an astounding three stories tall, weighs 90 tons and costs \$8 million. Oncologist Allan Thornton of the Hampton University Proton Therapy Institute has been using proton therapy since the early 1990s. That work means an answer to prayer for cancer patients who qualify for proton therapy. They can expect to keep more healthy tissue, while escaping certain side effects associated with conventional therapy.

*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 NewsWatch #02242016	CBN	1:00:00	5:00	REC	PA/O/E	02/24/2016 3:00 PM
---------------------------------	-----	---------	------	-----	--------	--------------------

CBN News Medical Reporter Lorie Johnson Reports: Scientists believe two-thirds of all cancers are caused by bad choices such as smoking, tanning beds, not exercising and the granddaddy of them all: a poor diet. When it comes to diet, one of the worst types is one high in sugar. In fact, scientists are increasingly discovering a dramatic link between sugar and cancer. A clear relationship between sugar and cancer leads scientists to two conclusions: sugar use contributes to cancer, and going without it can slow the growth of the disease. One hundred years ago, the average person consumed just four pounds of sugar a year. Now, most of us take in 40 times this amount -- 160 pounds a year. Food manufacturers add enormous amounts of sugar, often in the form of high fructose corn syrup, to products we consume all day, every day, such as coffee drinks and cereal, soda and snacks -- even foods you wouldn't expect, like spaghetti sauce and peanut butter. For instance, a tiny container of fruit-on-the-bottom yogurt has more sugar than a candy bar. Now scientists tell us sugar directly influences cancer cells. The amount we consume can either feed those cells or starve them. In a study conducted at the University of Texas MD Anderson Cancer Center, researchers fed mice diets high in sugar and observed they had a higher incidence in breast and lung cancer. The study suggests a diet high in sugar can contribute to the formation of cancer. It also suggests that diet can make a difference in the treatment of a person who has already been diagnosed with cancer. Fred Hatfield knows that first hand. In 2012 he received what amounted to a death sentence. His wife Gloria recalls getting the news. Then Hatfield heard about a low-sugar diet, called the ketogenic diet, believed to slow cancer in some people. With nothing to lose, he gave it a try, and to his astonishment, it worked. Hatfield's recovery didn't surprise Dr. Dominic D'Agostino. His team at the University of South Florida discovered mice with highly aggressive metastatic cancer continue living when fed a ketogenic diet. And it's not just lab animals. D'Agostino has seen similar results in humans. The ketogenic diet means no sugar and no starchy carbohydrates like bread and pasta, which convert to sugar. D'Agostino says cancer cells love sugar and starch because cancer thrives on the glucose from those foods. Conversely, removing the glucose results in starvation for the cancer cells. Glucose also fuels our healthy cells, but if it's not there, those cells can switch to an alternate fuel source called ketone bodies. Cancer cells only run on glucose. D'Agostino says the deficiency in cancer cells can be used to defeat them. Since processed food contains so much sugar and starch, people following the ketogenic diet tend to cook whole foods at home from scratch. Gloria said switching to the ketogenic diet was easy. When it comes to cancer, sugar is considered public enemy number one. Avoiding it could lead to prevention or slowing it down in people fighting 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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Education*

					01/18/2016	6:30 PM
					01/19/2016	4:30 AM
Joy In Our Town # 508	30:00	15:00	L	PA	01/23/2016	2:00 PM
					01/30/2016	3:00 PM
					02/06/2016	3:30 PM

Kelly Waldeyer speaks with Dr. Sheryl J. Hickman about the importance of offering educational resources to those incarcerated. One of the programs in which Dr. Hickman teaches to inmates is Victim Impact: Listen and Learn. The goal of this program is to teach that our actions have impact on others and how the crime they committed directly affected the victim. Empathy is taught by placing the inmate into the role of the victim. Dr. Hickman addresses the inmates twice a month and discusses relevant topics that will assist in their transition from incarceration back into society. Some of the issues the inmates will face is finding employment, housing, and education. Every class is different depending upon the inmates and their experiences so classes are customized to whatever is needed. Some of the results being seen is that the inmates have a heightened awareness of the crime's effect on their victim. For example a shoplifter is made aware that her actions affect the consumer as prices are made higher to accommodate the loss. Another example is homicide. Not only is a life physically taken but that person's family and friends' lives are forever changed. These classes help the inmate understand how to make better decisions as many do not have awareness of what goes on beyond their action. Forgiveness was one of the areas in which the inmates wanted to spend more time discussing which is why the classes went from 12 to 16 weeks. To participate in these classes is voluntary unless mandated by a counselor. Pre-assessment comparisons vs. post-assessments result in favorable statistics. Education is powerful. Not everyone who is incarcerated lacks education but many do. When released from prison they will need education to obtain employment. Working with youth and teaching them these concepts at a younger age would make a difference as it is always easier to prevent criminal behavior than correct it.

