

# Trinity Broadcasting Network

## Quarterly Report

January, February, March 2015

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*

YOUTH

SUBSTANCE ABUSE

SENIORS

CRIME

CIVIC AFFAIRS

HEALTH

**YOUTH**

<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIRDATE</b>	<b>TIME</b>
<b>Joy in Our Town 611.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>1/10/15</b>	<b>02:30 AM</b>
					<b>1/12/15</b>	<b>10:30 AM</b>
					<b>1/13/15</b>	<b>02:30 AM</b>
					<b>1/15/15</b>	<b>02:30 AM</b>

LaTrynnda C. Hollins talked to Danny White, Director of the Mobile Chapter of Team Focus. They discussed the impact of not having a male figure in their lives. Team focus is a year round mentoring organization who seeks to get involved with young men 10-18 living without a father in their lives. It is important for young men to have a male figure in their lives to give them structure. Young men without structure began to make negative decisions. There are many awesome single mothers doing a great job with their sons, but the mother cannot teach something as a male, just because she is not male. Male behavior is taught through example. Mentoring is not a new concept - whether you call them coach, band director, or counselor, being a part of their lives is the common denominator and it is not for the weak of heart. The high school dropout and the elevated suicide rates in high school age students are getting more attention because the real cause mimics other symptoms that surface when there is not a dad in the home. Alumni students returned to speak to the current class and reflect on how the nuggets and keys of latter life lessons were needed more in the future and because they had been taught these things they are now able to share those keys with their own children. Parents are here to teach you what you need to know not what you want to hear.

<b>Joy in Our Town 622.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>1/23/15</b>	<b>12:00 PM</b>
					<b>1/24/15</b>	<b>02:30 AM</b>
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Host Alicia Garcia & Jennifer Lopes and daughter Naomi Lopes discussed Teenage Pregnancy. Today teenage pregnancies have been declining, but sexually transmitted disease has increased in teenagers. The whole family can be in crisis when a teenager is active sexually. Parents are caught unaware, and become angry or hopeless. One father was forcing his daughter to get an abortion. Teens often make bad decisions because of crisis, and lack of knowledge about abortion. There are consequences that will affect the rest of their lives. Pulse is an acronym for: Protecting Unborn Leaders Seeking Eternity. They hold meetings in churches, schools, and other civic organizations to educate teenagers and parents about choosing life, adoption, and abstinence from sexual activity. The male leaders of PULSE hold 'champ night' meetings, where they help disciple young men. They have a baseball team to raise awareness, they hold scavenger hunts and other activities to get parents and teens involved.

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**YOUTH**

<b>Joy in Our Town 622.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>1/23/15</b>	<b>12:00 PM</b>
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Host Alicia Garcia talked with Jennifer Lopes and her daughter Naomi about Abortions. Although the State of AL statistics show abortions and teen pregnancies are lower, they also show a higher rate of sexually transmitted diseases in teens. Courts have ruled that teenager's records can be sealed and kept secret even from the parents. Women who have abortions are victims too. Statistics show 80% become addicted to drugs, alcohol, and other substance abuse. They suffer depression. Some women, even older, married women choose abortion because of financial fears. Abortions can be obtained for as little as \$300.00, one boy left the money in his girlfriend's car, but that day PULSE had a meeting at that school, and the young girl made a decision to have the baby for adoption. Educating teens and older women about what happens after abortion. Teaching that children are a blessing. Giving pregnant women the choices of adoption, contacting the agencies and potential adoptive families. Teach young people how to handle social situations that can lead up to sexual promiscuity. Some young people grow up with two sets of friends: church friends and non-church friends; counsel girls to be accountable to family and friends who can be good influences.

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					<b>03/19/15</b>	<b>02:30 AM</b>

"Youth without Goals or Direction". LaTrynnda and Nikklos Kidd discussed the problems of identity crisis, the wrong molds demonstrated by the 'media', creating youth without the right values, and things drawing them away. They talked about the missing link: there are so few men who can be mentors. The 'system of systems' are government programs that keep youth oppressed. There are 'Trevon Martin' issues that generate ill will, and our community's inaction to help solve the problems. Kids who have nothing & know nothing eventually take (steal) something. We all act like it is somebody else's problem. We founded Compassion In Action, Inc. and the Measure of a Man project in 2007. Teaching kids that God made them, He values them, instilling into them the 'something of value' they are to God. We have volunteers mentoring, and training kids in skills, also educating them on how to respond correctly to police/authority. Teach them to groom and dress better, so they don't fall prey to predators. We meet all their needs (like the military) and then teach them their rights and responsibilities. We compel men to volunteer, men who are saved, knowing not just what they were saved from, but what they were saved for: to be examples of God's love.

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“Limited manpower to meet the youth crisis”. LaTrynnda and Nikklos Kidd discussed why there are so few volunteers: because they don’t have time. Some say they didn’t get mentoring (they had no example or experience). Many say ‘I am too busy with ‘my church’ which is a wrong mentality. There are men who are afraid to volunteer, because they don’t feel qualified, and they have a lack of hope. Pastors must change the mentality from ‘my church’ to ‘my community’. Put God’s vision in front of God’s people: 1 John 3:17 (describes showing His Love with deeds). We find men who can teach kids trades and skills, like carpentry. We made picnic tables and sold them. The kids got to see the value, use the proceeds for recreation, and school uniforms, etc. We ‘adopt’ kids (as volunteer mentors), and give them something to look forward to. We give 100% into the ones who receive us, pray for those who are standing off, who are not ready yet to receive. We ‘own’ the problem, and bear the responsibility to bring change to our communities. We demonstrate Hope, Life, and Love.

**SUBSTANCE ABUSE**

<b>Joy in Our Town 625.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>1/16/15</b>	<b>12:00 PM</b>
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Chris Patrick discussed Marijuana has been legalized in many states. All drugs have side effects, and there is no way to regulate illegal drugs. There is no way to test for marijuana ‘high’ like you can test for a person who is drunk. The kids are experimenting with it more because of easier access. Many people believe it is ok to use marijuana for medicinal purposes. Find natural remedies instead of drugs. At Wings of Life we use the Word of God. Jesus delivers and heals. We have a 90 day treatment program. There is also ‘aversion’ therapy that some have found effective – use a rubber band and snap it when you decide to use drugs, let your body associate the pain with that thought.

