

Trinity Broadcasting Network

Quarterly Report

April, May, June 2016

WMPV-TV – Mobile, Alabama

Leading Community Problems

Results of ascertainties from civic leaders, responses by telephone from TBN, viewers, from the printed media, comprising newspapers, magazines, publications, and from television and radio, whenever possible

FAMILY

YOUTH

EDUCATION

CIVIC AFFAIRS

HEALTH

UNEMPLOYMENT

PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIRDATE	TIME
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FAMILY

Joy in Our Town 680.1	28:30	13:30	L	PA/O	04/04/16	05:30 PM
					04/06/16	03:30 AM
					04/09/16	02:00 PM

Host Latasha Moore talked to Fanny Finkley and Lee Avant from Pensacola Caring Hearts about the hunger crisis in the local area. We are a non-profit organization, and we help nourish families, by buying food in bulk, and distributing food in the Pensacola area monthly at churches and other locations throughout the community. We do two trucks a month passing out food to the needy, the truck serves 400-500 people twice a month. We care for seniors, homeless, veterans, and anyone who is at risk of hunger. We also have a food kitchen, we prepare hot meals and distribute them to those in need. We also want to empower individuals by giving them opportunities to serve and participate in our programs. There are 46 million people hungry in American and 26 million are kids under the age of 18. The program is praised by the Pensacola City Council and Pensacola County Commissioners, there have been times when the police or sheriff department contacted us about a need they may have encountered and any time of day we stop and bring them food. Pensacola Caring hearts took a page out of the bible; "we must love our neighbors as ourselves"; "when I was hungry you fed me, if you do this for the least you will have eternal life".

Joy in Our Town 680.2	28:30	13:30	L	PA/O	04/04/16	05:30 PM
					04/06/16	03:30 AM
					04/09/16	02:00 PM

Host Latasha Moore talked to Fanny Finkley and Joan Gulley, from Pensacola Caring Hearts discussing children and hunger in the local area. There is not a number to say how many children are going hungry in the Pensacola; but we see this problem increasing in our community. Families are struggling to have food for their children, they do not have enough Food Stamps, and they do not have enough income to cover the bills, and still provide enough food for their family. The children cannot study when they are hungry. We partnered with the Escambia County Public Schools, and we participate in the 'back pack' program where teachers put the pre-packaged food into students back packs to take home. The Food Bank provides those packages, like peanut butter and jelly sandwiches, chips, and sodas. We also partner with Christian schools and churches to provide breakfasts, lunches, and dinners for children even after school. Many children when school is out miss their only source of food for that entire day.

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FAMILY

Joy in Our Town	28:30	13:30	L	PA/O	05/16/16	05:30 PM
698.2					05/17/16	03:30 AM
family					05/21/16	02:00 PM

Host Lorenzo Martin and Dr. Henry W. Roberts, talked about the Connection between poverty, crime and education in the community and what we can do to change it. Some aspects of an individual life is learned behavior. This comes from a generational aspects, generally, if I come from an environment where the importance of education is not really stressed or passed down. The importance of education, job training, and mental development has to start at home. If all I know is welfare and getting over on the system, then that is what I will pass down, it is like a spirit. Parents need to push a resurgence of zest and zeal to go to the next level. This passion must start at home, moms and dads must get their minds back on educating and cultivating their future. The millennial generation their chief concern is entitlement, they think because their parents worked hard, I should just walked into the blessing. They don't understand the time it took for their parents to acquire what they currently have. Regretfully there is only a small percentage of our youth who will make it, but the family must help. We have an alternative school K-12 which stress education. We give that one on one attention to each child. We must reach them early, there are classes that helps young parents but they must attend the class. We must cultivate the child's interest raising a responsible adult is time consuming, but it is essential you be a part of their lives; attend the PTA, talk to the teachers, principals and counselors be a part of the group and community be informed.

Joy in Our Town	28:30	13:30	L	PA/O	06/20/16	05:30 PM
689.1					06/21/16	03:30 AM
					06/25/16	02:00 PM

Host Lorenzo A. Martin, Sr. and guest Lindsey Adams, Director/Founder of "Who's Behind the Makeup" discussed the problems of low self-esteem. We are all about empowering women, and getting them back to where their focus is on them. Our organization is to get women looking at their whole environment, and fulfilling their purpose, instead of getting lost in appearance or what someone else thinks they should be. Women tend to change as they adjust to different roles; and then lose sight of themselves. You can measure