					01/18/2016	6:30 PM
					01/19/2016	4:30 AM
Joy In Our Town # 508	30:00	15:00	L	PA	01/23/2016	2:00 PM
					01/30/2016	3:00 PM
					02/06/2016	3:30 PM

Kelly Waldeyer speaks with Dr. Sheryl J. Hickman about educational challenges for parolees. Dr. Hickman teaches inmates twice a month and customizes the classes according to the needs of the women who are incarcerated. Topics range from relationships, sexual abuse, and domestic abuse. Many inmates are able to release emotional baggage that they've held onto for years often with lots of tears. For example, one who was victim of sexual abuse continues to be a victim unless it is addressed. During these teaching sessions other open up about themselves finding a safe place to share. If one is not contributing to society then they will be a burden and will resort back to the life they left before incarceration. Education is a right and a privilege. When a parolee is released into a shelter, which is an environment of transition, they are offered resources to help them enter society. Some parolees enter back into the homes they left, or move in with other family members, and some go back to the streets. Some parolees will need treatment when they are release such as for drug addiction, sex offenders, and some will require counseling for other areas. Education while incarcerated is crucial to help prepare the parolee for a new life. Self-talk is also crucial as it is what we say to ourselves within. Words are power. You can talk yourself into our out of anything. We can change lives by teaching how not to repeat negative behavior and embrace positive changes. Education offers training to be better people and ultimately offering a safe society.

*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*

					02/15/2016	6:30 PM
					02/16/2016	4:30 AM
Joy In Our Town # 512	30:00	15:00	L	PA	02/20/2016	2:00 PM
					02/27/2016	3:00 PM
					03/05/2016	3:30 PM

Kelly Waldeyer speaks with Dave Tatum, a CTE Instructor at Delaware County Technical High Schools, about Cyber Security. Dave explains cyber security at its core is the protection of information. This information could be personal, corporate, or government. Cyber security applies to everyone. It is so important, the U.S. government has considered it part of our national defense. Dave says most threats involve some type of network breach and the purpose of cyber security is to mitigate the threat and protect the information within the network. Awareness is key to keeping your data safe. Dave explains to be mindful of open, unprotected wireless networks. The user needs to think about what data they are transmitting on these public access points. Dave adds to make sure you download all the updates and patches for your operating system and virus protection software. Dave adds a lot of what you see on TV and movies is what the law enforcement community calls the "CSI Effect." The speed at which things occur is much slower in real life. The public does need to be aware of what cyber security is and what steps they need to take. Parents need to make sure their children are aware and mindful of what and where they post on the internet. You need to take responsibility for your own actions. Dave adds one of the problems with keeping up to date with cyber security is you need highly skilled people and they need to have the skill to learn new techniques quickly.

					02/22/2016	6:30 PM
					02/23/2016	4:30 AM
Joy In Our Town # 513	30:00	15:00	L	PA	02/27/2016	2:00 PM
					03/05/2016	3:00 PM
					03/12/2016	3:30 PM

Kelly Waldeyer speaks with John Linder, a college professor and former mayor of Chester, Pennsylvania, about education reform. His career background is in the field of education and over many years as a teacher and college professor he has witnessed numerous incidents that pointed to the necessity of education reform. Professor Linder shares the history of education and how our modern societies dictate a different form of education from previous eras. There are and will be ongoing issues facing education reform on federal, state and local levels, such as funding and policy. Researchers examine the impact of community, technology and government regarding the how and why certain subjects must be taught. Professor Linder discusses the speed in which technology is advancing, and how this may have a challenging impact in some of the lower-income districts and schools. The availability of a solid educational system plays a large part in social areas such as community, crime, economy, and employment opportunities.

*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*

					02/22/2016	6:30 PM
					02/23/2016	4:30 AM
Joy In Our Town # 513	30:00	15:00	L	PA	02/27/2016	2:00 PM
					03/05/2016	3:00 PM
					03/12/2016	3:30 PM

Kelly Waldeyer speaks with John Linder, a college professor and former mayor of Chester, Pennsylvania, about the challenges that teachers face within the classroom. A larger sized classroom of students can potentially harm the educational benefits to the student. Lack of funding can create stress on the teachers as they often purchase their supplies out-of-pocket. He believes that building the school system in and around the local business economy would provide funding, internships, and expanded opportunities for both the school and local business. Although teachers face challenges on a regular basis, the best line of support ultimately comes from parental involvement in their child's education. Parents must ask questions of their legislators and administrators within the educational system in order to be heard and bring about change.

700 Club CBN NewsWatch #02232016	1:00:00	5:00	REC	PA/O/E	02/23/2016	3:00 PM
-------------------------------------	---------	------	-----	--------	------------	---------