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**SUBSTANCE ABUSE**

<b>Joy in Our Town 628.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/06/15</b>	<b>12:00 PM</b>
					<b>02/07/15</b>	<b>02:30 AM</b>
					<b>02/09/15</b>	<b>10:30 AM</b>
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Host LaTaisha Moore talked to Michael Cooper and Brittany Benton about the high cost of addiction. The high cost of addiction, usually if this person has an addiction problem they will resort to thievery to support their habit stealing out of stores to support their habit. The family will go through a period of enablement they love them and even though they steal from them they will not send them to jail. They usually just give in and give them money instead of have them commit a crime and they think this is helping. The family has to watch their family member descend into this pit. Many adults/parents who are addicted have children who are addicted. The children began to believe that this is normal. The health risk of drug addictions first is the loss of appetite. They will go weeks without eating because nothing satisfies their need for the drug many lose a lot of weight. Next will be the lack of sleep, paranoia, hygienically you let yourself go, your life becomes about the drug. They can easily over dose because they mix it with the wrong thing and die. What are something the family can do to help? The family can stay there for them to get help and get saved and beat the addiction. Supporting them is important the power of prayer is what is needed to get the addict through, but family members still have to be careful about slipping into enabling. Marijuana is not the gateway drug; nicotine is the leading one because it is harder to get off nicotine than marijuana. Most people that smoke will cause the person recovering from addiction to relapse. The legalization of marijuana will not stop the problem because the excuse to legalize it is money. The public needs to be taught that this is a party drug for the poor. It may be a scary thing but it is time to let go and let God.

<b>Joy in Our Town 628.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/06/15</b>	<b>12:00 PM</b>
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Host LaTaisha Moore talked to Michael Cooper and Terri Hannah about prescription drug traps. Prescription drugs start out with just one pill for pain and it could turn into an addiction problem. The more you take the more you need until you end up taking a ridiculous amount of pills just to dull the pain. Prescription medication is given for a legitimate purposes like depression/anxiety and the physicians gives a prescription for Xanax and some pain killers in as little as six days you can be addicted. The problem is most people don't see the prescription drugs as drugs. The drugs are there to ward a way the pain most addicted people are in some type of pain whether physical or emotional the pain is there. Satan will use the drugs as a crutch for something that

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God can deliver you from. The worst drug on the streets of Alabama is crystal Meth. The drugs used are different for other parts of the country. We have turned our back on biblical principles and the families are paying the price no longer does couples stay married for fifty years now they barley makes six months. Legalizing marijuana will only make everyday problems worst because it changes your perception of day to day tasks. Hollywood has glamorized drugs and addiction and we are going through life not knowing the truth. The bible was removed from schools just to take away the sense of teaching morals to the masses. Mission of Hope help addicts to develop a relationship with God. Teaching them how to ask for help and receive the truth that leads to help. You must admit defeat. Talk like you would to a friend, say God can I get some help. The road to deliverance is not difficult just take one step.

**SUBSTANCE ABUSE**

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Host Ericka Byrd talked to Bro. Bill Wood from Celebrate Recovery and John Henry from Pasco House about the effect of drug crimes in a community. The Largest number of those individual's incarcerated because of the drug crimes. The people are raised in a culture where the individuals are around the drugs therefore they do not see the drugs as destructive. A drop of drug in the family unit makes the whole family toxic. Even thou marijuana is legal in Colorado the parents do not want their children seeing them roll a joint. If you don't want your child to see you roll a joint then at some point you know it is wrong. Using the hash oil in a pipe doesn't make it any better it is still wrong. Drugs finds its way inside all cultures. The drugs of 20 years ago is not the same as today, the product produced today is 15% to 20% greater due to genetic manipulation. Parents are working more on getting high other than taking care of their family. The synthetic marijuana SPICE has now reached epidemic levels in Mobile. The street product varies with each distributor and the all-natural on the labels are false. They take these unknown plants and spray them with some type of psychotropic drug and then sell it as all natural. Treatment is not recovery, recovery comes when you want to be helped. God is the step to salvation that allows you to accept the treatment programs and allows recovery to be possible.

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<b>SUBSTANCE ABUSE</b>						
<b>Joy in Our Town 634.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/23/15</b> <b>02/24/15</b> <b>02/26/15</b>	<b>10:30 AM</b> <b>02:30 AM</b> <b>02:30 AM</b>

Host LaTaisha Moore and Melvin Richardson, founder and CEO from Serenity Care, Inc. discussed seniors and substance abuse. The substance abuse of seniors starts with prescription medication. Physicians will give a high powered medication which they will at some point either become addicted to or discover the value of the medication and now grandparents are the new drug pushers; the medication has a higher street value which looks inviting when you are on a fixed income. The senior who has upgraded the amount of medication 2 or 3 pills instead of the amount prescribed to control the same symptoms. The senior may also learn that the medication no longer works or can no longer get the prescription because they sold it or took too many before the next refill. Now they are faced with what to do; they resort to going for substitutes like crack and cocaine. The second scenario is the older man/woman meets a younger mate and they began to do drugs together because he/she has a retirement income and one feeds the other's addiction and an unhealthy relationship is born. It is very hard to get the senior person off unless it is hard drugs. If it cost you nothing then you may take longer to see the damage it is causing. The oldest addicted person treated at Serenity was 65 years old and was hooked on crack cocaine. There needs to be a value given to their life to keep you from giving up. Treating a senior is different than treating a thirty year old.

