

Trinity Broadcasting Network

Quarterly Report

April, May, June 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

Seniors

Economy

Education

Youth

Electoral Affairs

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

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

					04/04/2016	6:30 PM
					04/05/2016	4:30 AM
Joy In Our Town # 519	30:00	15:00	L	PA	04/09/2016	2:00 PM
					04/16/2016	3:00 PM
					04/23/2016	3:30 PM

Kelly Waldeyer speaks with Frances Alloway, MA, RD, LDN, about the truth about carbohydrates. Frances explains carbohydrates are carbon molecules and H₂O molecules put together to form C₆H₁₂O₆ molecule. These chains of carbohydrate molecules are linked together in different lengths to form different types of carbohydrates. Simple sugars are 1 to 3 chains and complex carbohydrates can be very long chains. Frances explains examples of a simple sugar include table sugar, milk, maltose and fructose and break down easily. Complex carbohydrates operate differently and react with water differently. It is recommended that we eat more complex carbohydrates because they contain fiber. White bread and wheat bread have the same number of calories but the wheat bread has more B Vitamins and more fiber. Frances shows with the www.myplates.gov diagram that carbohydrates are found in four of the five food groups represented. She explains carbohydrates found in vegetables may be better than the ones found in grains. Frances explains fiber is a non-digestive carbohydrate that simply passes through the body. As fiber passes through the intestines, it absorbs cholesterol, slows down digestion, and fill you up and decreases hunger. Frances explains the dietary guideline for Americans recommends we get 40%-60% of our calories from carbohydrates.

					04/04/2016	6:30 PM
					04/05/2016	4:30 AM
Joy In Our Town # 519	30:00	15:00	L	PA	04/09/2016	2:00 PM
					04/16/2016	3:00 PM
					04/23/2016	3:30 PM

Kelly Waldeyer speaks with Frances Alloway, MA, RD, LDN, about carbohydrates and how they relate to our diets. Frances explains there are some adverse effects to a low carbohydrate diet. If you do not have enough carbohydrates in your diet, then you will need to eat more protein and fats to make energy. Frances explains the body converts carbohydrates to glucose. This glucose is used as energy for the body. Frances says proteins and fats can contribute to heart disease, especially fats. She adds most low carbohydrate diets only recommends eating low carbohydrates for a short period of time and then you start adding them back. Frances says you should want to work with a doctor before beginning a low carbohydrate diet. Frances explains the biggest issue with sugar are the added calories they contain. The new dietary guidelines recommend keeping added sugar to less than 10% of our calories per day. Frances explains it is currently hard to determine if a product has added sugar from reading the labels alone. You have to use your best judgement when you are in the grocery store. Frances adds we are becoming more conscious of what carbohydrates are, which carbohydrates are better for us.

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Health

					04/18/2016	6:30 PM
					04/19/2016	4:30 AM
Joy In Our Town # 521	30:00	15:00	L	PA	04/23/2016	2:00 PM
					04/30/2016	3:00 PM
					05/07/2016	3:30 PM

Kelly Waldeyer speaks with Jessica Lewis, a master personal trainer, certified nutritional counselor, and T'ai Chi Chih instructor, about the importance of a balanced diets versus some of the fad diets. Jessica explains we are in a strange place in our society today because we seem to honor the fit body. She explains that 70% of health is based on what we are eating. She adds our bodies are like eco-systems. Our bodies show the effects of every positive and negative food choice we make. Jessica explains most people have no idea what proper nutrition looks like. She says there are approximately 5 major food companies producing the food we eat and most of what we know about nutrition is what we have been told. Jessica explains it is extremely important we seek counseling from a qualified professional. The person should at least have some concept of the body as a holistic unit. Jessica explains every meal should contain a quality protein, quality fat and a quality carbohydrate. She adds if you shortchange any of these categories, the body is going to feel starved. Jessica adds every major health organization, include the World Health Organization, are recommending we consume 9-13 servings of vegetables every day. She adds no one has ever gotten fat eating too many carrots. While talking about low carb diets, Jessica explains Dr. Atkins' early research in the 40's and 50's let him to a diet more similar to the paleo diet. Americans have morphed something that started out as a sound recommendation into something that uses a lot of "pseudo-foods" or foods that do not exist in nature. Jessica explains gluten free and dairy free diets each have their own issue. Jessica adds that a food diary is a very good tool that everyone should use. It allows you to see exactly what you are eating and helps you stay more mindful of what you are doing.

					05/16/2016	6:30 PM
					05/17/2016	4:30 AM
Joy In Our Town # 525	30:00	15:00	L	PA	05/21/2016	2:00 PM
					05/28/2016	3:00 PM
					06/04/2016	3:30 PM

Kelly Waldeyer speaks with Fran Alloway, registered dietitian and licensed dietitian nutritionist, from Penn State Extension, Delaware County about dealing with a finicky eater. Fran explains a finicky eater is a person who does not eat all the food on the My Plate Diagram or eats just one item from the diagram. People can be finicky eaters for different reasons. It could be a medical reason that causes discomfort or a personal choice that they do not like a particular food item. Fran explains children who are finicky eaters are going through a developmental stage. They are learning their independence or sometime we expect them to eat too much. Fran adds there is no long term concern unless it continues for a month or more. Parents may want to give them vitamin supplements. Parents may want to talk to their child's doctor if the child is a finicky eater.