CBN News Reporter Heather Sells Reports: School districts across the country are scrambling to develop policies for transgender students. They're facing financial pressure from the Department of Education, which released updated guidelines applying to gender identity in 2014. The Department of Education's Office for Civil Rights says the non-discrimination clause in the 1972 Title IX civil rights law now extends to discrimination claims based on gender identity. It recently found that Township High School District 211 in Palatine, Illinois, violated the new guideline by denying a boy who became a transgender girl access to the girls' locker rooms. Instead, the district had arranged for the student to use separate facilities to change clothes for athletic activities and physical education classes. The DOE informed the school that those separate facilities did not comply with federal law and put Dist. 211 on notice that it could lose the millions of dollars it receives in federal funding. Outraged parents attended a school board meeting in December, urging the board not to settle with the DOE. Vicki Wilson and Lisa Moran formed the D211 Parents for Privacy activist group on Facebook in response to the threat. Alliance Defending Freedom attorney Matt Sharp says school districts across the country should proactively create transgender policies in light of the financial risk. The federal government typically pays \$1,200 to \$2,000 per student every year. At the same time, Sharp notes that so far, no court has interpreted Title IX as a requirement for schools to provide students with access to opposite-sex facilities. Creating policies that serve both transgender and non-transgender students is a complicated task. One issue: an open definition of what it means to be transgender. A case in Gloucester, Virginia, could set a national precedent. It started when a Gloucester High School girl who became a transgender boy told administrators he wanted to use the boys' bathrooms and locker rooms. The student, Gavin Grimm, had changed his name and appearance to look more masculine and told authorities that using the girls' facilities would make him feel like an outcast. Some of the Dist. 211 students are sympathetic to that concern. Sixteen-year-old Grimm has sued the Gloucester County schools over their restroom policy after administrators denied him access to the boys' bathroom. The American Civil Liberties Union filed his lawsuit in federal court in Norfolk, Virginia, last June and a judge agreed with the school board in September. The ACLU appealed to the 4th U.S. Circuit Court of Appeals in Richmond in October and a decision is expected in the next several months. Privacy advocates like Sharp believe that separate facilities represent the best solution for schools with transgender students. The Alliance Defending Freedom has developed a policy that schools can use as a starting point. Sharp disputes that such an accommodation is harmful for transgender students. School choice advocates like Dr. Neal McCluskey at the CATO Institute say that while the federal government should protect against discrimination, it should stay out of the transgender debate for now. In Illinois, Dist. 211 recently settled with the DOE. It built individual changing stalls in its locker rooms for transgender students. The move is a defeat for Wilson and Moran. They're urging other parents to get ready and take part in the debate. Giving students the ability to choose their bathroom and locker room is a social experiment most parents never dreamed would happen. With no scientific or legal definition of what it means to be transgender, many believe the new federal policy has left the door open for many difficult, awkward, and potentially abusive situations.

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

*Public Safety*

					02/01/2016	6:30 PM
					02/02/2016	4:30 AM
Joy In Our Town # 510	30:00	15:00	L	PA	02/06/2016	2:00 PM
					02/13/2016	3:00 PM
					02/20/2016	3:30 PM

Greg Krawchuck, liaison representative with PA One Call System, Inc. (811) speaks with show host Kelly Waldeyer about the mission of this non-profit organization to protect underground utilities. In the Commonwealth of Pennsylvania there are over 3,500 underground facility owners. Every utility is color coded which is called utility locators and are listed as: White – ready to dig; Pink – survey mark; Red – electrical lines; Yellow – gas, oil, steam lines; Orange – communication lines; Blue – water lines; Purple – irrigation lines; and Green – sewer lines. In addition to the protection of underground utilities, PA One Call System, Inc. promotes safety, and a communication network among project owners, designers, excavators, and the general public. There are a number of lines that go from a main or source into a home, i.e., gas, electric, etc. all of which are underground. Whenever one plans to disturb earth with power equipment the law dictates that 811 be called to inform PA One Call System, Inc. of their intention. Regardless of the depth in which one digs whether 1” or 100’ it is important to call 811 to ensure the safety of everyone affected. The 811 representative will ask questions such as location, cross roads, anticipated depth, reason for the dig, etc. PA One Call System (811) will then make contact with all of the utility companies involved and each one will send out a representative to flag or mark the area where their particular lines run underground. PA One Call System does not send out representatives as they are a communication source, a private, nonprofit organization communication conduit open 24 hours a day, seven days a week, and 365 days a year. Before digging the home owner, or contractor, whoever is the person doing the actual work is the one to call 811 three to ten business days prior marking the excavation area in white paint so utility locators know exactly where the digging will take place. In the Commonwealth of Pennsylvania over 700,000 calls were taken last year, over 40% come from within the 5 counties surrounding Philadelphia. If a homeowner or contractor doesn’t call 811 and proceeds alone and causes a break in a pipe, for instance, that person is solely responsible for all liabilities. Safety is the most important issue, always. If one smells gas, get out of the area immediately, not starting a car, or using a cell phone. Go upwind and then call 911. For more information review their website at: [www.paonecall.org](http://www.paonecall.org).

					02/08/2016	6:30 PM
					02/09/2016	4:30 AM
Joy In Our Town # 511	30:00	15:00	L	PA	02/13/2016	2:00 PM
					02/20/2016	3:00 PM
					02/27/2016	3:30 PM