## **SENIORS**

<b>Joy in Our Town 598.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>1/19/15</b>	<b>10:30 AM</b>
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LaTrynnda C. Hollins and Ruby McMillian, President from the Common Touch, Inc. discussed the senior needing assistance. Many seniors are not able to take care of all of their daily needs and many have little or no family support to help them. Giving up your independence is not always easy, presenting options, giving them a choice aids in the transitioning into a life of assisted living. Having someone there for the A D L's (Bathing, dressing, transferring, toileting, eating) is sometime overwhelming for the senior finding themselves in this situation. One way to prepare for your own retirement years is to secure Long Term Care Insurance and Reverse Mortgage. If you own your home and use the reverse mortgage and use it for your personal care. The mortgage is normally

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70% of the value of the home, and you can take a part of that money and invest it in a few foreclosure homes and put your family in them. Find the best of assisted living facilities by shopping around to a few of the centers and make certain that the activities directory and the owner of the center works with you. The rule of assisted living facilities is that you must be able to take care of your own ADL's. They vary by prices and amenities.

## **SENIORS**

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LaTrynnda C. Hollins and Ruby McMillian, President from the Common Touch empowerment center, Inc. discussed seniors after 60. What we (society) is not getting about our seniors, is that we are not appreciating and engaging in the value that they have to give to our lives. We should be sitting down and embracing our seniors, embracing their wisdom. Many people are saying that 60 is the new 40, which is true as long as there is not a tragedy or illness to change their mindset: that this is the new time them, to be a social butterfly. Spend time with them and go to some of the senior citizens centers with them and get involved, make the first step. Stop watching others get involved and call the area agency on aging and other senior agencies who will set up a companion person to match like people together. There are resources for people without family Alabama Companion Care is run by seniors 55 and older, to take you shopping to doctors' appointments they want to be involved in the lives of others. The faith based community teaches you that giving yourself to others will enrich you. Take time with the seniors, don't rush them give them time. Only 50% of the aging population is ready for their senior years and ready for retirement. Stay active get involved watch your diet build muscles prepare for those years, now. Now is the time to prepare your mind change no matter what your cholesterol levels are, what your blood pressure is and what it takes to produce a vibrant life. We live in such a fast pace life we forget to take time to take care of ourselves.

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					<b>02/03/15</b>	<b>02:30 AM</b>
					<b>02/05/15</b>	<b>02:30 AM</b>

Host Shundra Barnes talked to Elder Makinde Gbolahan, from Rapha Institute. They discussed the challenges of the aging population. The challenges of this group of individuals falls in stages. The first challenge of the senior population is their health and their overuse of medication given by their doctors. Second problem of seniors is loneliness and insecurity. The third problem is they often fall prey to scam artists, like home repair scams, driveway repair scams, salesman, and tax collectors all prey on the elderly. As a society we need to protect our seniors. The last challenge is financial stability. With some preparation, the senior can enjoy their retirement years; maintain the lifestyle you once enjoyed. Meeting these goals or not meeting these goals causes stress; if they cannot maintain during retirement this causes them stress because life is not over at sixty-five.

<b>Joy in Our Town 587.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/21/15</b>	<b>02:30 AM</b>
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LaTrynnda Hollins and Della Sanchez, Coordinator from Alabama Cares from South Alabama Regional Planning Commission & Area Agency on Aging discussed there is an increase in the cases of Alzheimer’s in the state of Alabama. There appears to be an 8% increase since 2010, a 25% increase expected in 2025, and a 38% increase by 2035. The family must look for the warning signs of early onset Alzheimer’s. First the senior begins to forget things or cannot retrace their steps, and make poor financial decisions. The increase in number is because there are people being diagnosed as early as 49 years old. Diagnosis is different for each individual - no two individuals’ experiences are the same. Once a senior has been diagnosed you need to come up with a plan. There is no cure for Alzheimer and the disease can last between 5-15 years. If the person with the disease is a parent, talks among the siblings are needed. Have an honest discussion about their safety and how their lives will proceed from this point. Can you quit your job to take care of your parent? These questions will have to be addressed if the parent is to be kept at home. Create a plan that can be implemented in a manner not to exhaust one member of the family. Seek professional information from people who are astute to this condition and can help point you to all the helps organizations available to care givers.

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**SENIORS**

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**CRIME**

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LaTrynnda C. Hollins talked to Danny White Director of the Mobile Chapter of Team Focus. They discussed the juvenile crimes and fatherlessness. If you were to gauge a community and the significance of a fatherlessness in the family to crime rates you would find that the correlation is very high. Every decision has a cause and effect. When you see a young person repeating the same crime or incident over and over then we analyze the atmosphere around the child to reflect on the cause of the problems. Another problem found was that there are some juveniles with fathers, but fathers who don’t know how to father their children. We want to get these juveniles before the first crime and give them impactful information to make correct decisions. Local Juvenile court judges are working hard to bring the young men back to where they need to be. The young men are taken to a summer camp onto the USA campus where there are group and individual sessions to discuss their concerns. Out of the classes we find many untapped talents some surfaced with leadership potential and others just discovered that they are not alone.

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**CRIME**

<b>Joy in Our Town 549.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>1/16/15</b>	<b>12:00 PM</b>
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					<b>1/20/15</b>	<b>02:30AM</b>
					<b>1/21/15</b>	<b>02:30 AM</b>

Host Erica Byrd talked to Alva Tate from Alabama International representative for KAIROS about Life after Prison. Life will be difficult for many offenders upon release from prison. Jobs can be difficult to find, family support can be minimal or non-existent, and many will have no money, house to live in or car to drive. "KAIROS Outside" is a program for offenders that are due to be released that begins 12 months before their release. KAIROS Outside prepares the offender for all facets of life on the outside, and provides ongoing assistant after their release. KAIROS is designed to support the families of incarcerated men, women and juveniles. Kairos's programs are to exhibit God's grace and love through Christian support for women who have loved ones who are or who have been incarcerated.