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Your self-esteem by how you respond to daily challenges. Some signs are shyness, over achievers and O.C.D. behavior. 85% suffer from low self-esteem, and over half of those are female. Our main goal is to help women achieve a purpose filled life. We help them go behind their façade and see who they really are. Low self-esteem is a disorder of perception and thinking. It creates fear and anxiety, which produces depression. It starts at birth, and if they suffer a lack of purpose or self-esteem, they cannot be productive adults. Girls usually peek at the age of nine, and if traumatic events continue to happen then you have a trickle down. Your environment brings you down, and media gives us the 'photo shop' image, so we try to be this fake person. You could have a perfect child hood, and then find you have grown up, leave home, and life happens. The confident person you once knew is lost. We teach them to let their weaknesses promote you. Many women look up to others who look like they are successful; well dressed and well put together, but really it is a mask. When you use that image you lose your creativity. You have to have faith in God and seek His Kingdom first. We let them know, you can go back, let God make you over.

FAMILY

Joy in Our Town	28:30	13:30	L	PA/O	06/20/16	05:30 PM
689.2					06/21/16	03:30 AM
					06/25/16	02:00 PM

Host Lorenzo A. Martin, Sr. and guest Lindsey Adams, Director/Founder of “Who’s Behind the Makeup” discussed the problems of youth having no sense of purpose. Young women who grow up and pattern themselves after someone else, will find they are not making anything profound, they are just going to work and making a check. Women are meant to be nurturers. We are creative. A woman without her sense of purpose will just continue the bad habits and create another generation of girls with low self-esteem. The men are the protectors and the providers of the family. When a man has not found his purpose; then his whole house is left wandering behind him. His guard is down and his gates are left open. He doesn’t even know there is a threat. A wise man who knows his purpose knows when to put up the bar and shut the gate. We teach you to feed your purpose and keep tunnel vision so you will not get distracted. Each person is different, so we show the vision and make it plain. Then we can heal and regain what was lost. When you find your purpose you find joy.

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PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIRDATE	TIME
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YOUTH

Joy in Our Town 682.1	28:30	13:30	L	PA/O	04/11/16 04/16/16	05:30 PM 02:00 PM
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Host Shundra Barnes and guests Claudia Williams, President of TEMPP; and Jerry Hill, Correspondence Secretary of TEMPP discussed the challenges of teen parenting. TEMPP- Teen Empowered Mentoring Parent Program started in 2011 when Ms. Williams retired from the Escambia County Florida School System as the teen parent program director. Mr. Jerry Hill retired from the school system and volunteered at TEMPP. A large number of teens a now raising children and they are not prepared. They need support, they are only children themselves. When we started in 2011 Escambia County had the highest teen pregnancy rate ever, it has the highest rate in the state. We provide mentors to teen parents, not to take the place of their parents, but to support. Another challenge is their schooling. They do not know how to juggle their school and be a parent. Most quit school and get a minimum wage job to support their baby. They plan to return to school, but don't. We are there to help, teach them life skills, job readiness, and how to budget time and money. A lot of them do not have social skills. Many are 6th, 7th and 8th graders. Many have very young mothers too. I (Jerry) have mentored some of the young men. The males have problems buying into the program. The mothers have custody, and the resources are geared toward the mothers. The young men have to decide "these people are giving me an opportunity to do something with my life, and I am going to take advantage of it." Reality TV is misleading and telling these young guys and girls it is ok, and they can be on the same slate with actresses or rappers. We take a holistic approach, we look at the whole child; provide mentorship, guidance and support.

Joy in Our Town 682.2	28:30	13:30	L	PA/O	04/11/16 04/16/16	05:30 PM 02:00 PM
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Host Shundra Barnes and guests Claudia Williams, President of TEMPP; and Jerry Hill, Correspondence Secretary of TEMPP discussed the shortage of mentors to work with Teen Parents, and the difficulty of getting teens involved in the program. Research states if a teen parent has a supportive adult in their life, they are more likely to graduate from high school; and their children are more likely to graduate. Sometimes the teen who is raising a child was also raised by a teen, who does not have the patience to help. So they need an outside mentor. I (Jerry) helped one whose mother needs him to be the parent, and she still does. So my young man left school for two years. He decided to go to work. But the day I saw him, he revved up on his mother so I had to step in.

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Teen moms are having teen babies, and they run the household. We are not having trouble finding mentors, we have trained over 90. The problem is finding the teen parent to buy into the program. Then if the child is under the age of 18, the parent has to sign permission. We like for the mentor to be a supportive, loving, caring person. Each mentor must go through a four hour training session. We do an F.D.L.E. background check they must pass. They must have no criminal history. We ask them to commit to one year.