Show host Kelly Waldeyer talks with Steve E. Tagert, president of Aqua Pennsylvania, about the origin of our drinking water. Drinking water is the only utility that is consumed and therefore is highly regulated by the government. The water within streams and rivers are routed into a treatment plant the same as the water held in a reservoir. Reservoirs are man-made and are an impoundment mechanism where water is held to ensure supply to the public. Currently there are 9 billion gallons of water held in reservoirs just in Southeastern Pennsylvania. Some of the rivers and streams that supply our local area is Chester Creek, Brandywine River, and the Schuylkill River. Raw water from these sources is screened and pumped into the treatment facility. Government regulations break down processing into parts per billion and parts per trillion as outlined in the Clean Water Act. Process requires taking out debris by running the water through filters and ultimately routed into public water mains. During the treatment process additives are placed into the water to ensure the prevention of disease and maintaining the cleanliness of the pipelines which must meet federal guidelines from the National Safety Foundation (NSF). Some of the additives such as chlorine is measured as one part per million. Liquid alum is used as one of the first additives as this substance attracts particles, called flocculation, so they can be more easily removed from the water. Lime is added to adjust the pH in the water and carbon is added for taste and to eliminate any possible odor. The sedimentation accumulated during the treatment process is recycled to other basins that squeeze the material to an approximate 3% creating solid matter, like dry mud, then hauled off to a quarry or added to a landfill. Once water is treated it is then placed into transmission mains and out through the system into public use by way of high lifter pumps. The length of water mains within Southeastern Pennsylvania is 4,500 miles of pipe and 5,600 miles in total for the Commonwealth of Pennsylvania. For more information on the water treatment process please go to: [www.aquaamerica.com](http://www.aquaamerica.com)

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

*Public Safety*

					03/07/2016	6:30 PM
					03/08/2016	4:30 AM
Joy In Our Town # 515	30:00	15:00	L	PA	03/12/2016	2:00 PM
					03/19/2016	3:00 PM
					03/26/2016	3:30 PM

Kelly Waldeyer speaks with Justina Calgiano, director of community relations from the Delaware County SPCA. The adoption center is located in Media, PA. Justina started as a volunteer and watched the SPCA transform from a kill center to a rescue center. Since 1911, this organization started as a watering trough. Over the years, the local municipalities contracted with Delco SPCA to handle stray animals and animal concerns throughout the area. The Delco SPCA is no longer serving these areas for animal control and is specifically a rescue center. Any concern regarding animal control must be directed to the Chester County SPCA or by calling 911. Delco SPCA offers spay and neuter services and educational programs directed to reduce animals in shelters. The public traditionally thinks of animal shelters as a pound. Delco SPCA prides itself in its adoption numbers. There are five veterinarians on staff who work with cats and dogs. Every so often a reptile or exotic bird will surface and the Delco SPCA then researches to locate the proper rescue center for that particular animal. Animals are brought to the center as a result of rescuing them from kill centers. Approximately 70% are from regional areas and from the southern states in which these animals were neglected or abused. Some animals are abandoned at the Delco SPCA which is an illegal act and if the person or persons who abandoned the animal are identified the Delco SPCA will press charges. If, for instance, a family of stray cats is found in a neighborhood and someone calls the SPCA for help that person would be directed to call their local municipality. Animals need to have a tag and collar and be micro-chipped as they can easily be reconnected to their family via the information the tag and chip provides. A veterinary has a wand that can read this information. Every animal at the Delco SPCA is spayed and neutered prior to adoption. Some animals require months of care prior to adoption especially those from high kill centers. Foster home are mini-shelters and these animals are quarantined off to make sure they are large and healthy enough for spay or neutering and vaccines are given.

					03/07/2016	6:30 PM
					03/08/2016	4:30 AM
Joy In Our Town # 515	30:00	15:00	L	PA	03/12/2016	2:00 PM
					03/19/2016	3:00 PM
					03/26/2016	3:30 PM

Rescue is a safe haven for an animal and a no kill organization is considered a rescue. Adoption is the same as rescuing an animal. At Delco SPCA, 25% of the animals are pure bred. If a family would prefer a particular species there is a bred specific list available. Only 1 in 4 families choose to rescue which causes many animals to be put down due to overcrowding. When a person or family choose to rescue an animal a background check may be performed along with a veterinarian check if a pet was previously owned to ensure that the adoptive family is qualified. To view an application for adoption/rescue it is available on Delco SPCA's website at ; thousands of health animals are put down; background checks and vet checks from previous animals are done prior to given to adoptive family; applications are available on their website at: [www.delcospca.org](http://www.delcospca.org). Some animals who have been abused are placed in an isolation unit and pampered to build up trust with humans. Foster homes are very important in these types of cases as they work specifically with the animals to help them trust again. There is always a need for foster homes and families to rescue cats and dogs. For more information visit: [www.delcospca.org](http://www.delcospca.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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Public Safety*

700 Club NewsWatch #01212016	CBN	1:00:00	5:00	REC	PA/O/E	01/21/2016 3:00 PM
---------------------------------	-----	---------	------	-----	--------	--------------------