<b>Joy in Our Town 629.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/13/15</b>	<b>12:00 PM</b>
					<b>02/14/15</b>	<b>02:30 AM</b>
					<b>02/17/15</b>	<b>02:30 AM</b>
					<b>02/19/15</b>	<b>02:30 AM</b>

Latisha Moore and Ivan Parker talked about the disturbing trends among today's youth. Kids are becoming more participants in the justice systems, breaking more laws. The youth are our leaders of tomorrow. Children from the age of 10-25 are considered the youth. After 25 they should be ready to take their places in society, it seems unreal but not only the youth participants in crimes, but they are also victims. If you had the power to change things we would change the process of admissions in the youth community. The youth today do not feel deterred by the Juvenile detention process. Instead they have gotten comfortable to it and see doing time as a pleasure. Children now brag that they have gone to juve and it's no big deal. What do we need to do to change the mindset of the youth? How do we work out what caused a young person to do the crime? We take the young person and then put them into the same situation that caused them to go to the juvenile detention center. We send them back and then tell them to do better, not thinking how they are going to accomplish the task. These are minors that we are expecting to change their way of life. City officials need to understand that there was someone or something that caused the problem and as governing adults we should stop passing the problem along and using any excuses just to be able to sleep at night.

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<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIRDATE</b>	<b>TIME</b>
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**CRIME**

<b>Joy in Our Town 629.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/13/15</b>	<b>12:00 PM</b>
					<b>02/14/15</b>	<b>02:30 AM</b>
					<b>02/17/15</b>	<b>02:30 AM</b>
					<b>02/19/15</b>	<b>02:30 AM</b>

Latisha Moore and Ivan Parker talked about the PIPELINE to prison, and why there are more African American males in prison. As long as the majority of the attorneys, judges and policemen are white there is a fear that this could be a race problem. The youth need to understand one thing: if you break the law or do a crime you run a higher risk of being incarcerated if you are Hispanic or Black. The determining factor is whether it is a misdemeanor or felony. If we were to say that all men of color are being incarcerated then all would be in prison and that is not the case. It does not operate like that, granted black men appear to be the largest group misbehaving. Understanding the reason for the behavior appears to be low self-esteem but low self-esteem is not a reason enough to break the law. The legal system has a jail diversion program that allows an alternative sentence instead of being incarcerated and probation is offered to first time offenders. During this probationary time the person must demonstrate that they can stay out of trouble for 5 months or more and your cased will be passed over. The problem is why should the legal court system tell you what you should have already been doing; being a model citizen. Finding the root of the problem does not always start at home as many think. There are no parents telling their children to go out and steal, kill and destroy things.

<b>700 Club CBN NewsWatch 01122015</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>1/12/2015</b>	<b>2:00 PM</b>
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CBN News Reporter Charlene Israel Report: Identity theft. It is a crime that hits millions of Americans each year and thieves are coming up with new ways to rob consumers every day, including using the latest technology. In 2011, the Federal Trade Commission received more than 1.8 million complaints from consumers. Fifteen percent of those complaints involved some type of identity theft. When it comes to shopping, just swiping with a credit or debit card is the way to pay in today's fast-paced world. According to the FTC, identity theft has topped the list of consumer complaints 12 years in a row. Nearly 27,000 complaints had been filed or identified in 2011 alone. Something known as skimming at ATM machines and gas stations has become all too common. Identity thieves purchase the devices right off of the Internet. Some thieves even make them. Police told CBN News that thieves usually target the gas pumps that are nearest the outside of the gas station or far away from the attendant. They then insert a skimming device over the card reader and when you go to swipe your card to pay for gas, your personal information has just been stolen. The consumer's stolen information is then transferred onto unused-pre-approved credit cards or blank gift cards. Sgt. Margie Hobbs said crooks are also using new technology to their advantage. For example, thieves can now use heat generated from your fingertips on ATM key pads to steal your card pin number using high-tech infrared cameras. They can also tap into accounts via credit cards that contain a radio frequency identification or RFID chip. This chip allows consumers the ease of just waving the card at the register. Scam artists can buy parts that increase the frequency or the strength of the antenna in the card. This allows them to

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pick up your credit card information from a foot or more away. Hobbs said tracking the perpetrators is challenging because often the operations are well coordinated. Security consultants suggest using credit cards instead of debit cards to prevent such scams, that way you're risking the credit card company's money instead of your own. Here are a few other ways to protect against being scammed: 1. Freeze your credit. This allows you to lock your credit data, which makes it virtually impossible for an identity thief to open any new accounts in your name. You can un-freeze it at any time. 2. Hire a company to monitor and protect your credit. 3. Cut up pre-approved credit card offers that come in the mail. Don't just throw them away. 4. When at the ATM, make sure no one is looking over your shoulder. Consider using a pen or pencil to key in your number. 5. Alert bank officials if you notice a hidden camera or if the card reader appears loose. Sgt. Hobbs said businesses can do more to protect their customers as well.

## **CIVIC AFFAIRS**

<b>Joy in Our Town 635.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/27/15</b>	<b>12:00 PM</b>
					<b>02/28/15</b>	<b>02:30 AM</b>
					<b>03/02/15</b>	<b>10:30 AM</b>
					<b>03/03/15</b>	<b>02:30 AM</b>

Host LaTrynnda Hollins and Leigh Perry-Herndon, VP of Communication and Marketing for the Mobile Chamber of Commerce discussed the concerns of rapid growth in the city. The chambers job is to make the community better. We are able to make an impact on the community; the program 1Mobile started with one person. Now it appears that Mobile is on the fast track to success but the growth of the city did not come over night. The companies entering the city had already done years of due diligence to see if the city was going to be a good fit. They sought reports like what is the average income of the residents and what are some of the stores that would do well or had been requested for the community. The retailers heard and are now moving businesses who were in Birmingham, Atlanta and New Orleans to Mobile. The growth is spurring the businesses already here to expand. The chamber is seeking growth for the community but is still concerned about the infrastructures of the city. Nobody wants to shop if it wastes time traveling several hours to get to the location. The Mobile Chamber of Commerce is working on getting the bridge expansion approved. The city has evolved from the abandoned rundown buildings of the past to newly evolved areas within Mobile Downtown Alliance working to improve the family atmosphere of the city. They are also working on revitalizing St. Louis Street into a technical/artistic district. The local universities and community colleges are all on board to help make this change happen.

