



Trinity Broadcasting Network

WMPV-TV

Mobile / Pensacola

QUARTERLY REPORT

October, November, December 2017

Trinity Broadcasting Network

Mobile/ Pensacola

DESIGNATION OF TOP COMMUNITY PROBLEMS

FROM THE AVAILABLE SOURCES

IN THE WMPV TV

VIEWING AREA

October, November, December 2017

FAMILY

HEALTH

HOMELESS

MINORITY

NUTRITION

PUBLIC SAFETY

SUBSTANCE ABUSE

UNEMPLOYMENT

YOUTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health, Nutrition, Public Safety

Joy In Our Town #1735	28:30	28:30	L	PA/O/E	10/09/2017	05:30 PM
					10/10/17	04:00 AM
					10/16/17	05:30 PM
					10/17/17	04:00 AM

Our Host JaQuitta Williams does the entire show on location from Stone Mountain Park in Stone Mountain, Georgia for Joy in Our Town. We also see how people get fit in Jacksonville, Florida, Birmingham, Alabama, and Virginia Beach, Virginia JaQuitta Williams introduced us to Ervin Coty who was 3 hundred pounds when he was 22 years old, and got rid of it. He explains how he changed his diet, and start biking and realized it was his passion. He became a fitness and cycling instructor showing people who were once like him how to get started. In Jacksonville, Florida, Melinda Henry is a Fitness Trainer for the YMCA. Melinda explains some of the benefits to senior citizens exercising are the uptake of calcium, which wards off osteoporosis; stronger bones and regular activity helps the muscle tone to stay strong. She also credits exercise for decreasing depression because of the increase of endorphins (the feel good hormone). She says her motto is eating right, exercising, and practicing a positive mental attitude equal quality and longevity; particularly for people who are 50 years of age and older. We also traveled to Birmingham, Alabama to the Farmer's Market with Doella Thomas of "Another Level with Doella" discusses how to live a healthy life. She stresses the importance of eating well in order to be healthy. We are living organisms and we need to put live foods into our bodies. Vegetables and other fresh items are preferable to heavily processed foods. Even when it comes to fruits and vegetables, try to choose actual fresh items from the produce section over canned or frozen. Staying hydrated by drinking lots of pure water is also important, along with avoiding stress and getting plenty of rest. Mrs. Thomas concludes by explaining that one way to help consistently maintain a healthy diet is to plan meals ahead during the week. And finally in Virginia Beach, Va. We see how they use basketball not just for exercise, but to keep young people from getting into trouble. The program is called Night Hawks. People in the community, along with clergy, and police get together for a friendly game of basketball and work together to get rid of crime by forging a relationship on and off the basketball court.

Homeless, Family, Substance Abuse

Joy In Our Town #1736	28:30	28:30	L	PA/O/E	10/09/2017	05:30 PM
					10/10/17	04:00 AM
					10/16/17	05:30 PM
					10/17/17	04:00 AM

Our Host JaQuitta Williams introduces us to married couples who are making the difference in the lives of others. JaQuitta goes on location to Fayetteville, Georgia at the Church of the Harvest with Pastor Kim and Mark Pothier. They talk about their ministry and their focus on loving people back to life. They also talk about the "Celebrate Recovery" program that deals with the 8 recovery principles that helps people get rid of addictive, compulsive and dysfunctional behaviors. Our host JaQuitta Williams also introduced us to a member of the Grammy Award Winning Singing Group 112, Q Parker. He talks about his non-profit organization called the Legacy Foundation in Atlanta. He talks about being an advocate for serving people and helping men, married couples and young people all umbrellaed under his Legacy foundation. In Jacksonville, Florida we learned about the 5 star veterans' center. The organization's primary focus is to help homeless and displaced veterans who are sleeping on the streets, under bridges, in cars or from other shelters to get on their feet. Ret. Col. Dayton Warfle, Jr., who is the center's Director, explains how essential it is to get these individuals into programs that will assist them back into school, jobs and apprenticeships. He says, doing so will allow the veterans to reintegrate into the community and become viable citizens again. The center also promotes mental/physical wellness services and provides safe and secure housing. In Jackson, Mississippi we meet David and Amy Lancaster who loved going on mission trips to help the poor, and found their way in Mississippi where they help people get back on their feet with their non-profit organization called "We will Go." They help people find jobs, food, and clothing.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Family, Nutrition, Health, Youth,