CBN News Reporter Mark Martin Reports: It's been called a "bar code on steroids." Radio Frequency Identification identifies people or things and transmits information through microchips. Is it all about convenience, or are there biblical implications? A banner at the International Association of Amusement Parks and Attractions Expo, or IAAPA as it is known, reads "Prepare to be thrilled!" And if you're into amusement parks, the expo is the place to be. Each year, theme park entertainment grows more exciting and cutting edge, like the Tm-Trackless Ride Systems. From trackless to cashless, the operators described the latest ways to make the park experience more convenient for customers and employees. That includes RFID. RFID uses radio waves to transmit information at a distance. A microchip in an RFID tag contains unique identification numbers. Tom Foster, who works for Precision Dynamics Corporation, said the organization pioneered the technology around the turn of the century. Companies like PDC, which produce RFID products, say the technology helps with areas such as access control, keyless entry, and cashless point of sale. Precision Dynamics developed the first kiosk that dispenses and encodes RFID wristbands for amusement park purchases. It's like a wallet on your wrist. It raises a number of questions, however, like what about privacy? And can the information on that wristband be stolen? Consumer privacy expert Dr. Katherine Albrecht is concerned about RFID technology in general and what the future holds. She said their goal is to track the consumer's habits. Beyond the privacy concerns, Albrecht said RFID technology carries biblical implications, with hobbyists embedding microchips into their flesh. Radio isn't the only way that she is getting her message out about the dangers of RFID technology and what it can lead to. She's also a best-selling author, writing books for both adults and children. Albrecht has devoted a decade to studying RFID. One result of her research is the book, "Spychips: How Major Corporations and Government Plan to Track Your Every Move with RFID." She especially wants to reach younger readers with her book "I Won't Take the Mark, a Bible Book and Contract for Children" to help kids understand the book of Revelation. Albrecht is working to change that, wanting people to think before blindly accepting new tracking technology.

*Family*

						01/25/2016 6:30 PM
						01/26/2016 4:30 AM
Joy In Our Town # 509		30:00	15:00	L	PA	01/30/2016 2:00 PM
						02/06/2016 3:00 PM
						02/13/2016 3:30 PM

Show host Kelly Waldeyer speaks with Dave Weidis about burnout and how to effectively work through its complexities. Dave is a counselor, attorney, and educator. He explains that the term "burnout" is actually a factor, or piece, to a much larger concern called "compassion fatigue" as referred to by health care professionals. Primary traumatic stress is experienced by those who work with people in the health profession. For example, a patient may be dying and the stress of witnessing the experience can become quite traumatic both physically and emotionally for the health care provider. Secondary traumatic stress is when a health care provider sees a trauma through the eyes of his/her patient such as when a client recounts their encounter with child abuse. The provider can actually feel the trauma and feels its effects. Burnout or compassion fatigue takes hold when one works long hours and has not taken a break from a grueling routine. Some professional examples are, but not limited to, doctors, nurses, pastors, or truck drivers and secretaries. Anyone in any profession can experience burnout. Some indicators pointing to burnout are feeling edgy, cynical, feeling numb on the inside, depletion of motivation, initiative, physical and emotional exhaustion, inability to focus, and withdrawal from social interaction not wanting to engage with others. There is a link between burnout and depression. Feeling overwhelmed and anxious become heightened when in burnout. Talking to someone that you trust about these feelings can help identify where and when burnout began so adjustments can be made to avoid it in the future. Often a trusted friend, or spouse, can bring to the attention of their loved one that they are working too many hours, too many days, and not spending time to relax. Some people will push back and deny they are a "workaholic" and others will feel relieved that someone pointed out the necessity to rest and enjoy leisure.

*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>
					01/25/2016	6:30 PM
					01/26/2016	4:30 AM
Joy In Our Town # 509	30:00	15:00	L	PA	01/30/2016	2:00 PM
					02/06/2016	3:00 PM
					02/13/2016	3:30 PM

Dave Weidis, counselor, attorney, and educator, speaks with show host Kelly Waldeyer about flameout; what it is and how to avoid it. Flameout is a term used to describe a type of moral failure that brings out, for example, termination of employment, incarceration, or sexual misconduct. When one is burned out their moral compass is off center causing bad judgement. Most of us have issues that we mask over, covering up pain, so we can appear okay. When one covers up pain they are prone to self-medicate by using work, alcohol, or an affair to feel good. We can see these behaviors on TV as the news will cover stories about a mayor, senator, counselor, politician, or police officer caught in a compromising situation. For instance, embezzlement is known to happen over a period of time. The person involved may do this intentionally or they may not fully realize the consequences. Learning to say "NO" is a skill. Most of us give into our desires when we are emotionally needy. Any time one overextends themselves over a period of time they will get out of balance and lose perspective which can lead to flameout. In order to recover from flameout one must admit to what they did and uncover the steps leading to the indiscretion. We can't move forward until we face the issues that haunt us. Sometimes a person can redeem themselves and sometimes they cannot. We can extend grace to those who have fallen in attempt to rebuild trust but that is not a guarantee that trust will return. To avoid flameout, recognize your strengths and weaknesses. There is always a reason why we do the things we do. When one thinks about temptation and what causes it one can think about how to respond effectively. Drawing a line, a boundary, is always helpful.