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**CIVIC AFFAIRS**

<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIRDATE</b>	<b>TIME</b>
<b>Joy in Our Town 635.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/27/15</b>	<b>12:00 PM</b>
					<b>02/28/15</b>	<b>02:30 AM</b>
					<b>03/02/15</b>	<b>10:30 AM</b>
					<b>03/03/15</b>	<b>02:30 AM</b>

Host LaTrynnda Hollins and Leigh Perry-Herndon, VP of Communication and Marketing for the Mobile Chamber of Commerce discussed the Mom and Pop Stores and how the new growth effects the smaller local stores. The Chamber is sensitive to the small businesses because 93% of the members of the chambers are small businesses with less than 100 employees. The small businesses need comes in a wide range, the chamber conduct small business counseling sessions, networking and training seminars and executive round table meetings on marketing through social media. The small businesses are learning what is going on with other similar businesses. Guest speaker’s presentations teach how to manage growth or the lack of growth. The small business sector is shrinking and counseling is critical to help understand the process of selecting and accessing benefits. The chamber is not just for big businesses but all businesses, all businesses see the same problems but on a different levels. There is no magic pill for a successful business. The chamber teaches how to write a business plan and select the direction you want your business to go. How to market what services you are giving that is special only to your store. But don’t be afraid to ask for help and then make changes.

<b>Joy in Our Town 641.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/07/15</b>	<b>02:30 AM</b>
					<b>03/09/15</b>	<b>10:30 AM</b>
					<b>03/10/15</b>	<b>02:30 AM</b>
					<b>03/12/15</b>	<b>02:30 AM</b>

Shaundra Barnes and the city of Mobile, District 5 – Councilman Joel Daves and Financial committee chairperson, discuss the council’s primary job which is administration, adhering to the budget and overseeing spending, and making sure monies are being spent where they are supposed to be spent. We expect to receive a certain amount of revenue each year. And if those goals aren’t met how do you reduce the deficit without impairing the condition of the city? We have a huge back log of capital projects, (street paving, pot holes, roofs leaking, bridge repairs, etc.) this backlog is expected to cost around 200-300 million dollars just to repair infrastructure. The only way to correct this without raising taxes is to address the general fund. Two funds which we operate are from the capital fund and the general fund. If general fund is well managed, the extra goes to capital funds. If we can address spending and keep the budget low then we could address the high sales taxes which is oppressing the ones who cannot afford it. The biggest consumption of the budget is police and fire departments (public safety). Next is parks and recreations. The performance contracts are the next, a performance contract is a non-profit agency handling what a normal city would normally do if they were able to do so. The Chamber of Commerce which handles economic developing, finds jobs for the city. The Boys and Girls clubs take care of after school care, the Child Advocacy center takes care of abused children. These different non-profit(s) are assisted financially for doing what the city would have to do. Metro Jail is different, the county owns the jails and we give assistance to the county each year for housing our inmates. What do we have to do to get the city on a solid foundation? We need to be good stewards over the funds that we have. We need to continue to build our reserves up to 20-30 million dollars and reduce the sales taxes. We need to look into other sources of revenue to make us less reliant on the sales taxes.

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**CIVIC AFFAIRS**

<b>Joy in Our Town 641.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/07/15</b>	<b>02:30 AM</b>
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					<b>03/12/15</b>	<b>02:30 AM</b>

Shaundra Barnes and the city of Mobile, District 5 – Councilman Joel Daves and Financial committee chairperson, discuss when growth out paces planning during the rapid growth of the city. What you want is a growing vibrant economy, with lots of job opportunities and at the same time you want a livable city. These can be accomplished with careful planning. When you anticipate above average growth, you need to plan. The city is poised for the changes but we cannot plan for it until it is actually here. We really need to maximize the opportunities and continue to be aggressive in development of the city for the next four to five years. The key is to get the second and third tier suppliers to also locate here in Mobile, the real opportunity comes once we can title ourselves as an aeronautical supplier. Change is inevitable and we don't want people to leave, but to keep the people here we must manage the growth. We are attracting all kinds of new businesses beside the movie people these businesses generate millions of dollars. To keep the fear down we are developing revised long range plans. We are increasing the money going into capital projects, like storm water drainage managing the flow of rain water to keep homes from flooding. We need to continue to support the companies that assist in economic development for the city of Mobile. And to make certain that all segments are able to participate in the growth and increase the quality of life. The city loves that we are inviting good clean high paying jobs that are from all over the world coming to develop their companies in Mobile, these add to the life of the community by having this mix of cultures.

**HEALTH**

<b>Joy in Our Town 627.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/30/15</b>	<b>12:00 PM</b>
					<b>01/31/15</b>	<b>02:30 AM</b>
					<b>02/02/15</b>	<b>10:30 AM</b>
					<b>02/03/15</b>	<b>02:30 AM</b>
					<b>02/05/15</b>	<b>02:30 AM</b>

Host Shundra Barnes talks to Elder Makinde Gbolahan, from Rapha Institute about the negative impact of prescription drugs on the public. Rapha Institute has been in existence since 1980, training, informing and educating the public about the problems the drug industries are inflicting upon the general public. The studies

<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIRDATE</b>	<b>TIME</b>
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have shown that around 200,000 people die annually from adverse effects to medications. Homeopathic medicine has been around for years and the treatment worked until the medical industries got into giving patents to medicines, then the homeopathic medicine fell to the way side. We are teaching people that there are many basic principles of natural laws to conquer your ills other than through prescription medications. Learn how to relax and calm yourself. Most natural medicines works the same as prescriptions, but without the side effects. The motto says, "Do no harm", but the side effects are harming many people. The pharmaceutical companies are being sued for falsifications of their information being giving to the public. The FDA is there to protect the citizens but there is clearly many areas that needs to be improved.

**HEALTH**

<b>Joy in Our Town 642.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>2/16/15 3/27/15 3/30/15</b>	<b>10:30 AM</b>
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Pamela Ware talked to Denise Inge, from the Mobile Cancer Society, and they discussed breast cancer. It is one of the leading causes of illness. The prediction is 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 doesn'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.