YOUTH

Joy in Our Town	28:30	13:30	L	PA/O	05/02/16	05:30 PM
694.1					05/03/16	03:30 AM
					05/07/16	02:00 PM

Host Shundra Barnes and guest Greg Cyprian, Executive Director of Legacy 166, Inc., discussed how many youth are missing the positive benefits of exposure to the Arts. The statistics show 90-95% of the youth who are involved in the Arts do graduate from High School. These youth often go on to skilled professions like engineering and architecture. Those who do not have the opportunity to study the arts are doing poor in school, drop out, and often they fail to graduate. We also see these youth get involved in crime, gangs or drugs. When a kid finds an interest and they are encouraged to pursue it – they will spend their time on good activities, like music. That keeps them off the street and out of trouble. I have gone all around the country and I have met people from Mobile who volunteer help and information. We need more schools in Mobile to include art programs. For most schools it is about money. They do not have enough to cover basic budget items. We need to develop well-rounded children. Mobile has so many cultural things to offer, but we need to get parents involved. We need to make sure our children get to experience things that we missed, that allows for growth. We have one program that gives the children 12 weeks of training for \$12.00. The children get to choose from dance or art. We want to expand into drama and photography. We bring in shows to the schools, like a theatrical performance of a fairy tale, and we give the children a free book about that program. A big challenge is getting the communities interested. We need the public to get the word out – to email friends, and post our events to their Facebook pages.

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YOUTH

PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIRDATE	TIME
Joy in Our Town 698.1	28:30	13:30	L	PA/O	05/16/16	05:30 PM
					05/17/16	03:30 AM
					05/21/16	02:00 PM

Host Lorenzo Martin and Dr. Henry W. Roberts, talked about Violence among the youth in the community. Stop the Madness was birthed from an event in his neighborhood where there was a drive by at the local McDonald. The event was near school and daycare with the rise in crime and all the ill of the community that shooting and the incident where a teenager walks into to gymnasium of children pulls a gun out a commits suicide in front of all the students; as an educator I knew then that somebody was going to have to do something. In the past the church was the pillar of the community during the civil rights movement, or Labor Unions movement it was birthed through the church. It is time to leave the four walls and reach the community and make a difference in the communities. Violence is the outcry or outburst of something else I am mad about; not having clothing, food, or even parents that care, unfavorable living condition and the violence is the results of not being able to correct the problem. Violence and crime is in every community but it is more publicized in the Black communities. The solution, we as a people must receive responsibility for your own community, everyone must lead; help someone in your community. The ills of our community is due to the breakdown in the family. Parents are younger and people in their 30's are grandparents, due to how society has changed. Men with vision and proper standards must reach out to the young men and women and help cultivate and feel the void. The Life Center which is a faith base initiative to develop to help the community there is a school K-12, career development training center, gymnasium, and health and wellness center all there to re-shape and mold the young people to be more productive citizens in the community.

Joy in Our Town 673.1	28:30	13:30	L	PA/O	05/30/16	05:30 PM
					05/31/16	03:30 AM
					06/04/16	02:00 PM

Shundra Barnes talked with Nikklos Kidd, Director of Measure of a Man, about the crisis in the inner city for our youth. We see an increase in young children having babies, with no parenting skills, and living in desperation, abject poverty. We are taking action to address their identity crisis. We have to return to the pattern of family where there is a husband and wife, a mother and a father, to correct the dysfunction. Church should be the center of family life. We teach the family to focus on both the internal and external circles of life, the family is the internal, and friends, and our work, is the external circle. The foundation of Measure of a Man is Psalm 139, we teach our youth that God made them for a purpose.

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YOUTH

PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIRDATE	TIME
700 Club CBN	1:00:00	5:00	REC	PA/O/E	04/15/2016	02:00 PM
NewsWatch 0415-05252016					05/25/2016	02:00 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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PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIRDATE	TIME
700 Club NewsWatch	CBN 05272016	1:00:00	5:00	REC	PA/O/E	05/27/2016 02:00 PM

YOUTH

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,

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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 student's 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.