					02/08/2016	6:30 PM
					02/09/2016	4:30 AM
Joy In Our Town # 511	30:00	15:00	L	PA	02/13/2016	2:00 PM
					02/20/2016	3:00 PM
					02/27/2016	3:30 PM

Show host Kelly Waldeyer talks with Dave Wiedis who is a counselor, attorney, and educator on the topic of empty nest syndrome. Although not an official clinical term empty nest is a very real experience that can bring about anxiety and depression most often occurring when a child leaves home, or the "nest." It is possible that the issue of anxiety and/or depression could have been there all along but came to the forefront once the parent was not as actively involved in their child's life as usually occurs at the time when a child moves on with his/her own life. Some parents will experience joy as they look forward to more time together as a couple and anticipate additional joy as they watch their children create their own lives. Other parents may not experience such a positive transition and can find themselves feeling great loss. Children, too, may feel anxious on their own accord additionally picking up on the emotions of the parent. A child could feel guilt and a sense of responsibility for causing changes in the family structure along with the excitement of beginning college. For the parent it could be the first long goodbye. Honestly is a good way to proceed in exchanging thoughts and fears with one another. The more solid your relationship with your child try to experience special times together in anticipation of the upcoming separation. Social media allows instant communication to ease the initial pangs of separation but be aware that too much communication from the parent to the child could cause the child to drive him/her away. More women than men experience empty nest syndrome which can last between 18 months and 2 years. The key is to celebrate that everyone involved is moving forward.

*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*

					02/15/2016	6:30 PM
					02/16/2016	4:30 AM
Joy In Our Town # 512	30:00	15:00	L	PA	02/20/2016	2:00 PM
					02/27/2016	3:00 PM
					03/05/2016	3:30 PM

Dave Wiedis, counselor, attorney, and educator speaks with show host Kelly Waldeyer about family relationships and family dynamics. The idea of a perfect family is unrealistic. An intact family, having both mother and father, doesn't necessarily represent a healthy unit. Issues within a family are common. The success of a family is how they deal and handle the road bumps along the way. Some of the most profound challenges a family faces today is lack of communication, lack of respect, and unexpressed expectations. Communication starts within ourselves by self-disclosing how we feel about our day, our thoughts, or feelings. Some people are not active communicators and others are. What is key is an attitude of respect and non-judgement and to be clear on what we are saying. All experiences as a child have influenced the adult. Family is the unit, the foundation, that teaches a child how to love, or not. We are shaped and greatly impacted by the actions of our family members. We replicate what we've experienced. All of us have certain weaknesses and dysfunctions. Going back in memory and taking a look at the family history can be quite telling. There were and are family scripts that were told to us about the importance of family and its values. Denial lacks courage to look at the truth. Confrontation with anyone in a loving way better resolves the issue. Some of the most common denials a family experiences is that the children will follow in the parent's footsteps regarding education or profession. We often deny that we lack in communication or relationship issues. We don't want others to know that we're imperfect and the hiding of problems will ultimately damage the family and teach its members to become a hypocrite as the children see their parents project an image that is untruthful. It's important to be intentional how we relate with each member of our family. Showing interest, being there for them, being present with them, and pursuing each other with respect, love and with the idea of connecting with one another offers the best way in which to relate to each other within the family unit.

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	01/14/2016	3:00 PM
#01142016						

CBN News Washington Senior Correspondent Paul Strand Reports: When it comes to how Americans feel about abortion, the numbers aren't even close, especially on extreme positions. Only about 10 percent feel so strongly about life that they'd ban the procedure altogether. On the other end of the spectrum, only 10 percent refuse any restrictions on the practice. Meanwhile, polls show 80 percent are open to pursuing compromises that could reduce abortions. So does that willingness make them pro-life or pro-choice? But Camosy, author of *Beyond the Abortion Wars*, said the extremes have managed to rip the country in two. Christina Forrester, executive director of "Christian Democrats of America," regularly sees the hatred. In such an atmosphere, one strategy would be to appeal to the larger number instead of those on the 10 percent fringes. In order to move forward, Camosy reminds lawmakers they will likely have to support things they don't find totally acceptable. Only a little more than 1 percent of abortions deal with pregnancies caused by rape or incest. And a whopping 83 percent of Americans want those abortions kept legal. For many pro-choice Democrats, compromise means seeing some abortions banned. But Camosy says they'll find support, even among a majority of pro-choicers. Surveys confirm that point of view. Sixty-one percent of Americans would allow abortions in the first three months of pregnancy. Then numbers go down, with 27 percent allowing abortion in the second trimester and only 14 percent for the last three months. Forrester, a Democrat, says she would go earlier than the 20-week abortion ban many Republicans are pushing in Congress. Another part of this debate affecting families reaches into the workplace in terms of equality. Republicans would have to accept new rules or government incentives for employers, an expensive proposition. It means heavily-subsidized childcare when needed and guaranteed maternal leave. Both Forrester and Camosy said taking these measures would make having children more affordable and less stressful for women, which would help reduce abortions. This could also help if and when future abortion restrictions make it to the Supreme Court. In the past, justices have ruled such bans unconstitutional because they place "undue burdens" on women. If Republicans were to pay what it takes for most women to forsake abortions and Democrats would be willing to give on some restrictions, progress could finally take place and save lives.