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**HEALTH**

<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIRDATE</b>	<b>TIME</b>
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<b>Joy in Our Town 642.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>2/16/15 3/27/15 3/30/15</b>	<b>10:30 AM 07:00 PM 10:30 AM</b>
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Pamela Ware talked to Denise Inge, from the Mobile Cancer Society, they discussed the question: is your life style causing cancer? There are many cancers that come from life style, not living a healthy life style can 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 you walk. We know smoking causes lung cancer, so if you haven't started smoking, then don't. Lung cancer, Colon cancer, and Skin cancer caused from too much sun, 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 doctors or clinics, 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.

<b>Switch on Your Brain #008</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>01/27/2015</b>	<b>12:00 PM</b>
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**Today on Switch on Your Brain Dr. Caroline Leaf** discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's

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This wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

**HEALTH**

<b>Switch on Your Brain #001</b>	<b>28:30</b>	<b>28:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>03/03/2015</b>	<b>12:00 PM</b>
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**Today on Switch on Your Brain, Dr. Caroline Leaf** discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

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**HEALTH**

Switch on Your Brain #002	28:30	28:30	REC	PA/O/E	03/10/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for loved. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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**HEALTH**

Switch on Your Brain #003	28:30	28:30	REC	PA/O/E	03/17/2015	12:00 PM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

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

**HEALTH**

<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIRDATE</b>	<b>TIME</b>
<b>700 Club CBN NewsWatch #01162015</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>01/16/2015</b>	<b>2:00 PM</b>

CBN News Medical Reporter Lorie Johnson Reports: Inflammation is a serious health problem you can't even feel, but it does tremendous damage, especially over a long period of time. Scientists say inflammation could be behind heart disease, arthritis, cancer, ADD/ADHD, diabetes, stroke, migraines, thyroid issues, dental issues, and more. Although inflammation is caused by toxins like cigarette smoke and environmental pollutants, the biggest factor is an inflammatory diet. Many of the foods we eat cause inflammation and simply avoiding them can lead to immediate and dramatic improvements. Then on top of avoiding the bad foods, adding anti-inflammatory foods to your diet creates an even healthier you. Many people who follow an anti-inflammatory diet also lose weight. Mark Sisson is a leading expert on an anti-inflammatory diet. At age 60 he is the picture of health: He has the body of a man half his age, inside and out. He does not suffer from any diseases or chronic conditions and doesn't take any medications. But he hasn't always been this healthy. His anti-inflammatory diet changed everything. Sisson follows the Paleo Diet. Last year the Paleo Diet was the number one searched diet on the Internet and Sisson's is the top Paleo Diet website. He's been studying nutrition research for the last 25 years and writes about his findings on "Mark's Daily Apple." The Paleo Diet is about avoiding foods that cause inflammation. That means no sugar, no wheat, no trans fats or industrialized Omega-6 fats, and very little or no dairy. Sugar weakens your immune system and causes insulin problems. Wheat treats your body much the same way. In fact, many people who follow the Paleo Diet stop eating all grains, such as rice, corn and oats, in addition to wheat. Sisson didn't even know wheat was causing him problems until he stopped eating it. Highly inflammatory trans fats and industrialized Omega-6 fats are Paleo no-nos. Trans fats are man-made oils that have been hydrogenated, meaning they have been infused with hydrogen for the primary purpose of prolonging the shelf-life of a processed food. Therefore, most trans fats are in packaged foods. You can recognize whether a product contains a trans-fat by looking at the list of ingredients. If you see the word "hydrogenated," it's in there. Vegetable shortening and margarine are also Tran's fats. Industrialized Omega-6 fats are also highly inflammatory. Theoretically they could be considered safe if consumed in equal amounts as Omega-3 fats, such as fish oil. But the average American consumes 20 times the amount of Omega-6 fats as Omega-3 fats, and this imbalance causes inflammation. Industrialized Omega-6 fats are the vegetable and seed oils. These oils are on many grocery store shelves in the form of vegetable oil, corn oil, peanut oil, safflower oil, sunflower oil, and soybean oil. The Paleo Diet advises followers to steer clear from these oils as well as canola oil. The Paleo Diet also eschews dairy that can cause inflammation, allergic reactions, and stomach problems. People considering the Paleo Diet may wonder, after giving up sugar, grains, trans fats, industrialized Omega-6 fats and dairy, what's left to eat? As it turns out, a lot! Healthy fats include things like avocados, nuts and seeds, olive oil, fish oil, and coconut oil. Coconut oil is one of many saturated fats that the Paleo Diet encourages. Saturated fat from beef and pork are also encouraged. The endorsement of saturated fat is controversial. Some health professionals believe saturated fat leads to heart disease and should not be consumed. However, many recent studies, which are very reliable in that they are large and exhaustive, find no evidence that eating saturated fat is bad for your heart. Nevertheless, much of the medical community still relies on industry standards from the past that condemn the consumption of saturated fat, though the number of people holding to that belief is reducing every year. Of course, any diet is best when combined with exercise. Sisson combines the Paleo Diet with what he says research proves is the best exercise: a three-fold plan of slow, steady movement, occasionally lifting weight, and a series of all-out sprints. Most of us know a sedentary lifestyle is hazardous to our health. But that doesn't mean we have to overdo it in the opposite direction by killing ourselves at the gym. Sisson said his research shows simple movement, such as walking, and very slow movement at that, not even breaking a sweat, is what's best for our health. But the key is to do it a lot. For those of us who have desk jobs, this can be a challenge. Sisson points out that walking before and after work, and taking several walking breaks throughout the day can make a huge difference. Sisson also recommends lifting some weight about twice a week. This does not mean you must purchase a gym membership and lift dumbbells twice a week. In fact, he uses his own body weight as resistance, and so can you, by doing push-ups, lunges, sit-ups, pull-ups, and so on, and just by lifting heavy objects in your daily life. Sisson said the latest research in sports medicine proves the value of sprinting. Sprints are short bursts of aerobic activity, such as running, biking and swimming, where you exert 100 percent

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Of your total energy. Sprints typically last only 30 seconds or so. Sisson said only a few sprints once a week will yield results. In addition to a good diet and exercise plan, a healthy lifestyle relies on proper sleep. Your body repairs itself when you sleep. Without enough sleep, our Immune system suffers and we increase the secretion of hormones that make us hungry. If you have trouble getting to sleep at night, go without any caffeine after noon and avoid all electronics at least one hour before bedtime. So for an anti-inflammatory diet, try the Paleo eating plan. It's known for what it's missing: sugar, grains, Tran's fats, industrialized Omega-6 fats and dairy. That way you'll be left eating foods that keep you thin and healthy.