EDUCATION

Joy in Our Town 694.2	28:30	13:30	L	PA/O	05/02/16	05:30 PM
					05/03/16	03:30 AM
					05/07/16	02:00 PM

Host Shundra Barnes and guest Greg Cyprian, Executive Director of Legacy 166, Inc., discussed how many African-American children are blind to their history. We found that if you don't know about your family's history, you do not know who you are. There is a crisis in our young people who do not know their identity. For example there are many different kinds of slavery. One type of slavery is economic slavery. We have so many good examples of African Americans who are heroes – who are millionaires and billionaires, we need to teach our youth by their examples. We can point our fingers and blame everybody else for this lack of knowledge, but we should realize we are to blame. Our generation had to wait for the opportunity to go to the library – today we can get all that history from one click on our cell phone. We need to know more than just a name, for example Bessie Coleman was the first black woman in our country to earn a pilot's license in 1922. The bigger story is what she had to go through, she had suffered discrimination because she was black and because she was a woman. But she found a way to get that done. Our children need something to be proud of and hold on to about our history. We have to overcome the hurdle of not wanting to learn, to study or to read. There is an old saying: "If you want to hide something from a black man, put it in a book." When your plan is to spend your weekend at the movies or to go to a Mardi Gras Ball, you need to change your priority. We need to spend our time learning and improving ourselves. Legacy 166 is involved with a number of fraternities and sororities, so we can expose our young people to different social skills and environments. Organizations need to step in and help schools bring more activities – diverse events to our kids. We get calls from schools and teachers all the time who are looking for help. The churches also have influence over our youth, so we need more pastors and staff to reach out to the schools with help. B.C. Rain is an example – a school that developed an aviation curriculum. We are doing "in-school" field trips, and we extended those to Saturdays so the churches can get involved.

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EDUCATION

Joy in Our Town 695.1	28:30	13:30	L	PA/O	05/09/16	05:30 PM
					05/10/16	03:30 AM
					05/14/16	02:00 PM

Host Lorenzo Martin and Mobile County School Superintendent Martha Peeks discussed how many students are not college or career ready. She stated that this is the first year that marked an improvement was seen among the students. The percentage went from 64% to 81% but the goal is to have 90% of the student ACT qualified, the goal is for those who benchmark to graduate. Those who fall in between that 70% work graduate because there is only one diploma giving now in Mobile County. The students have to meet the highest standards to graduate. The greatest challenge is to make sure that the students are encouraged and focused and are in school for the purpose of learning every day. A map has been laid out for them that tells them what they need to do to reach their goals post-secondary. Each student was given a plan of study to follow. Students are worked with daily to assure that they meet one of the six criteria set up for them in the 9th grade. Once a student receives a diploma from Mobile County Public School System and leave high school they are now getting good jobs and prepared for life.

Joy in Our Town 695.2	28:30	13:30	L	PA/O	05/09/16	05:30 PM
					05/10/16	03:30 AM
					05/14/16	02:00 PM

Host Lorenzo Martin and Mobile County School Superintendent Martha Peeks discussed what the greatest concern is in our school system. The concern is the change from reading assessment to A.S.P.I.R.E. the standards has been raised. There is a national N.O.R.M test, concentrating on making reading and math this give the students 21st century skills. In 2012 they passed an ACT to identify the status schools in the lowest 6% of academic achievements in the state, then they put out a list they labeled failing schools. We know that there are schools that have more challenges. This is in the beginning stages; we are answering that challenge ahead of time. We have programs to assist that need, one is - The evening option program; Twilight Schools in High School where students can catch up and graduate on time. The focus is on academia grade recovery, the students are placed in short blocks during the day for mediation and accelerated learning. The short blocks of accelerated learning, this is a community effort. There are periods where the students may learn grounds keeping and landscaping they are mentored to see if there is room for improvement. The schools are going to expand the Pre-K program, the goal is to begin teaching the students early. Placing more emphasis on the S.T.E.M. program. (Science, technology, engineering and mathematics classes)

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Joy in Our Town 693.1	28:30	13:30	L	PA/O	05/23/16	05:30 PM
					05/24/16	03:30 AM
					05/28/16	02:00 PM

Host Shundra Barnes and Mobile School Board District 4, Representative Robert Battles discussed the failing schools in the black community. There are 12 failing schools in the Mobile county Public school system and 3 others are borderline. The school receives this rating when the state department of education declare that a school is not making the bench mark of 9% in reading and Mathematics to bring the schools out of the failing status. The change will come when the community works together and rally around the needs of the children. Whenever a child is not properly educated then they become a misfit and a threat to the community. Today we have 32 year old grandmothers and maybe they didn't complete their education and this may leave them less motivated for the next generation. The African American communities in Mobile are misappropriated, misrepresented, only progress will alleviate the condition that precipitated the behavior that has put us at risk for failure. Traditionally segregation and racism impeded the progress, due to underfunding, under staffed, unqualified teachers, a proliferation of problems that caused this problem today. The administration has neglected some schools because of their location. Things happen when the parents don't stay involved. Parents must be an intricate part of the child's life.