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Health

Joy In Our Town # 529	30:00	15:00	L	PA	06/13/2016	6:30 PM
					06/14/2016	4:30 AM
					06/18/2016	2:00 PM
					06/25/2016	3:00 PM

Kelly Waldeyer speaks with Jessica Lewis, a master personal trainer, certified nutritional counselor, and T'ai Chi Chih instructor, about the importance and benefits of functional workouts. If you google the word "fit", you will find several thousand definitions that refer to being as active and pain free as possible until the day you die. We have a phenomenon in this country where fitness and health are parting ways and that is a dangerous situation. An active person can still have to deal with injuries. Functional fitness is different than what you see in the gyms today. It is rare you will find yourself in a situation where you are using an isolated muscle group like you do in most gym workouts. Functional fitness is about using the biggest joints and muscles in a systematic, coordinated and holistic way. It is extremely important to have correct posture and muscle movement before doing an exercise. Our bodies are like little eco-systems and will compensate for other parts of the body that are not working properly. Fitness can restore balance, posture, and give strength. It can also increase the feel good neurotransmitters in the brain and alleviate the stress from our daily lives. Fitness is one of the keys to a healthy and happy life.

Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	04/06/2016	6:30 PM
					06/29/2016	6:30 PM

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

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Health

Switch On Your Brain #024	27:30	27:30	REC	PA/O/E	04/13/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is the Mind?" We are spirit, soul, and body. And the mind is the central part of us. The mind is this soul part of us. It's our intellect; our ability to think deeply. Our will; our ability to choose, and our emotions; our ability to feel. And it's subservient to the spirit of man. So, the spirit of man is higher than the mind of man. And the mind is higher than the physical part of man, which is the brain and the body. And the Holy Spirit is designed to lead it all. Holy Spirit, to spirit, to soul, to body, the soul being mind. Research shows that the mind is divided into a conscious part and a non-conscious part. The non-conscious part is linked to the spiritual part of man and it drives the non-conscious mind. The conscious mind is the conscious part of us that is awake when you're awake. The non-conscious is always awake. Our conscious mind is equally as powerful as the non-conscious mind. The mind is separate from the brain. The mind is not the brain. The mind controls the brain. Scientifically we call it neuroplasticity, which "Neuro" means brain, "Plastic" means to change. But what's really happening is it's renewing of the mind. Our brain has actually been designed by God to be constantly renewed. Whatever you're focusing your attention on, your brain just reflects that. Where your mind goes, your brain follows. So, literally, as soon as we become aware of something, as soon as we are consciously aware of something in our thought life, it becomes changeable. You see, your thoughts precede your words and your actions. As soon as we become aware of something we can re-conceptualize the information. Basically, as we are aware of something, we can in science re-conceptualize the information. Re-conceptualize is basically a fancy word for redesigned. Now, it is accepted that ninety-five percent of who we are operates at the non-conscious level. What is interesting is how science is catching up with word of God. Because this is a completely spiritual thing. God made science. Science is spiritual. As you are thinking, information is coming in through your five senses. And then, that is then activating thoughts to move from the non-conscious to the conscious part of your mind. So, for example, the label PTSD (Post-Traumatic Stress Disorder) comes in varying stages. Any trauma that you have, any toxic thought that you have in your brain is a post-traumatic stress disorder. Anything that you haven't dealt with creates this trauma in your brain. It goes from worry to anxiety to trauma. So, every time it pops up from the non-conscious mind, your whole being is flooded. What we've got to do is go back to the core of: Who are you? How are you reacting? What happened in your life? How have you reacted to that? Is there a better way of reacting? And the only answer is Jesus; to go to the Holy Spirit, because He knows what you can deal with at that particular moment in your life. We need to deal with the psychology. We need to have things like talk therapy and a loving environment and people sitting down and helping you deal with these issues. We don't take the person's problem. We don't fix the person's problem. We encourage and carry the person while they're fixing their problem.

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Health

Switch On Your Brain #025	27:30	27:30	REC	PA/O/E	04/20/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Choice and the Power of Choice." It is such an incredible gift from God to be able to choose. And it's something that's been debated for years. Even now, it's very popular in science to talk about the fact that we actually don't have any free will. We don't have a choice. That we're just these animals or these biological automata that just respond to the environment. That's not what the Bible says and that's not actually what happens. Moment by moment of every day, you are choosing. And every time that you choose, you generate a signal with your mind that completely changes the genetic structure of your brain and your body. Deuteronomy 30:19 says: "I lay before you life or death." So, every single day, you're in the events and circumstances of life. And you can't control them because those events and circumstances are the result of other people's choices. But you can control your reaction to. So, you have the ability to choose how you are going to react to those events and circumstances. You see, choice is a real thing. And as we choose, we activate all different parts of our brain that kick into high gear. And as we choose well, amazing things happen in our brain. You have to partner with God. Grace is you stepping into what He has given us. When we step into the probabilities, they are all good and life will happen like it should and we will rejoice despite the circumstances. The only way we're going to choose the correct thing is if we direct our attention towards the Holy Spirit, and discipline our minds to listen to the Holy Spirit and choose the correct way. And as we choose, we then collapse that probability into a reality. We have such hope built into us. And science and scripture meet. God uses science to help us see the hope that He has built into us. In super position we don't know the outcome. When you have a love, power, and a sound mind, you are in super position. So, if we listen to God, we'll start hearing wonderful picture of the probabilities. If we listen to the enemy, we'll be hearing an awful list of probabilities that can go wrong. But we have to actually make one of those happen. When you are desperate, you will change. And when you have desperation plus a vision of who you really are, it's so much easier to move forward. We have these incredible things in our body that I call discomfort zones, which are reactions. When you're about to make a choice, there are three discomfort zones that kick in. The first one is you just become aware of how you're going to react. The second one is much stronger where you actually can feel your heart pounding and the adrenaline pumping – a very strong physical reaction. The third one is when you are about to make that choice. You become very, very, very self-aware, self-evaluative and self-regulating, in terms of the consequence of your choice. The plastic paradox is where we can choose either good or bad and they both have consequences. Our brain will simply follow your mind. Where your mind goes, your brain will follow. Make sure the choices that you make are the choices that are led by the Holy Spirit.