**HEALTH**

<b>700 Club</b>	<b>CBN</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>02/17/2015</b>	<b>2:00 PM</b>
<b>NewsWatch</b>							
<b>#02172015</b>							

CBN News Medical Reporter Lorie Johnson Reports: February is American Heart Month. Heart disease kills more Americans than any other cause of death. Most doctors tell people high cholesterol is responsible for heart disease. But not all doctors see it that way. Cardiologist Dr. Stephen Sinatra, author of the book "The Great Cholesterol Myth," says the real cause of heart disease is inflammation, not cholesterol. Sinatra used to believe high cholesterol was responsible for heart disease until he saw with his own eyes, in his own patients, that wasn't true. He noticed many of his heart patients had low cholesterol and saw that many people with high cholesterol did not have heart problems. Sinatra is among a growing number of physicians who actually tout the benefits of high cholesterol in most cases. He said high HDL cholesterol is good for you and says even LDL cholesterol is good for you as long as it's the large, fluffy particles. He admits the small, dense LDL particles are harmful. Therefore, he recommends, instead of getting your overall LDL cholesterol checked, you get it further broken down into particle size. Since Dr. Sinatra does not think high cholesterol is responsible for heart disease, he does not think cholesterol-lowering statin drugs are helpful to most of the people taking them. Instead, he believes only a very small percentage of people who are taking statins actually need them. For example, he usually only prescribes statins to middle-aged men who have coronary heart disease. He also says a small number of women need statins, but mostly because they benefit from the station's anti-inflammatory properties, not its ability to lower cholesterol. On the other hand, by and large, Sinatra believes statins are far too over-prescribed. Although drug companies sell \$30 billion worth of statins every year, Sinatra said the people who take them are paying a price with their health as well as their wallet. In other words, for many statin users, the risks outweigh the gains. Muscle pain and fatigue are two of the key complaints he hears from statin users. Sinatra said the reason for these symptoms is often misdiagnosed. Patients over 70 years old are especially vulnerable, he said. Sinatra says one of the best things about statins are their ability to reduce inflammation. But since statins have so many side-effects, most people are better off ditching the statin and reducing inflammation the natural way, by reducing the amount of sugar they eat. Sinatra looked at the evidence and concluded, instead of cholesterol, it's inflammation that causes heart disease. Inflammation is caused by a number of things. Eating too much sugar is at the top of the list. Sugar damages arteries, increases blood pressure, and ages your organs. Of course, we all know that sugar is the white, granular stuff we put in our coffee. But sugar comes in many, many other forms. For example, high fructose corn syrup is a sugar. It is the primary ingredient in soda and candy and is found in the list of ingredients in a huge number of other products, many that you probably don't even consider a "sweet," such as bread or pasta sauce. Many other syrups and ingredients that end in "-ose" are also sugars. In addition to avoiding foods that contain sugar, reducing inflammation also involves avoiding foods that turn into sugar once you eat them. These are called refined carbohydrates, and are grains that have been stripped of the healthiest part, leaving only the starchy portion of the grain. Refined carbohydrates are the "white" foods, such as white bread, white bagels, white hot dog or hamburger buns, white pasta, white rice, white tortillas, and so forth. Sinatra recommends replacing sugars with vegetables and healthy fats, such as nuts, avocados, fish, and olive oil. He also touts saturated fats like butter, unprocessed meat, and coconut oil. He encourages people to put aside their fears that saturated fats cause heart disease. Although they may raise your cholesterol, he believes that will not hurt you, and in fact, will probably improve your health. However, Sinatra points out that it's very important not to confuse good fats with Tran's fats. Tran's fats, which are also called "hydrogenated" oils, are extremely harmful to the heart. Tran's fats are man-made fats and are found in processed foods.

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<b>700 Club CBN NewsWatch #022202015</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>02/17/2015</b>	<b>2:00 PM</b>

CBN News Medical Reporter Lorie Johnson Reports: Most of our health problems are said to be the result of three things: bad food choices, inactivity, and unmanaged stress. Therefore, it's no surprise Seventh Day Adventists live an average of 10 years longer than most Americans. They don't do any of that. Take for example Benita Wilber. At age 100 she still enjoys a healthy mind, body, and spirit. She's not alone. There is an unusually high concentration of centenarians in her hometown of Loma Linda, California. It's one of only five "blue zones" worldwide. Researcher Dan Buettner found these zones when he searched for where people live the longest. The others are Okinawa, Japan; Kria, Greece; Sardinia, Italy; and Nicoya, Costa Rica. Loma Linda is an hour east of Los Angeles where about a quarter-million people live. The reason they're so healthy is because most of them are Seventh Day Adventists. On average they live 10 years longer than most Americans. Dr. Larry Beeson, an epidemiologist at Loma Linda University, has been involved in researching the health of Seventh Day Adventists for the last 50 years. They strongly adhere to the belief of respecting the human body as the temple of the Holy Spirit. That means no alcohol, no tobacco, and following a plant-based diet. Welebir said her primary food source throughout her entire life has been vegetables. Many Loma Linda residents, like Welebir, are total vegetarians. Others will eat eggs and some have dairy such as cheese and milk. There is a group that eats fish, and there are those who eat small amounts of poultry and beef. Beeson said different dietary choices result in varying health outcomes. Diet isn't the only factor in these longer lives. Seventh Day Adventists strictly observe the Sabbath. Every week, beginning with sundown on Friday, they rest for an entire day. This allows them to recuperate from the week and recharge for the one ahead. They also use it to spend time with friends, family, and God. Stuart Harty is one of the pastors of Loma Linda University Church of Seventh Day Adventists, one of the largest Adventist congregations. He said resting on the Sabbath includes abstaining from electronics. Likewise, when Welebir is asked what she feels are the keys to her longevity she emphasizes down-time. Medical research confirms one of the greatest killers is stress. Observing the Sabbath is a way to de-stress. Exercise is also a priority. Throughout her life, Welebir was extremely active, running and horseback riding. These days she makes it a point to walk every day. She does what she can, even though her strength isn't what it used to be. Seventh Day Adventists are able to stick to their healthy lifestyle because they're surrounded by others living the same way. Josiah said human behavior, good or bad, is contagious. Science proved her right. Studies show that if your three best friends are obese, you have a fifty-percent likelihood of also being obese. Seventh Day Adventists place a high priority of treating the human body as the temple of the Holy Spirit, which means on the whole, they don't drink, don't smoke, eat very little meat, exercise, and observe the Sabbath. As a result they live an average of 10 years longer than most Americans.