Joy In Our Town #1736-A	28:30	28:30	L	PA/O/E	10/30/2017 10/31/17	05:30 PM 04:00 AM
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Our Host JaQuitta Williams does the entire show from the Georgia Region Headquarters of the American Red Cross to talk about the various severe weather that affected the southeast region and beyond. Hurricanes Irma, Harvey and Maria had a lasting impact in places like Florida, Texas, Puerto Rico, and Georgia. We talked with Divina Mims-Puckett who is the Regional Communications Manager with the Red Cross about what they do and who and how they help if you or your family ever needs them in a crisis or natural disaster. We also visited Montgomery, Alabama to get more information about emergency efforts there. Rev. Richard Williams from Aldersgate United Methodist Church along with partners from other churches and organizations put together what they called "Operation Relief" to help the many families with basic needs like food, water, and clothing. We also learned from officials with FEMA how they help people to prepare for, prevent, and respond and recover from disasters quickly. From Jacksonville, Florida, FEMA Media Relations Specialist, Gary Petty says when it comes to disasters, it is best to be prepared beforehand. He recommends downloading the FEMA app that lists suggested items people need to maintain in their homes that are readily available and up-to-date in the instance of a disaster. If a catastrophe does occur, he says some people are uncomfortable registering for assistance online or over the phone. FEMA does provide face-to-face assistance as time goes by. The agency was setup in Duval County, Florida and surrounding areas following devastation of Hurricane Irma. Finally, we learned about an organization that helps families who struggle between having enough food, paying bills, and buying diapers. We learned about the Greater Hampton Roads Diaper Bank Network. It helps families with diapers when they need them.

Youth, Public Safety

Joy In Our Town #1737	28:30	28:30	L	PA/O/E	11/13/2017 11/14/17	05:30 PM 04:00 AM
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Our host JaQuitta Williams introduces us to Keisha Knight Pulliam who played "Rudy" on "The Cosby Show." She talks about her nonprofit organization "Kamp Kizzy" for Young Girls. The program helps with mentorship, workshops, and encouragement. Then we head to Miami to show you the Teen Challenge Program. It helps more than 28 thousand men, women, girls and boys worldwide who face substance abuse problems. In Jacksonville, Florida comes the story of Prisoners of Christ. The program's Executive Director, Dr. Stephen McCoy, describes when a man, in the State of Florida, is released from prison, he receives \$50.00 and a blue bag for all of his belongings; this, he says, is a prescription for failure. He is convinced that change must take place on the inside in order for a man to change on the outside; and only faith can do that. Dr. McCoy says the transition ministry program gives every man his very best opportunity for a true second chance. The program has five houses in the city and can accommodate 24 to 25 men at a time. Steve Medlin, who served 30 years, 5 months and 15 days of a two-life sentence, declares he was "paroled by the Grace of God" four years ago. He has since been a resident manager, has a job and a new car. He gives God the glory and thanks to Prisoners of Christ. And Finally Tracy Nicole is a clothing designer but she mentors young girls and teens who deal with self-esteem, and domestic violence. She's teaching young women about how to avoid the pit falls by sharing her own personal story.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Nutrition, Homeless, Health,</i>						
Joy In Our Town #1738	28:30	28:30	L	PA/O/E	11/20/2017	05:30 PM
					11/21/2017	04:00 AM
					11/27/2017	05:30 PM
					11/28/2017	04:00 AM