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Health

Switch On Your Brain #014	27:20	27:20	REC	PA/O/E	04/27/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental health issues are biological then you automatically want a biological solution. When we talk about biological, we're talking about the realm of the physical. We are spirit, soul, and body. The rules that apply to the physical are not the same as the rules that apply to the soul; to the mind. So, if mental health issues are lumped along with something like diabetes, or a broken arm, or a cardiovascular issue, that is not correct. When we separate out the biological and the mental and we look at this thing correctly, we actually have much more hope. Because of instead of stigmatizing you and saying that you are a diseased, broken machine, we are saying: Hey, you are perfect, made in the image of God. And, the choices that you've made have landed you up in a bad place. And so, we can stand with you and recognize the depth of the uniqueness of who you are and help you get through those issues

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Health

Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	05/04/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind constantly changes. The brain is like a mirror that reflects what is going on inside your mind. The mind can change the brain. The way you think will change the brain. The brain is plastic and we call this neuroplasticity; neuro meaning brain, plastic meaning change. Each and every one of us is so completely unique. As it says in the Bible we are uniquely, fearfully, and wonderfully made. Unique means stand alone, set apart. For so many years, there's been a debate between nature, nurture, and what I call the "I-Factor." Nature is nature-dominant. In other words, are your genes and your biology dominating you? Are you controlled by your genes? Are your genes dictating you? Is there a certain pattern in your brain that's causing all these things to happen? So, that's the nature argument. Then, the nurture argument is the environment that you grow in, the experiences that you have, the traumas that you go through. Is that what's causing these issues? So, there's the debate: Is one more important than the other? Do they work together – nature and nurture? Well, it makes a lot of sense that the nature and the nurture work together. But, there is another factor that's overriding both of these and that is you – your uniqueness that I call the "I-Factor." The psychological part of you, the mind part of you. Your choices are real. You are free to make whatever choices you want, how you focus your attention. This is the gift that God has given us. But please be aware that there are consequences of your choices. So, if you spend all day ruminating about the things that have gone wrong and who did what to you and how you want what someone else has got, well, you are going to be in the mental ill health zone. If you're spending more than 21 days whining and moaning about your situation, and complaining, you will build toxicity into your brain. Research shows that seventy-five to ninety-eight percent of current mental, physical, emotional, behavioral illnesses today come from our thought life. Research shows that DNA responds to the signal of the mind. DNA doesn't just switch itself on. It's just hardware. It needs something to make it work. You switch your genes on and off and the dominant signal for switching genes on and off, which makes physical substance in your brain, is your thought life. We create internal environments with our thinking and as we create those internal environments, that's literally done with our belief systems. What you are thinking about right at this moment is what we call an epigenetic factor. Our external environment is very important. It's the environment that you are living in, the people that you're involved with, your work environment, the context of your life, the social factors of your life – these all create the external environment that also impact how you are managing your life. These are also called epigenetic factors. It is incredibly important for us to create positive entangled relationships. God designed us for relationship. He designed us primarily for a relationship with Him and we are designed for relationship with each other. We improve our epigenetic external environment by the kinds of people that we interact with. It's important that you choose who you're going to spend time with, that they energize you, that they will encourage you, that they will lift you, and that they will not tell you what to do. Healing comes from three major things. Number one: You have to take responsibility. You have to change your own epigenetics. That's the internal epigenetic factor. Then, you need to have your loved ones, your inner circle, and your family. That changes your external epigenetics. And then, there's a second part to the external epigenetics, and that's the community. Your schools, your places of work, the institutions that you're linked with – these all play a role in your healing, in creating environments for you of healing.

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Health

Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	05/11/2016	6:30 PM
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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	05/18/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

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Health

Switch On Your Brain #018	27:30	27:30	REC	PA/O/E	05/25/2016	6:30 PM
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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.

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

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

Switch On Your Brain #019	27:30	27:30	REC	PA/O/E	06/01/2016	6:30 PM
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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.

Switch On Your Brain #020	27:30	27:30	REC	PA/O/E	06/08/2016	6:30 PM
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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.

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

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

Switch On Your Brain #021	27:30	27:30	REC	PA/O/E	06/15/2016	6:30 PM
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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>
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Health

Switch On Your Brain #022	27:30	27:30	REC	PA/O/E	06/22/2016	6:30 PM
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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.

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

700 Club CBN NewsWatch #05272016	1:00:00	5:00	REC	PA/O/E	05/27/2016	3:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called "Our Journey of Hope." Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

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Seniors

					04/10/2016	6:30 PM
					04/11/2016	4:30 AM
Joy In Our Town # 520	30:00	15:00	L	PA	04/16/2016	2:00 PM
					04/23/2016	3:00 PM
					04/30/2016	3:30 PM

Kelly Waldeyer talks with Wendy Walsh, RN and geriatric care manager for Surrey Services for Seniors, about the importance of seniors staying young. Wendy explains it is importance for seniors to maintain their cognitive and physical health. She says falls are the main reasons seniors have extended stays in hospitals. Wendy adds staying young, mentally, helps seniors to battle depression. Staying young for married seniors helps them better connect with each other and other people. Wendy explains volunteering is a great activity for seniors. It creates opportunities for socialization and gives seniors a sense of purpose. Wendy adds seniors today are going back to work. Companies are hiring seniors for a few hours per week because they have a lifetime of knowledge they can share with the younger generation. Clubs and groups also give seniors opportunities to socialize with others. Wendy explains seniors 75 years of age and older are the biggest group of people learning technology. Technology allows a senior to stay connected with family members who live long distances away. Tablets are popular with seniors due to their simplicity and larger screens. Wendy adds seniors should always be aware of the websites they visit.