EDUCATION

Joy in Our Town 693.2	28:30	13:30	L	PA/O	05/23/16	05:30 PM
					05/24/16	03:30 AM
					05/28/16	02:00 PM

Host Shundra Barnes and Mobile School Board District 4 Representative, Robert Battles discussed, the need for parental involvement in children's education. To make a real difference the parents must meet them at the point of their need. Most educators agree that the reason that our problems are not solved due to a lack of encouragement. Parents must stand up and fight for their children. If you are going to make a real difference then you need to get on the street and get involved with the children. Find the children and talk to them and allow them to convey their problems to you. We miss getting our problems solved due to lack of encouragement to the children. Stand up for the children and let them see you will fight for them. Let's talk to the parents and find out what their needs are, and try to meet those needs. Without lack the bonds are broking and allow them to be parents and to lift up their community. If you are not a part of the community then you are more likely to tear it down. Single parents should not be stereotyped because single parent can raise a successful individuals. The churches must once again be the leaders of the community, and guide the children, we must speak the word over our children and be willing to teach through example.

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CIVIC AFFAIRS

Joy in Our Town 687.1	28:30	13:30	L	PA/O	04/25/16	05:30 PM
					04/26/16	03:30 AM
					04/30/16	02:00 PM

Host Lorenzo A. Martin, Sr. and guest Susan Smith, Atmore Councilwoman District 4, discussed the needs for more evacuation routes and transportation problems. We must have plans ready and make every effort to evacuate our citizens from harm's way (like hurricanes, or other disasters). For instance, when Katrina made land fall in New Orleans in 2005, we lost hundreds of lives because the levy flooded. If we had Amtrak we could have moved those people to a safe environment and saved lives. I attended a conference for minority transportation officials in Jacksonville, Florida. We have begun the process of bringing Amtrak back to the Gulf Coast. We rode the train from New Orleans to Pensacola. Atmore was given the title "The Gateway for the Railroad in the State of Alabama". So restoring Amtrak service would provide lifesaving evacuation routes and also provide transportation for employees of our industries like Airbus and Austal. On Amtrak you can use your cell phones and laptop computers while you ride the train, so you can be working while you are traveling. There will also be economical advantages. We have had involvement in restoring Amtrak service since 2013. Louisiana, Mississippi, and Alabama are on board. Florida is looking for an extension of service to Orlando. The railroad is a wonderful mode of transportation for families because it keeps the children entertained. It is going to take a lot of money, and that means getting a lot more people involved. We have the Poarch Creek Indians on board, as well as city and county officials. This could take several years. We are raising public awareness with television, radio, and community meetings. We had a wonderful time on our trip from New Orleans to Jacksonville, Florida, with 9 cars and 4 sleeper cars. I wore a pedometer, and I walked 14 miles the first day just visiting from car to car.

Joy in Our Town 687.2	28:30	13:30	L	PA/O	04/25/16	05:30 PM
					04/26/16	03:30 AM
					04/30/16	02:00 PM

Host Lorenzo A. Martin, Sr. and guest Susan Smith, Atmore Councilwoman District 4, discussed the problems of overcrowding in our State Prison System. In Atmore we used to be known for the Holman Prison located there. Now we are also known for the Wind Creek Casino. In Alabama we have the highest number of incarcerated people in the country, especially black males. In Thomasville we have a wonderful program called "LifeTech". They have a college named after the mayor Shelton Day. They take 130 inmates who are still serving their sentence into a 30 week program. They all earn a high school diploma, and a trade or skill like wood-working, welding, plumbing, or electrical training. When they complete this program, they can go out into the world and find employment. Many of these inmates have no skills, they can't even use cell phones or computers. There are

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over 200 companies who come in after the inmates complete the program to hire them. A senator from Montgomery started a campaign called "Ban the Box" to raise awareness and implement programs like LifeTech to equip inmates with job skills and life skills. I think the high rates of incarceration begin with the loss of family structure. We have kids raising kids. Who is raising the kids? Research has also proven that drugs and addictions are a disease. We have to stop trying to control that by incarceration alone, we have to treat drugs and addictions as a disease. We can build more prisons to handle the overcrowded jails, but that means we will be spending money we needed for schools and education. We must re-assess how we handle the inmates when they complete their end of sentence and help them return to social life skills.

CIVIC AFFAIRS

Joy in Our Town 670.2	28:30	13:30	L	PA/O	05/30/16	05:30 PM
					05/31/16	03:30 AM
					06/04/16	02:00 PM

LaTrynnda Hollins and Severia Campbell-Morris City of Prichard, District 2 discussed Wellness issues for the citizens of Prichard, The holistic approach is the best and people need to be taught how to eat all natural. The Tree Board has the community gardens which are grown in different areas throughout the city. The citizens grow the vegetables and work together in tending the gardens and then are allowed share in the harvest. The community gardens are a success because they take overgrown abandon lots and turn them into beautiful areas.