Our host JaQuitta Williams introduces us to Chris Downing who wants to empower, love, and inspire people who struggle with the weight issues. He decided to help people by creating a YouTube channel that quickly grew. He teaches them about health, working out, and he adds a little scripture in between. He's helping thousands of people maintain or manage their weight. Then we head to Virginia Beach to find out more about the Community Garden and Field to Fork Program. They're teaching the community and church members about the benefits of growing your own vegetables and how to prepare them. From Jacksonville, Florida, The City Rescue Mission (CRM) hosted the premiere of the new movie, Same Kind of Different As Me; starring Renee Zellweger, Greg Kinnear, Djimon Hounsou and Jon Voight. The movie is based on the true story of a lucrative art dealer and a homeless man whose lives cross paths. Penny Kievet, Executive Director of CRM says the movie is a true voice of homelessness. She explained how she wanted people to understand that rescue missions have hope, love and redemption to offer; and to celebrate what these missions do, what they are and how they help people find a second chance. Various volunteers described their own homeless experiences; and how they received help through The City Rescue Mission. Then we show you how animals have a way of helping children with special needs. It's called the Hearts, Hands, and Hooves. It's Horses that are gentle and calm who can relate easily to children who need them. Also, the Shining Light Garden Foundation grows fresh vegetables in a large beautiful garden aimed at helping to feed the homeless, hungry and forgotten. Hope House of hospitality in Jackson, Mississippi is a temporary home for people who are extremely sick who can't afford a hotel or any other means of housing while they get medical treatment for their illness. They are provided a place to live, and spiritual support too.

Homeless, Nutrition, Family

Joy In Our Town #1739	28:30	28:30	L	PA/O/E	12/04/2017	05:30 PM
					12/05/2017	04:00 AM
					12/11/2017	05:30 PM
					12/12/2017	04:00 AM

JaQuitta Williams goes on a location shoot to show us the Day Before Program with restart 320. Day before is about helping and serving the homeless not just on thanksgiving but the day before. The day before started with a father who wanted to show his sons the importance of giving back and helping people in need. Restart 320 which is a homeless shelter hosted the event where various organizations who donated food for families in need on the day before thanksgiving. Restart helps to fight homelessness it's a facility that helps to get people off the street and restart their lives. And they worked in partnership with other organizations determined to help people with food not just on Thanksgiving Day but the day before. Then we show you Missionary flights international or MFI in Orlando, Florida. They've been around for more than 50 years helping people with missionary trips helping to fly everything from fish, goats, food, supplies and they respond to disasters too. Ben Goldsmith, Director of Boxes of Love in Jacksonville, Florida describes how the annual outreach is designed to bless those who are in need during Thanksgiving; however, he stresses that this is not a feeding program! Although the Boxes contain foods that are common for the holiday, he says it adds dignity for people to be able to prepare their own meals. The ministry partners with numerous churches in the Greater Jacksonville area who desire to serve the poor. He explains that following a four-hour mandatory training on how to minister to the spiritual and practical needs of poor people, representatives from each participating ministry retrieve and deliver their Boxes of Love to the residents in their church area. The outreach has been around for over twenty years. Finally, we hear a testimony about homelessness that isn't too far from any of us. Kenneth Phillips who lives in Jackson, Mississippi says he's an example of how things you may encounter in life can drastically change your life. He went from having a job, a wife, and a home. Then his wife got sick and died... he lost his job, and ended up homeless but got help at the Billy Brumfield Shelter. He still lives there and is helping others by sharing his story.