					05/09/2016	6:30 PM
					05/10/2016	4:30 AM
Joy In Our Town # 524	30:00	15:00	L	PA	05/14/2016	2:00 PM
					05/21/2016	3:00 PM
					05/28/2016	3:30 PM

Kelly Waldeyer talks with Wendy Walsh, RN and geriatric care manager for Surrey Services for Seniors, about how seniors can age in place. Wendy explains aging in place is the opportunity for seniors to stay where they want to be as they grow older. She says this does not necessarily mean a nursing home. We tend to hear the term more often now because seniors and living longer and their families may be more spread out and do not live in the area. In the past, seniors would often move in with an adult child or went to live in a nursing home. Wendy explains this is a personal decision. Seniors need to consider things like their health, and the environment of their homes when they are making aging in place decisions. There are care managers available to assist with this decision. Seniors should also consider their support system. Wendy adds you do not want to be making this decision about what support systems are available to you while you are in a crisis situation.

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Seniors

					05/09/2016	6:30 PM
					05/10/2016	4:30 AM
Joy In Our Town # 524	30:00	15:00	L	PA	05/14/2016	2:00 PM
					05/21/2016	3:00 PM
					05/28/2016	3:30 PM

Kelly Waldeyer talks with Wendy Walsh, RN and geriatric care manager for Surrey Services for Seniors, about how seniors can age in the right place. Wendy explains if a senior is thinking of moving, the first thing they should do is look at a few different places. They should make a checklist of the things they are looking for and what they want. She adds if a seniors is not looking to move currently, they may still want to check out different facilities because we do not know what the future holds and a crisis situation is not the best time to be looking for a facility. Wendy explains there are home modifications that can make staying at home easier for seniors. She says it is best to make the modifications now before you need them. Some of the modifications can be expensive and time consuming. Many modifications are relatively cheap. Wendy says the ideal home would have a bathroom on the first floor as stairs are the biggest danger for seniors. She adds neighbors should be aware of seniors in the neighborhood and check in on them from time to time. Staying engaged in the community has a very positive impact on seniors.

					06/20/2016	6:30 PM
Joy In Our Town # 530	30:00	15:00	L	PA	06/21/2016	4:30 AM
					06/25/2016	2:00 PM

Kelly Waldeyer speaks with Ellen McCabe, APPRISE program coordinator, and Heidi Carlson, Deputy Director of Chester County Department of Aging Services, about navigating the Medicare Network. APPRISE is Pennsylvania's state health insurance assistance program. Every county in the state has a department of aging. Medicare is a federal program for people over the age of 65 and people under the age of 65 with disabilities as defined by the Social Security Administration. The Medicare program can be overwhelming. There are many parts to the program and you have to know how to put those parts together in order to have comprehensive medical coverage. Pennsylvania has established an APPRISE program in every county, mostly made up of volunteers, who are training and able to give counseling to seniors. Ideally, seniors want to prepare at least 6 months before they turn 65. APPRISE has a goal of educating and empowering seniors to make their own health care decisions.

					06/20/2016	6:30 PM
Joy In Our Town # 530	30:00	15:00	L	PA	06/21/2016	4:30 AM
					06/25/2016	2:00 PM

Kelly Waldeyer speaks with Ellen McCabe, APPRISE program coordinator, and Heidi Carlson, Deputy Director of Chester County Department of Aging Services, about Medicare Coverages and Plans. Medicare has parts A, B, C, and D. When people talk about Medicare plans, they are actually talking about Medicare supplemental plans. A supplement plan is a wraparound private insurance that fills the gaps that Medicare leaves. These gaps are deductibles in co-insurance. Part A is your in-patient coverage. Most time, you do not pay a premium for Part A coverage. Part B is your medical coverage. Part D is prescription drug coverage. You are required to have part D as long as you do not have credible coverage elsewhere. Part C is a private insurer administering a federal plan. Understanding the Parts and requirements for Medicare plans can be extremely confusing for people. For people who have questions, APPRISE has a statewide helpline at 1-800-783-7067 and seniors can always call Medicare at 1-800-MEDICARE or visit their website at www.medicare.gov.

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

					04/18/2016	6:30 PM
					04/19/2016	4:30 AM
Joy In Our Town # 521	30:00	15:00	L	PA	04/23/2016	2:00 PM
					04/30/2016	3:00 PM
					05/07/2016	3:30 PM

Kelly Waldeyer speaks with Greg Spadea, Esq., an estate and tax attorney, about understanding wills, estates, and probate. Greg explains a will is a determination of how you want to dispose of your assets. He adds a will is also where a person can name a guardian and trustee for their children. Greg explains anyone who has children or assets in their name only should have a will. Greg explains probate is the processing of clearing the decedent's name from property and putting it in the name of the beneficiary. He adds things to consider when setting up a will are: who is the beneficiary, are you giving money to charities? What are their names? Who is the executor? Who is the guardian and trustee for minor children? Greg explains challenges to wills can only be made by immediate family members and the process can take years and be very expensive. He says preparing a will can be done by individuals but it is better to go to a professionals because of the potential complexities of creating a will. Greg explains if a person dies without a will, every state has a probate code. He adds in Pennsylvania, the court will appoint assets in the order of spouse, children, parents, and siblings.