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<b>700 Club CBN NewsWatch #03022015</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>02/17/2015</b>	<b>2:00 PM</b>

CBN News Medical Reporter Lorie Johnson Reports: Do foods like skim milk and balsamic vinegar seem healthy? The amount of sugar in these foods may surprise you. Many so-called health foods are loaded with sugar. These hidden sugars are part of why so many people are unhealthy. Americans consume a shocking amount of sugar. Many people eat and drink the equivalent of an entire cup of sugar every day! That's double the amount of sugar average Americans consumed 100 years ago. All of that sugar can be deadly. Dr. Gerald Edelman, a Dallas oncologist and author of the book, "Sugar Rehab," has seen firsthand the damaging effects of too much sugar. He says sugar stimulates cancer cells directly and indirectly. He adds cancer survivors who are also diabetic have a much higher chance of their cancer coming back than people with low blood sugar. Edelman points out that too much sugar can cause obesity, a known risk factor for many health problems, from heart disease to high blood pressure as well as the common cold. John Speanburg is one of Edelman's patients. He has Hodgkin's lymphoma, cancer of the blood. After following Edelman's advice to slash the sugar, he lost weight and has been cancer-free for nine years. Edelman suggests an easy way to curtail sugar intake. He recommends looking at a product's nutrition facts panel on the label. He said if an item contains more than two grams of sugars per serving, don't eat or drink it. He warns not to be fooled by healthy-looking foods. As an example, he pointed to a popular protein shake that contained 44 grams of sugar per serving. Sugar is highly addictive. Brain imaging shows the pleasure and reward centers light up the same way when a person eats sugar as they do when a person takes cocaine. Also, it is difficult to get off the roller-coaster ride consisting of the sugar "high" followed by the sugar "crash." Most people who try to cut back on the amount of sugar they consume stop eating the obvious offenders such as desserts like cakes, cookies, ice cream. Unfortunately, that's only the beginning. Many foods that appear healthy are just as sweet as dessert. For instance, those little packages of oatmeal can contain as many as 12 grams of sugar per serving. A low-sugar alternative are the old-fashioned, slow-cook oats or steel-cut oats, which contain only one gram of sugar per serving. These types of substitutions are the foundation of nutritionist and best-selling author J.J. Virgin's latest book, "J.J. Virgin's Sugar Impact Diet." She shows how to choose lower-sugar alternatives to foods with high sugar impact. Sugars hidden in foods being marketed as health foods are why so many people have difficulty losing weight. Virgin says low-fat and fat-free foods often contain far more sugar than people realize. For example, many fat-free salad dressings are one-third sugar. She said a good diet contains a large percentage of healthful fats, the same ones that have been unfairly demonized. Virgin attributes her svelte figure and glowing hair and skin to a diet high in healthy fat. She said a good way to crush sugar cravings is to replace sweets with healthy fats. Perhaps the biggest sugar scam are the words "fruit" and "juice" on the labels of processed foods. These items are made of the super-sweet concentrated fructose that's left over after the healthy fruit fiber and nutrients have been removed. Some examples are fruit leathers, fruit snacks, and fruit juice. Dried fruits are also misleading because they often contain more sugar than candy. Virgin warns about falling for the "no sugar added" claim. Refined carbohydrates are deceptive because, while not tasting sweet, they turn into sugar after you eat them because the grains have been stripped of the good stuff, leaving only the starch. Refined carbohydrates are foods like white bread, bagels, buns, and pizza crust, white rice, white pasta, waffles, pancakes, and tortillas. Even whole grains can be a poor choice because of added sugars. Two slices of whole wheat bread can contain six teaspoons of sugar. Therefore, don't blindly choose to eat a food simply because it's whole grain. First check the list of ingredients for added sugar. A red flag is any ingredient containing the word "syrup." Other seemingly healthful foods that often contain staggering amounts of sugar include muffins, breakfast or energy bars, sports drinks, and energy drinks. Don't rely on the manufacturer's description of the product. Read the nutrition facts and the list of ingredients. In "Sugar Impact Diet," foods are divided into high, medium, and low sugar impact. For example, white potatoes are high sugar impact, sweet potatoes are medium sugar impact, and pumpkin is low sugar impact. White rice is high sugar impact, brown rice is medium sugar impact, and wild rice is low sugar impact. A pasta sauce with sugar added is high sugar impact, with no sugar added is medium impact, and crushed tomatoes, olive oil and basil is low sugar impact. Virgin advises steering clear of artificial sweeteners. Research shows people who consume a lot of them actually tend to gain more weight because they continue to fuel the craving for sweet foods. Edelman said sometimes artificial sweeteners can be helpful when people are trying to break their addiction to sugar. However, he admits they should be used with caution. The best advice is to be aware and "just say no" to sugar... in obvious places like desserts, as well as the hidden ones.

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