Joy in Our Town 690.1	28:30	13:30	L	PA/O	06/06/16	05:30 PM
					06/07/16	03:30 AM
					06/11/16	02:00 PM

Host Lorenzo Martin and Florida State House Representative Mike Hill, discussed hunger in our community. There is an initiative in Florida called Farm Share, the organization will go to farmers and get the fruits or vegetables that are ill shaped that consumers will not purchase because it is not perfectly shaped. Instead of discarding this produce arm share purchases it for pennies on the dollar and then give it away to deserving families. Farm share also receive dried fruits, can goods and some items about to expire and load in onto an 18 wheeler and then give it away. The truck will have enough food to feed 600 families for one week. During the recession many families found it hard to catch back up during a down economy. We are helping the community to be the hands and feet of

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Jesus. The event is normally held at a church we partners with different churches throughout the year. We have volunteers to help distribute the food and the line starts forming sometimes before 8:00AM for the event which will start distributing at 10:00AM. We need help in getting that family structure back, grandparents are taking on the roll as parents and they are needing the extra help with their family members. We use the supply distribution that the farmers have in place, to get the food out to distributors. The state of Florida has passed the gleaming law which allows people to come into a field after they have concluded their harvest and allow the people to come and gleam the fields. We notify the families through social media, radio and television and they have never had food leftover from the give a-ways. We are trying to get other items that can be given out during the off seasons.

CIVIC AFFAIRS

Joy in Our Town 690.2	28:30	13:30	L	PA/O	06/06/16 06/07/16 06/11/16	05:30 PM 03:30 AM 02:00 PM
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Host Lorenzo Martin and Florida State House Representative Mike Hill, discussed prayer in our nation we are seeing in America there is an attack on religion Christianity in the public arena. The first amendment gives us the right to pray. What we want to do is to get the nation in a position of prayer, I am part of the prayer caucus last year we met at the Billy Graham’s estate this year we met at Williamsburg, VA a very historic area. We had 36 delegates from 25 states represented. While we were there, we shared a solemn assemble, and created a proclamation calling our nation to prayer, which we all signed. The proclamation centers on 2 Chr. 7:14. Jesus said “whosoever will”..., so anyone who is interested can find us at prayusa.com. Anyone can pray, and I believe the effective prayer is from the righteous man who believes in Jesus.

HEALTH

Joy in Our Town 691.1	28:30	13:30	L	PA/O	06/13/16 06/14/16 06/18/16	05:30 PM 03:30 AM 02:00 PM
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Host Lorenzo Martin and guest Toni Jones, of Gulf Coast Multiple Sclerosis Avengers, talked about the rising number of people being diagnosed with MS. Gulf Coast Multiple Sclerosis Avengers are the ambassadors, for the Gulf Coast, for those suffering with this disease. So many people think of Multiple Sclerosis as the same disease as Muscular Dystrophy (Jerry’s kids), but this is a very different illness. The cause of MS is when the

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nerve going to the brain lose the protective coating called myelin , leaving the nerves exposed which causes you to have weakness on one side, slurred speech, slow cognitive response losing the ability to think fast. We educate, encourage, and promote awareness. We also have the local resources to help MS patients, create or rehabilitate their housing, provide activities, and we work with local doctors and clinics. The statistics show great increases in MS. The black, African American women are at the highest level of risk. We are fighting this disease by helping those who affected, enriching their lives, providing physical, and relationship helps. We want to help them achieve the best quality of life possible.

HEALTH

Joy in Our Town	28:30	13:30	L	PA/O	06/13/16	05:30 PM
691.2					06/14/16	03:30 AM
					06/18/16	02:00 PM

Host Lorenzo Martin and guest Toni Jones, of Gulf Coast Multiple Sclerosis Avengers, discussed the problems of living with Multiple Sclerosis. We know that MS is affecting hundreds of thousands, all of us know someone who has MS. The disease is debilitating and degenerative, it progressively gets worse. The best example is like an extension cord when the protective outside coating is broken or destroyed. Our central nervous system breaks down. Some lose their sight, others motor skills, use of arms and legs. The disease can be treated, and you can go into 'remission'. When you have a reoccurrence, you must undergo a five or six day treatment, and then resume normal life schedules. There are two support groups in this region and we see great successes when we treat MS patients in groups. The support groups allows you to encourage each other. There are three clinics in the southeast region of the country, but none in Mobile and there is only one MS neurologist in Mobile, County. The new studies on stem cells and testing the degrees of your illness through the blood are all early stages but we all are still excited. Children with MS have youth camps and support groups as well as support for the MS caregiver. Learning to control the disease through diet and exercise and drinking plenty of water.