					05/02/2016	6:30 PM
					05/03/2016	4:30 AM
Joy In Our Town # 523	30:00	15:00	L	PA	05/07/2016	2:00 PM
					05/14/2016	3:00 PM
					05/21/2016	3:30 PM

Kelly Waldeyer speaks with Dr. Donald Nurse, director of Abundant Life Institute, about the advantages and disadvantages of credit cards. Dr. Nurse explains a debit card indicates you have cash while a credit cards allows you to buy items without having the money on hand. He says credit cards can work both for and against you. Credit cards are meant to make a profit for the issuer of the card. The Federal government now requires credit card statements to show how much you will pay over time if you only pay the monthly minimum balance. Dr. Nurse explains some of the strategies used by credit card companies to entice you to get a card. He says you much be careful and read the fine print to see exactly what terms you are getting from the credit card company. Dr. Nurse says to shop around and look for the best interest rate. A good candidate for a credit card is a person who pays their debts at the end of the month and a bad candidate is a person who can only make the minimum payment monthly.

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Economy

					05/02/2016	6:30 PM
					05/03/2016	4:30 AM
Joy In Our Town # 523	30:00	15:00	L	PA	05/07/2016	2:00 PM
					05/14/2016	3:00 PM
					05/21/2016	3:30 PM

Kelly Waldeyer speaks with Dr. Donald Nurse, director of Abundant Life Institute, about how to manage credit cards. Dr. Nurse explains a credit card can both help and hurt your credit score and credit rating. He says while it may be tempting to cut the card and cancel the account, you will need to have some credit. Cancelling the card does not cancel the outstanding debt you had on that card. Dr. Nurse explains one of the major factors influenced by your credit cards is your credit utilization. Credit utilization refers to the amount of available credit you have versus the credit limit you have available. He explains using most or all of your available credit can cause your credit to be impacted negatively. Dr. Nurse says if you do close an account, make absolutely sure the credit card company notes in the file the card was canceled at your request. He adds the number of inquiries can also impact your credit score and rating. Dr. Nurse says if you are in need of help, contact the credit card company and see what programs they may have to assist you.

Joy In Our Town # 531	30:00	15:00	L	PA	06/27/2016	6:30 PM
					06/28/2016	4:30 AM

Show host Kelly Waldeyer speaks with Stephanie Bittner, outreach manager for Clarifi which is a non-profit community resource devoted to assisting the public with lifelong financial literacy. Stephanie explains that a reverse mortgage is a loan available to people who are 62 years of age and older, and who either owns their home outright or may have a large amount of equity in their home. Those who qualify for a reverse mortgage can borrow against the accrued equity and would no longer need to make any further monthly mortgage payment. Some senior citizens may find that a reverse mortgage is needed as they are facing an outstanding mortgage, desire to pay off a mortgage on their home, may be in a position that finances are not available to make necessary home improvements or repairs, or they may have increased medical expenses in which they are lacking in cash flow to pay off these debts. The government requires anyone interested in obtaining a reverse mortgage receive counseling from a HUD approved agency to ensure that an interested senior citizen understand how the process works, the costs involved, and all of the pros and cons surrounding this method so an informed decision can be made as a reverse mortgage is not beneficial to everyone.

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

Joy In Our Town # 531	30:00	15:00	L	PA	06/27/2016	6:30 PM
					06/28/2016	4:30 AM

Show host Kelly Waldeyer speaks with Stephanie Bittner, outreach manager for Clarifi which is a non-profit community resource devoted to assisting the public with lifelong financial literacy. Stephanie talks about the purpose and benefits of a home equity loan. A home equity loan has no age requirement in order to apply and is available to anyone who either owns their home outright or has acquired a certain amount of equity in their home. They can borrow money from the bank and use their home/property as collateral. This process differs from a home equity line of credit. A home equity loan has designated terms while a line of credit works more like a credit card. Whether one is better than the other depends upon the need of the homeowner. Deciding if this is a good option is a case by case process. For example, if someone are using a home equity loan to consolidate credit card debt, they need to be mindful that credit cards are unsecured debt and a home equity loan is secured meaning that the home or real estate property is collateral. The general rule of thumb is a person can borrow about 80% of the equity in the property. Anyone interested in comparing interest rates from a variety of different banks can visit: www.bankrate.com.

700 Club CBN NewsWatch #05022016	1:00:00	5:00	REC	PA/O/E	05/02/2016	3:00 PM
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CBN News Reporter Caitlin Burke Reports: Disruptive innovation: While you may not recognize the term, it's affecting life and business as we know it. It happens when new ideas and technology shake up old markets by creating new ones. We've seen it in transportation, hospitality and now with banking. It's being called Wall Street's "Uber moment." Rob Morgan, vice president of Emerging Technologies at the American Bankers Association says customers expect to have the same type of digital access to banking as they do to other important services. Think about it. You can get your mail through a smart phone, order dinner, even hail a cab, all just by pulling up an app. Now thanks to financial technology, you can also access your money. Apple, Google, Amazon are the tech giants all on board with financial technology. Most of them are starting off with digital payment apps. While they may be a little late to the party, major banks have entered this new reality. Banks are competing in this space, but it seems they face an uphill battle. According to Harris Research firm, 77 percent of consumers have a positive impression of the tech industry, compared to 35 percent who feel good about the financial industry. Those skirmishes seem to be taking the shape of regulations. The tech industry wants breathing room for young startups, while the banking industry believes its new competitors should follow the same rules it does. Security is a major concern of consumers when it comes to digital financial services. Peters says your cell phone will eventually provide better protection of your information than a debit or credit card. Some of the popular services include Venmo, Google Wallet and Apple Pay. They allow you to transfer money and buy products without ever stepping into a bank or pulling out your credit card. This especially appeals to the Millennial generation. According to Viacom Media, 73 percent of Millennials prefer using digital services than going to a bank. But it's not Millennials who stand to gain the most from this technology. Despite battles on Capitol Hill, both the banks and the tech industry agree that, ultimately, the consumer will be the winner.