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

*Crime*

					03/14/2016	6:30 PM
					03/15/2016	4:30 AM
Joy In Our Town # 516	30:00	15:00	L	PA	03/19/2016	2:00 PM
					03/22/2016	5:00 AM
					03/26/2016	3:00 PM

Host Dorrine Jones talks with Shannin Danquah, a Juvenile Probation Officer. They discuss the supervision and rehabilitation of juveniles who have committed some crime and the importance of getting them to see they have a second chance to move forward. They discuss some of the more common problems bringing young people into the system, including drugs, fighting and theft. Ms. Danquah outlines some of the circumstances that could surround the transfer of a juvenile into the adult system. She talks about the prevalence and severity of firearms charges, particularly in inner-city areas. They discuss the importance of community and church involvement in the lives of young people to help avoid increasing numbers of juvenile offenders. They then discuss the fear that children face in their lives today and the impact that has on their actions, as well as the importance of offering them hope for the future. Ms. Danquah recommends parents should be aware of with whom their children are interacting, whether in person or by social media, and should maintain open dialogue with their children, and says both these actions can help reveal any indications of unusual or problematic behavior in the child.

					03/14/2016	6:30 PM
					03/15/2016	4:30 AM
Joy In Our Town # 516	30:00	15:00	L	PA	03/19/2016	2:00 PM
					03/22/2016	5:00 AM
					03/26/2016	3:00 PM

Kelly Waldeyer speaks with Andrew Columbia, former NYC police officer. Andrew explains a hate crime is defined as when someone is targeted, or a group is targeted, with the threat of physical harm or death. Hate crimes can be against any size group, fueled by anger. A hate crime is intentional, thought out, and planned. Only education and diversity can help diffuse hate crimes. Isolation is a big part of this type of crime. Getting people together from all backgrounds to talk removes preconceived ideas about that group. Our world is changing, becoming blended and we need to understand one another. Our children are in school facing these types of situations every day. Hate crimes can originate from upbringing, environment, who they are listening to and all types of media can be responsible. What you hear and see has effect. Hate groups through social media have easier access to the public. Churches and other organizations can play a big role in educating the people to relinquish mindset. Some police departments offer sensitivity training in which they go into communities and schools. Any intent to threaten to harm is considered a hate crime. Parents need to look at the children's social media sites and outlets to monitor posts, talk to their kids and find out what they are doing, and talk with their children's friends. The speed of technology continues to increase and parents should be familiar with these devices and tools.

*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>
					03/21/2016	6:30 PM
Joy In Our Town # 517	30:00	15:00	L	PA	03/22/2016	4:30 AM
					03/26/2016	2:00 PM

*Crime*

Kelly Waldeyer speaks with Andrew Columbia, former NYC police officer, on the topic of crime within social media. Crimes committed online is a serious issue. People engaged in online activity are oftentimes isolated and when in-private the experience becomes personal. Trusting that person becomes suspect because you don't know who is really on the other end. Fraud and ID theft are prevalent; search engines allow someone to see where another one lives and privacy settings are not always engaged. The criminal knows more than what the victim may think which allows the criminal to become more strategic. Social media is used to share with our family and friends and we open ourselves up to all others who can see what we've posted. Crime within social media is not age or gender specific. Over 34% of children under the age of 10 have a social media outlet and parents are unaware. People lie about their age, and who they really are. Computers and cell phones are actually walking tracking systems releasing personal information for all to see. Arguments can readily escalate over social media, getting out of hand. The world is much smaller now and we can communicate with anyone across the globe. Someone may live far away but they can still gain access to your finances. Online fighting may seem harmless but sexual crimes start with talking and then a home address is shared and a crime committed. Sexual, predatory crimes begin when the door opens to conversation and trust is built; a false trust. The most prevalent online crimes are fraud, ID theft, and financial scams.

					03/21/2016	6:30 PM
Joy In Our Town # 517	30:00	15:00	L	PA	03/22/2016	4:30 AM
					03/26/2016	2:00 PM

Bullying is a crime and it has caused people to take their lives. A group of people or just one person can gang up on one individual. The ganging up can be seen in person or online by posting negative comments about this person in the social media arena. Also, negative comments can be made via cell phones. There is no escape for a victim from online bullying. A bully has a platform with a large audience and the bully likes the attention. When online a bully has a false sense of power and security because there is no one standing in front of him/her. Social media can create problems that are carried onto the street where they can be acted out in anger. Internet bullying and terroristic threats are punishable by law. Criminals have also videotaped their crimes and posted them to social media. Family dysfunction, aggression, or lack of upbringing could influence someone to bully but there are other numerous reasons why crime is committed. School experience is profound and lack of social acceptance creates an acting out through social media. Children as young as 3 and 4 years of age know how to use IT devices. The best course of action to help children with online concerns is to work with the schools and communities, including churches and other interests. Parents needs to be their child's friend on social media so they can see what is being posted, check in with your children, look for signs of withdrawal, loss of appetite. Teach our children to look for the good in things and not the bad. Our mindset needs to be positive and speak into our kids positive and encouraging words. It takes work and responsibility, faith, education, communication to help our children and those around us. One person can make a difference in turning these problems around. Speak out and work together. More information 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.*



<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

*Crime*

700 Club CBN NewsWatch #03292016	1:00:00	5:00	REC	PA/O/E	03/29/2016	3:00 PM
-------------------------------------	---------	------	-----	--------	------------	---------