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

Joy In Our Town #1740	28:30	28:30	L	PA/O/E	12/18/2017	05:30 PM
					12/19/2017	04:00 AM
					12/26/2017	04:00 AM

Our Host JaQuitta Williams introduces us to Amanda Bohannon who's creating a non-profit program called Sweet Cocoon. She purchased the land and will soon start construction. The Sweet Cocoon is a safe haven to help families with children with illnesses. In Jacksonville, Florida Believers participated in the eighth annual God Belongs In My City prayer walk. Alan Diaz Organizer and Participant says he thinks the government, mayor and police officers are doing phenomenal jobs in the city with issues like homicides and human trafficking; but the church should step up and have answers for these spiritual situations. He says that break-through is only possible through prayer. The God Belongs In My City movement was started in 2009 by a youth ministry in New York City; it has expanded to over 80 cities around the world. The mission is for all churches to come together, once a year under one banner, for a day of music, fellowship and walking towards the peace of cities. Also, in Newport News, Virginia a friendly game of basketball is an excellent way of staying in touch and building relationships between police and the people they serve. In Mobile, Alabama. Chaplain Allan Singleton, of the Mobile County Metro (MCM) Jail talked about their goals for their facility the chaplaincy office, "I believe is the heartbeat of the Mobile Metro County Jail, we impact the lives of people who have made bad decisions, people who came from ordinary families." One of our goals here is to reduce the high recidivisms, it seems as if this is a nationwide problem both in jails and in prisons. Once you've been in jail one time and get out and sometimes in some places up to 80% will return to jail; the GED program is changing their lives. The MCM jail has given the chaplains the opportunities to bring ministries into the jail. So what Mobile County Metro Jail did was invited many different churches and denominations, from the community to come into the jail and share their spiritual gifts, share their ministry and just let the inmates know, that there are people that care about them, and there are people that love them, just give them that SPARKLE, of hope and inspiration and motivation, that God loves them and the people of God loves them. And all they got to do is began to make a choice and make a change, to do their part you can give them resources and opportunities but they have to take advantage of those resources and opportunities. Finally, we've all heard about bullying and the dangers that come with it. In Orlando, Florida there's a program called Y. I. Count helping children see exactly why they count. The program helps with anti-bullying and mentorship.

Health

The Dr. Leaf Show - The Perfect You #34	27:00	27:00	REC	PA/O/E	10/11/2017	5:30 PM
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Today on The Dr. Leaf Show, The Perfect You a Blueprint for Identity, Dr. Caroline Leaf discusses how you are unique. There is a scientific body of research that confirms that you are unique. Scientists have been challenged by the fact that every single person has their own unique way of thinking. The thoughts that you actually build inside your brain are completely unique and different to everyone else. The perfect you concept is that you have a perfect you, that you have this eternal nature that is perfect and it is specific to you and it acts like a filter. It exists because God already created it. However, because we have free will, we go through life using our free will learning about our perfect you nature. So, we literally have to press in to what is actually calling us. Like gravity pulls things toward itself, our perfect you nature is pulling us towards ourselves. The perfect you is how you uniquely think, feel, and choose in your perfect state. It's like this filter that gives you your own unique perception. The result of being out of the perfect you is toxic thinking. When you think correctly, you actually build healthy thoughts. Scripture in the book of Acts says in Him we live, move, and have our being. And that makes so much sense when it comes to the perfect you because to get to know the perfect you, you have to get to know God and vice versa. You're getting to know yourself and you're getting to know God by recognizing that you're perfect you is in Him. We're made in His image.

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

The Dr. Leaf Show - The Perfect You	27:00	27:00	REC	PA/O/E	10/18/2017	5:30 PM
#31						

Today on The Dr. Leaf Show, The Perfect You a Blueprint for Identity, Dr. Caroline Leaf asks the question, "Do you understand you?" We're not a product of blind, evolutionary forces. We are designed. We're in a world that encourages us to actually try to be like someone else in order to be successful. If we try and be someone else, you make a lousy someone else. We actually cause confusion inside of ourselves; creating conflict because we are going against the natural design of who we are. You are not defined by where you are now, or where you have been, but where you will be. God understands you and if you look at scripture in Ecclesiastes 3:11 it says that God has laid a piece of eternity in us, a divine sense of purpose, and that we're made in God's image. So many scriptures confirm that we have been perfected in Christ and in Him we have our perfection. Dr. Leaf calls it the "Perfect You Concept" where we have this eternal nature made in God's image that is a perfect you nature. There is something you can do that no one else can do because you are unique. "Unique" means: stand alone or set apart. Science shows that this uniqueness is a part of our design. You stand alone. There's no one like you. You have influence over your destiny. Choice is very, very fundamental in activating your perfect you, and it's a lifelong process. The perfect you concept gives you the tools to actually self-examine so that you can learn how to self-reflect, become self-regulatory, and become more aware of your thought life.