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Economy

700 Club CBN NewsWatch #05202016	1:00:00	5:00	REC	PA/O/E	05/20/2016	3:00 PM
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CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Financial advisor Robin Tull, founder of Tull Financial Group in Chesapeake, Virginia, said many people lack an overall plan. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBR1 developed the program to help Americans determine how much they need for retirement. Choose To Save offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Married couple Amanda and Eddie Grizzard are two people who started saving early. They saved individually before marriage and began as a couple the month they married. The Grizzards used a financial planner to determine how much they needed for retirement. The Grizzards save a pre-determined amount every month that is automatically deducted from their paychecks. They add to it when there's overtime pay and they live frugally. The Grizzards have also kept saving even during bad times. Experts say holding off saving when the markets are down is a common retirement saving mistake. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips: Plan on living longer than you think you might as life spans continue to grow. Save extra for healthcare because those costs going forward are difficult to estimate. Maximize your employer's 401K match and look into a Roth retirement account. Know why you are saving. Paint a picture of your retirement. It will sharpen your focus and motivation. For Julia and Chris Williams, investing is part of living a godly life and saving as they start their family brings them peace. In fact, the Williams are thinking beyond retirement. They're following Proverbs 13:22 which says, "A good man leaves an inheritance to his children's children." That means not only planning for their retirement and for their son Anderson, but for his children as well.

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

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

					04/25/2016	6:30 PM
					04/26/2016	4:30 AM
Joy In Our Town # 522	30:00	15:00	L	PA	04/30/2016	2:00 PM
					05/07/2016	3:00 PM
					05/14/2016	3:30 PM

Kelly Waldeyer speaks with Catherine Harris, assistant director of elementary literacy for Mastery Charter Schools, about the illiteracy problem facing children in schools today. Catherine explains literacy is, on a simple level, the ability to read and write. She adds it is an ability to communicate with other. There are many different levels of illiteracy. Catherine explains a person would be considered illiterate if their inability to read and write effected their ability to be a productive member of society. Catherine uses the ideal of a first grader's inability to complete a job applications as an example of functional illiteracy. According to the most recent available statistics from 2013, 14% of Americas are illiterate. Catherine explains this number is disproportionately higher in low income communities. She adds there are many different factors that play a role in this problem. Catherine adds in the Philadelphia school district, a lack of resources including, books, curriculum, as well as nurses and counselors factor into this problem. Catherine also explains there is a correlation between illiteracy and the number of people incarcerated. She says 3 out of 5 inmates are not about to read. Catherine explains some states use fourth grade reading scores to determine the number of prisons they project to build in the future. She adds the illiteracy difference between genders in the United States is about the same but worldwide, more woman are illiterate.

					04/25/2016	6:30 PM
					04/26/2016	4:30 AM
Joy In Our Town # 522	30:00	15:00	L	PA	04/30/2016	2:00 PM
					05/07/2016	3:00 PM
					05/14/2016	3:30 PM

Kelly Waldeyer speaks with Catherine Harris, assistant director of elementary literacy for Mastery Charter Schools, about engaging a child to read. Catherine explains in her experiences as an educator, she has not encountered a child who does not want to learn. There have been students whom have had negative encounters in the past and have become uninterested with learning. She says there may be mitigating circumstances as to why a student has problems reading. Some of these issues include learning disabilities and the quality of teaching instruction they received. Catherine talks about was to overcome past negative experiences for students. This starts building relationship with the student and giving them a fresh start. Another important step for teacher is to start teaching the student where they are currently with their reading level. Catherine explains overcoming frustration is an important factor in helping students. She adds the classroom today has become stressful with the constant fear of standardized testing. She says the teachers need to make the reading classes a joyful time and environment with positive reinforcement. Parents looking to find books for their children at the proper grade level should inquire with the school. Parents can also go to websites like www.scholastic.com. Catherine warns if the child is struggling with 5 or more words on the page and is not comprehending what they just read, then the book is not the right level for them. She adds children should be reading at a comfort level at home and should be challenged with a higher reading level at school. Catherine adds reading out loud at an early age is fine, but can slow down reading and comprehension as we get older. She adds subjects that engage a child to read can be very beneficial. Parental affirmation is a very import part of a positive experience for a child.

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

					05/16/2016	6:30 PM
					05/17/2016	4:30 AM
Joy In Our Town # 525	30:00	15:00	L	PA	05/21/2016	2:00 PM
					05/28/2016	3:00 PM
					06/04/2016	3:30 PM

Kelly Waldeyer speaks with The Honorable John Linder, a college professor and former mayor of Chester, Pennsylvania, about the impact of standardized testing. Professor Linder explains the test was developed to test the level of acumen and aptitude of knowledge in a specific subject area. The test is given to help gauge where a person is in relation to the norm. Professor Linder explains one of the problems with these test is a student categorized based upon the test results. There are many different reason for the results seen on these test. Some students do not take test well. There are also situations where the teachers may not have followed protocol in administering the test. Professor Linder explains parents do not want their children to be labeled because their child may have fallen on the low side of scoring on these standardized tests. He says one way to help all students is to have an individualized education plan for every child. He explains part of this plan would include the parent and child understanding the uniqueness and exceptionality of each child so we can maximize delivery of services to that child.