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HEALTH

Joy in Our Town 642.1	28:30	13:30	L	PA/O	6/27/16 6/28/16	05:30 PM 03:30 AM
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Pamela Ware talked to Denise Inge, from the Mobile Cancer Society, discussed breast cancer. One of the leading causes of illness in women it was predicted that about 230,000 women will be diagnosed with breast cancer and 30,000 will die. More Caucasian women will get it but more African American women will die from breast cancer, other groups are less likely to have breast cancer. Women should examine themselves frequently and start with a mammogram around age forty. Early detection is the best trigger for surviving. You want to look for tenderness, swelling and discoloration, if you have a lump or something don't look right call the American Cancer society 800 number and let a professional advice you. They can send you information through the mail or direct you to the website.

Joy in Our Town 642.2	28:30	13:30	L	PA/O	6/27/16 6/28/16	05:30 PM 03:30 AM
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Pamela Ware talked to Denise Inge, from the Mobile Cancer Society, discussed is your life style causing cancer? There are many cancers that come from life style, not living a healthy life style cause your immune systems not to work the way it should. It is very important to start early do things in moderation if you can't jog then walk. We know smoking cause lung cancer so if you haven't started don't. Lung cancer Colon cancer and Skin cancer from too much sun, these are just some that can be prevented with lifestyle. Men can get some of the same cancers as women and need to start preventive measures. If you are diagnosed with cancer treatment is imperative, if you cannot get to the request someone from the 800 number to pick you up. We will give you wigs not the old wigs but new sassy wigs that the young people are wearing. The support is there, volunteer Cancer survivors are available to talk to you 24 hours a day.

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HEALTH

Switch on your Brain 023	27:30	27:30	REC	PA/O/E	04/06/2016 06/29/2016	05:30 PM 05:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses milkshake multitasking; jumping around, chaotically and haphazardly from one thing to the next. We're not doing anything properly, it creates chaos in our brain, and it's not healthy for us. We actually can't multitask. We are designed to shift between different tasks and shift between different thoughts in a very organized and ordered and very fast way. We are designed to do busy well. Research shows that the human brain is designed to constantly change throughout our entire life. We're constantly growing new neural links, new networks, new dendrites, new structures, and new connections. Memories are constantly altering. Every time you think of a memory it's changing. Every time you focus on something, you are adding more structures to your brain. You are constantly re-landscaping your brain. And we have massive power in terms of what that landscape will look like. Will it be a healthy landscape, which is mental health through good choices? Or will it be an unhealthy landscape through incorrect choices? This is mind work. We, with our incredible, powerful mind, can design it. One of the most important things is to set up a constant internal dialogue with the Holy Spirit. And as you are doing that, you will learn to activate and use the new brain material that He has given us, plus the design of the brain that responds in a healthy way to all these good thoughts that we can build in our brain. By the same token, there's a plastic paradox. We can use those great new cells for bad, for evil, for the wrong thing, for making wrong choices. This new birth of neurons as you wake up in the morning is called neurogenesis; new birth. Multitasking is a myth. Social media experts tell us that the 140-character tweets is how things should be packaged. So, there is a continual stream of information that, yes, in a way, they are correct in that we are designed to respond to a continuous stream of information, but we are also designed to stop and think about that information. There's a very positive side to social media. Fast access to information definitely improves the speed of processing. The problem is that it takes away a lot of depth to people's thinking if you are using it too much. Deep intellectual thinking is extremely important. So, in terms of social media, it has to be a balance. And what they have found is that being addicted to social media – it's an easy addiction to actually develop because we're merged with the technology. Look at people – they're constantly on some form of technology. That, actually, in itself can create a pattern in the brain that is very similar to cocaine. Milkshake multitasking can be managed through quality not quantity. The first thing is that we need to make a decision to direct our attention meaningfully. Pay attention is a primary thing. Where are you going to direct your attention? Because where you direct your attention, learning follows. We need to tune our ears to listen to His (God's) voice. We need to keep focused on God's message at all times, which means that we are supposed to be constantly in a state of: What am I supposed to do next? Now, the Holy Spirit will lay down truth in our intuition of our spirit man. So, we need to develop our intuition. We also need to be extremely aware of our thoughts. It's a definite choice. It's a definite discipline.