CBN News Reporter Chuck Holton Reports: Some in law enforcement call it "The Ferguson Effect." It's the growing animosity between police and the communities they serve. With law enforcement officers under intense scrutiny both on and off duty and a spike in violence against men and women in blue, many cops across the nation are thinking twice about the way they do their jobs. Joe Collins is one of them. He's a husband and father of two boys who lives in Blacksburg, Virginia. He's a veteran of both the Marines and the U.S. Army. He's seen plenty of combat. When Collins returned from Iraq, he was looking for the same type of brotherhood he had in the military. And law enforcement seemed like a good fit. But after 14 years with the Montgomery County Sheriff's Department, Collins said police work is not what it used to be. Police work has always been a tough job, and sometimes cops go too far. But violence against the police is rising. So far in 2016, officer deaths by shooting are up 300 percent from the previous year, with a marked increase in ambush-style attacks. In February, police woman Ashley Guindon was murdered responding to a domestic disturbance in Virginia. It was her first day on the job. She was the tenth officer to die in the line of duty that month. Cell phones and surveillance cameras are everywhere, and that takes a toll on law enforcement as well. Many cops today fear their next call could end up as a viral video, possibly ending their career or even their life. Michael Wood agreed. He's an author and contributor to the website PoliceOne.com. The result is that tension on the streets is high. With violence rising, tactics and equipment that were developed by the military are now being used to make policing safer in the face of rising violence. Police deaths in the line of duty have declined by about a third since the 1970s when they hit their peak. But that doesn't necessarily tell the whole story. Battlefield technologies developed in Iraq and Afghanistan have trickled down to police departments across the country and that means an officer involved in a shooting has a much better chance of survival than he did 40 years ago. At the same time they are being subjected to increasing restrictions, cops are being asked to do more with less.

*Civic Affairs*

					02/29/2016	6:30 PM
					03/01/2016	4:30 AM
Joy In Our Town # 514	30:00	15:00	L	PA	03/05/2016	2:00 PM
					03/12/2016	3:00 PM
					03/19/2016	3:30 PM

Kelly Waldeyer speaks with John Linder, a college professor and former mayor of Chester, Pennsylvania, about the pros and cons of redistricting and what it means to the community. Voters may feel conflicted about this issue as information offered can be limited. Professor Linder encourages everyone to research the topic, the legislators and their stand on redistricting, and to ask questions. Redistricting may create hardships or benefits for families and the community in general. Research and statistics are obtained through census data and decisions are then made to proceed or not proceed with a possible redistricting. Voters have a say always at the polls and need to exercise their right to choose.

*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*

					02/29/2016	6:30 PM
					03/01/2016	4:30 AM
Joy In Our Town # 514	30:00	15:00	L	PA	03/05/2016	2:00 PM
					03/12/2016	3:00 PM
					03/19/2016	3:30 PM

Kelly Waldeyer speaks with John Linder, a college professor and former mayor of Chester, Pennsylvania, about the empowerment of understanding and engaging in civil responsibility. Professor Linder likens civic involvement to a recipe in which separate ingredients come together to form a totally new and different product when combined. Volunteers within the local community and across our country significantly impact change whether giving small amounts of time and effort or more. They are the backbone to bring about change. He encourages citizens to know their legislators and get involved within their local communities. Additional civic responsibility includes serving on a jury, reporting a crime, and the overall concern in keeping our communities safe.

Joy In Our Town # 518	30:00	15:00	L	PA	03/28/2016	6:30 PM
					03/29/2016	4:30 AM

Kelly Waldeyer talks with Paul Mickle, co-director of the Media Food Bank. Paul says that there is a common misconception in that a food bank is often thought of as a soup kitchen. A food bank is more like a grocery store. Paul began volunteering at the age of 10 and has continued to work with the Media Food Bank for the past 15 or so years and is now co-director. Media Food Bank serves 1/3 of those in need of food within Delaware County, Pennsylvania. Many of the people who visit the food bank could be homeless, recently divorced, experiencing illness, or currently without employment. The food bank affords those with these types of needs access to quality food items. There is no duration period or "cap" on the length of time one is permitted to utilize this facility. This organization operates on a honor system in which a person in need states, on a specific printed form, their name and address, providing identification, and listing how much money they take in per month and the number of people living within their household. The types of food offered at the Media Food Bank are donated from four sources: federal government, state government, commercial, and private. Much of the food available are nutritious, high-end foods. Clothing is also available without charge. Volunteers keep this busy section organized and season appropriate.

Joy In Our Town # 518	30:00	15:00	L	PA	03/28/2016	6:30 PM
					03/29/2016	4:30 AM

The involvement of volunteers at the Media Food Bank varies from either picking up and/or receiving local food donations. The number of volunteers involved with the Media Food Bank is between 50-100 people who come in and do whatever job is needed to be done. There are numerous ways in which one can volunteer. Once the donated food items enter the food bank they are sorted, organized, wrapped or unwrapped, categorized, and placed in certain areas so that those who come in for food can find everything with ease. One of the greatest volunteer needs is in helping with the clothing area, keeping it organized and seasonal. Anyone wishing to assist in helping the Media Food Bank can call the 24-hour information phone line at 484.442.0033 or visit their Facebook page by searching *Media Food Bank*. Hours are every Thursday evening from 7:00pm – 8:00pm and every 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month from 10:00am – 11:00am and during these times approximately 60+ families are served.

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