					05/23/2016	6:30 PM
					05/24/2016	4:30 AM
Joy In Our Town # 526	30:00	15:00	L	PA	05/28/2016	2:00 PM
					06/04/2016	3:00 PM
					06/11/2016	3:30 PM

Kelly Waldeyer speaks with Catherine Harris, assistant director of elementary literacy for Mastery Charter Schools, about the challenges facing educators in the classroom today as they are giving reading instruction. Class size is an extremely important factor. A larger class size can mean less individual attention to each student from the teacher. Catherine explains good teachers can handle larger class size by breaking them down into small group instruction units. Access to materials is another important factor. Some children do not have access to books at home and that is a big concern. It is common to not have classroom libraries and many times, teachers will bring in books. Catherine explains there is not set standard nationwide for reading instruction. There are guidelines and best practices. Before 2004, every state had a different set of standards and there was a big variety in the quality of those standards. Common Core was supposed to set a common bar for achievement but there is no nationwide standard for how teachers achieve that bar. Catherine says the idea was to make the United States more competitive with the rest of the world however, there has not been sufficient funding for this. Catherine explains all parents want the best for their children. Some may not have the academic background themselves to help but teachers need to focus on what they can control.

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Education

					06/13/2016	6:30 PM
Joy In Our Town # 529	30:00	15:00	L	PA	06/14/2016	4:30 AM
					06/18/2016	2:00 PM
					06/25/2016	3:00 PM

Kelly Waldeyer speaks with Catherine Harris, assistant director of elementary literacy for Mastery Charter Schools, about the benefits of readings. Reading is a means of exercising your brain. There are many processes involved while you are reading. As we start learning to read, we focus on the letters and then the words, building the skills to the point they become automatic. Reading has been found to be a stress reliever. Reading expands your vocabulary and helps you communicate better with others and express yourself more accurately. Another benefit to readings is expanded employment opportunities. Strong reading skills are going to help you earn a college degree and graduate degree which will open opportunities for better employment. If you are able to critically read and critically think about the reading that you are doing, you are also going to be setup for skills in the workplace that will allow you to collaborate with people. Reading can help students build empathy skills. Students can learn about other perspectives, other people, and other cultures around the world. You are also learning how other people interoperate the text you are reading. Opening up a student's world to different opportunities is a direct benefit of improved reading skills.

Youth

					05/23/2016	6:30 PM
					05/24/2016	4:30 AM
Joy In Our Town # 526	30:00	15:00	L	PA	05/28/2016	2:00 PM
					06/04/2016	3:00 PM
					06/11/2016	3:30 PM

Kelly Waldeyer speaks with Jane Buchanan, director of the Be Proud Foundation, about Mentoring At Risk Youth. The Be Proud Foundation was started in 1997 as a resource to help children in Delaware County who had issues and problems in school that were tied to low academic skills. Jane explains these children would often use disruptive behavior as a means of masking their academic abilities. Many times, people assume these behaviors are a lack of character. Jane explains they work with the students and help them understand it is okay to not know something. They work with the children using different methods to achieve understanding. The students also complete a community service component of the program which allows them to satisfy their probation requirements with the court system. Jane says follow up with children after they have completed the program show 97% of those children progress to post-secondary education. She adds success for their program depends on the children having the desire to want to change and make a difference.

					05/30/2016	6:30 PM
					05/31/2016	4:30 AM
Joy In Our Town # 527	30:00	15:00	L	PA	06/04/2016	2:00 PM
					06/11/2016	3:00 PM
					06/18/2016	3:30 PM

Kelly Waldeyer speaks with Dr. Sheryl Hickman, a program facilitator, about the importance of mentoring. Dr. Hickman explains examples of informal mentoring situations are teachers and students. A formal mentoring relationship is one where you are matching the mentor and mentee. Dr. Hickman says most people are in mentoring relationship at some point in their lives and may not even realize it. A mentoring relationship is one where someone is helping you to grow, gain knowledge, reach a goal, or turn something around in your life. Parents tend to not be good mentors for their own children. This is because a child may see something in a non-parental mentor that will give them a sense of comfort and allow them to open up about things they may feel they cannot share with their parents. Dr. Hickman adds it is important that there be a sense of freedom and trust with a mentoring relationship.

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Youth

					05/30/2016	6:30 PM
					05/31/2016	4:30 AM
Joy In Our Town # 527	30:00	15:00	L	PA	06/04/2016	2:00 PM
					06/11/2016	3:00 PM
					06/18/2016	3:30 PM

Kelly Waldeyer speaks with Dr. Sheryl Hickman, a program facilitator, about the importance of mentoring young women. Dr. Hickman explains young women have a huge job in their future. Most of them will become mothers and will now have someone else's life for which they are responsible. Women tend to suffer from low self-esteem issues and mentoring them can really make a huge difference. Dr. Hickman explains examples and experience are great teachers in mentoring young women. These young women learn how to talk and share their experiences. When they share, they realize they are not the only one going through these situations. Dr. Hickman says mentoring young women allows them to experience a different perspective. A mentor can show and expose a mentee things outside of the environment where they live.

					06/06/2016	6:30 PM
					06/07/2016	4:30 AM
Joy In Our Town # 528	30:00	15:00	L	PA	06/11/2016	2:00 PM
					06/18/2016	3:00 PM
					06/25/2016	3:30 PM

Kelly Waldeyer speaks with Dr. Claudio Cerullo, founder of Teach Anti Bullying, Inc., about the characteristics of a bully. Dr. Cerullo explains the term bully has changed over the years. The term originally meant a friend or brother and has changed in over 400 years to have a negative connotation. The title of bullying covers a broad spectrum of situations including domestic violence, child abuse, sexual abuse and child molestation. Bullying is an imbalance of power. The consequences of bullying can lead to anxiety, to withdraw and depression, to suicide. Dr. Cerullo explains bullying became a tag line in 2006 and is now a public health issue. There has been no reduction in buying in the United States since 1997. It has been on the rise constantly. Cyber bullying is a growing trend. Many victims do not want to come forward for fear of retaliation. The hope is to educate children to be aware of bullying situations and empower them notify authority figures to deal with it.