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HEALTH

Switch on your Brain 024	27:30	27:30	REC	PA/O/E	04/13/2016	05:30 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	05:30 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	05:30 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

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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

HEALTH

Switch on your Brain 015	27:20	27:20	REC	PA/O/E	05/04/2016	05:30 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

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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.

HEALTH

Switch on your Brain	27:30	27:30	REC	PA/O/E	05/11/2016	05:30 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

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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.

HEALTH

Switch on your Brain 017	27:30	27:30	REC	PA/O/E	05/18/2016	05:30 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

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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.

HEALTH

Switch on your Brain 018	27:30	27:30	REC	PA/O/E	05/25/2016	05:30 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.

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HEALTH

Switch on your Brain 019	27:30	27:30	REC	PA/O/E	06/01/2016	05:30 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.

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HEALTH

Switch on your Brain 020	27:30	27:30	REC	PA/O/E	06/08/2016	05:30 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.

Switch on your Brain 021	27:30	27:30	REC	PA/O/E	06/15/2016	05:30 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

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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.

HEALTH

Switch on your Brain 022	27:30	27:30	REC	PA/O/E	06/22/2016	05:30 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

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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.

HEALTH

700 Club	CBN	1:00:00	5:00	REC	PA/O/E	05/27/2016	02:00 PM
NewsWatch 05272016							

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

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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.

EMPLOYMENT

Joy in Our Town 681.1	28:30	13:30	L	PA/O	04/18/16	05:30 PM
					04/19/16	03:30 AM
					04/23/16	02:00 PM

Host LaTrynnda Cunningham Hollins and guest Dr. Mia McGee, CEO and President of AHP Consulting & Business Solutions discussed the problems and obstacles of failure to graduate high school and obtain the diploma. We (AHP) started 15 years ago. I have a background in business; web design and non-profit. The need to help educate those who need help in those areas is my passion. I dealt with health issues as a young child; a stigma was put on me that I could not learn. Education was a challenge; I wanted to prove everybody wrong and help others. We see so many drop out for teen pregnancies and health issues. Our youth need to live for the future, and invest in their self which means getting an education. I mentor students who say: "no one in my family has graduated before" or "I try, but everyone in my family is doubting I can succeed." I tell them to know they are doing this for their self; because you want to better yourself and your family and your children. Be a self-motivated and push yourself. I had a very powerful network of support. Now I have become that support to many. The work force is changing, but getting your diploma is a base, then go on to earn your bachelor's, masters and doctorate. I tell my patients to get education, but also life skills are needed. You have to deal with your issues; then you can get help from others. If they don't, no one will know they need help. They may fail a test, and I did not know they needed help. The Lack of education can lead to crime, because being idle will lead to those activities. You have to keep your focus and goals. We do seminars and tours from city to city where we do education mentorship. Some may need to start their own business, but to do that you need well developed social skills. Find someone to help you, to mentor you on those skills. We evaluate and do assessments to find out what your skills and talents are, and to know your character to see what your abilities can be made into a business. You might have a passion for medicine; but once you get some experience with the clinical work, find you do not like it. However you might like to pursue the medical through the administrative side.

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EMPLOYMENT

Joy in Our Town 681.2	28:30	13:30	L	PA/O	04/18/16	05:30 PM
					04/19/16	03:30 AM
					04/23/16	02:00 PM

Host LaTrynnda Cunningham Hollins and guest Dr. Mia McGee, CEO and President of AHP Consulting & Business Solutions discussed how there are many people who are ill-prepared to seek employment. I have had so many people tell me they went to drop off an application, and they did not think they might be interviewed at that time, so they were not prepared. They went wearing their pajamas and slippers! You must leave a good first impression. We need to educate them about what is proper and acceptable. You need for your standard to be what you can be proud of, so you are ready for whoever you meet. Our youth and this generation think dressing for success is “old fashioned”. We teach them to dress the part – dress for the career of the job you want. Present yourself for a professional position. We start by training them on how to write their resume. We also help them by providing resources and donated clothing items that they can wear to interviews. You cannot use “fluff” on your resume. Some people find a resume template online and fill in their name, address, etc., and the rest is the template. You have to build your resume, so you can tell that employer about you. You have to be able to explain your experience. Customize your resume, and put all your skills, if you were a housewife – then you have management skills. You can use key words to highlight skills that are vital to the career or job market you want to get in to. You have to dedicate your self – do not run from help. We want to be the factor, the force behind you that helps drive you. We suggest you have someone else look at your resume, to help you. We hope to expand A.H.P. this year, we want to take A.H.P. out into the community where we live.

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