					06/06/2016	6:30 PM
					06/07/2016	4:30 AM
Joy In Our Town # 528	30:00	15:00	L	PA	06/11/2016	2:00 PM
					06/18/2016	3:00 PM
					06/25/2016	3:30 PM

Kelly Waldeyer speaks with Dr. Claudio Cerullo, founder of Teach Anti Bullying, Inc., about the bullying of children with special needs. Dr. Cerullo explains the CDC reports that 63.75% of kids with special needs are victims of bullying compared to 33% of kids in regular education tracks. Children with special needs sometimes lack maturity and social interaction skills. Dr. Cerullo says awareness is key to dealing with this problem. Schools need to be vigilant while making sure not to embarrass the potential victims. Dr. Cerullo explains bullies lack empathy and we need to work with them and teach them the proper social values and morals. Dr. Cerullo adds we also need to look into what is causing the bully to commit these acts. What trauma in their life has occurred that is causing them to take it out on someone else. Healthcare is also an issue. Parents sometimes do not have insurance and so the children, bully and victim, cannot receive the counseling they need. Dr. Cerullo adds the fundamental cure for the reducing of bullying is to change the culture.

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Youth

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	04/15/2016	3:00 PM
#0415-05252016					05/25/2016	3:00 PM

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

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Youth

700 Club CBN NewsWatch #05272016	1:00:00	5:00	REC	PA/O/E	05/27/2016	3:00 PM
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CBN News Reporter Abigail Robertson Reports: A street drug called "molly" is gaining popularity with high school and college kids. Many think it's a harmless, non-addictive party drug, so they don't think twice about taking a little molly before a night out with friends. But one mother's tragic story shows how that way of thinking can have deadly consequences. Two years ago, Dede Goldsmith awoke to a call in the middle of the night telling her that her daughter was dying in a hospital hours after she had collapsed inside a concert venue. Nineteen-year-old Shelley Goldsmith, a high school valedictorian and college honor scholar, had taken the drug known as MDMA, commonly called molly, on her way to a concert. Elyse Eilerman was a friend of Shelley's who was with her the night she passed away. The same weekend Shelley died, MDMA claimed the lives of two other young adults attending a music festival in New York. Molly, short for "molecule," is a stimulant that takes users on a six- to eight-hour euphoric high. It is thought to be a pure form of its parent drug ecstasy, but in reality, there is hardly anything pure about it. Recent studies show that only 15 percent of molly drugs sold are really what they claim to be. A third sold under that name contained substances such as cocaine, bath salts, and baking soda, while more than half contained no MDMA at all. Many people think only the tainted molly carries fatal consequences, but even the purest form can be lethal. So why is this drug so appealing to college kids around the country? Eilerman believes it's because people focus more on the high and less on the danger. Dr. William Strudwick, director of the Emergency Center at Washington's Providence Hospital, says users take molly for the sense of euphoria the drug gives them, but they don't consider the negative consequences it can have on the body. These other problems include seizures, heart attacks, severe dehydration, and hyperthermia. Doctors ruled Shelley Goldsmith's cause of death as hyperthermia because her body temperature rose to fatal levels. Her autopsy revealed MDMA was the only substance in her system at the time of death, proving the drug's deadly potential. Eilerman said that taking molly in a crowded, hot venue puts you at an even greater risk of fatal reactions to the drug. Since Shelley's death, many people close to her are raising awareness about the dangers of this so-called harmless drug. Her mom is urging lawmakers to amend the 2003 Rave Act, an act that was put in place to shut down underground raves where promoters encourage illicit drug use. The current law discourages organizers from using commonsense safety measures to protect their patrons. Goldsmith said venue operators won't implement small safety measures like free water, cool down spaces, and appropriate number of medical personnel to deal with emergencies because they fear it could be seen as encouraging drug use and subject them to criminal prosecution. She believes if Shelley had known more about molly and its risks, she would be alive today. This would have been Shelley's senior year at the University of Virginia. After her death, Eilerman helped start the Shooting Star Foundation, to spread the word around the university community about the dangers of drug use. Each year on the anniversary of Shelley's death, they commemorate her life and share with students lifesaving information that could help others. Eilerman and the members of the Shooting Star Foundation have been working hard to encourage their peers to think twice about the risks of taking molly in hopes of preventing other tragedies like the death of Shelley Goldsmith.

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Electoral Affairs

					04/10/2016	6:30 PM
					04/11/2016	4:30 AM
Joy In Our Town # 520	30:00	15:00	L	PA	04/16/2016	2:00 PM
					04/23/2016	3:00 PM
					04/30/2016	3:30 PM

Kelly Waldeyer speaks with John Linder, a college professor and former mayor of Chester, Pennsylvania, about the importance of researching your candidate. Professor Linder explains it is our obligation to do the research on the candidates running for elected office. He says it is good citizenry to do our due diligence. Professor Linder says many times, people wait until the last couple of weeks to pick a candidate and most likely, the process turns into a popularity contest. Another issue is people skipping election years. Professor Linder explains some people only vote during major elections and they may not be completely aware of the local issues affect them. In the past, getting information on candidates was somewhat difficult but with social media and the internet today, a voter has access to the candidate's accomplishments and they can also see their voting history. Professor Linder adds that going onto www.pa.gov, you can see all the bills that are coming up for votes in the legislature. Professor Linder talks about the notion that researching is a lot of work. He asked the question what is more work – researching what are the candidates' positions going into an election or trying to undo the mistakes of a candidate who did not do a good job while they were in office. He adds voting in the major federal elections is good, but it is the state and local government that deal with the daily issues facing voters.

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