Health

The Dr. Leaf Show - The Perfect You	27:00	27:00	REC	PA/O/E	10/25/2017	5:30 PM
#32						

Today on The Dr. Leaf Show, The Perfect You a Blueprint for Identity, Dr. Caroline Leaf discusses what the concept of subjective experience feels like, and this difference between us, and how we can actually mess this up by going down our own pathway, or enhance this by stepping into the perfect you and operating like we should. When we say, "This is how I feel," we also need to check and self-examine the "what you're feeling" because sometimes it's a toxic thing that you've got used to thinking and feeling that way. In science, it is called automatization, which is a fancy word for forming a habit. Increase your awareness of your difference. You're different and that difference is fantastic. Difference is not a value judgment. Difference is something to celebrate. As you celebrate and become interested in someone else's experience, you enhance your own perfect you functioning and your own brain health. You actually grow brain cells. You increase your intelligence.

Health

The Dr. Leaf Show - The Perfect You	27:00	27:00	REC	PA/O/E	11/01/2017	5:30 PM
#33						

Today on The Dr. Leaf Show, The Perfect You a Blueprint for Identity, Dr. Caroline Leaf discusses how the brain can change. She shares how, back in the eighties, it was believed that the brain could not change. She and other scientists began researching the fact that the brain can actually change as the result of the mind. The mind is separate from the brain and the mind can change the brain. This whole concept of renewing our mind goes hand in hand with the scientific concept of neuroplasticity. "Neuro" meaning brain." "Plastic" meaning change. So when you are in the perfect you, you are actually changing your brain in the right direction. The converse applies and it's called "the plastic paradox." When you get out of your perfect you, you change your brain the wrong direction and create a lot of confusion and conflict in you because it's supposed to stay in your perfect you. You don't have to get stuck in the toxicity, in the problem, you can get out of them. You can change your brain. The brain simply does what the mind tells it to do.

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

The Dr. Leaf Show - The Perfect You	27:00	27:00	REC	PA/O/E	11/08/2017	5:30 PM
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#35

Today on The Dr. Leaf Show, The Perfect You a Blueprint for Identity, Dr. Caroline Leaf discusses how if you can understand the spark of the divine in you and start getting a glimpse of that, it will transform the way that you actually function. Research shows that there are only two types of emotion; love emotions or fear emotions. We know that in the perfect you, that's where the love emotions are going to be. We know that in the imperfect you, that's the opposite, and it's the fear emotions. Because emotions give things color and flavor and gives it a lot of power and energy, it impacts how you feel and how other people feel. So, the more you think about something and the more you grow that thought, the stronger the attitude of the thought becomes. So, we need to be very careful what we're thinking about all the time. We also need to recognize that attitudes don't control us. We control our biology. We control our attitude. Attitudes are real and no thought is harmless. Mental ill health is not a disease. You actually can change the situation.

Health

The Dr. Leaf Show - The Perfect You	27:00	27:00	REC	PA/O/E	11/15/2017	5:30 PM
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#36

Today on The Dr. Leaf Show, The Perfect You a Blueprint for Identity, Dr. Caroline Leaf discusses how you can learn to get your emotions under control. Research shows that 75-98% of all illnesses come from our thought life. Our thinking in the perfect you becomes essential in creating the correct environment for our body. Science is actually showing what Philippians 4:8 talks about -- think on these things, good, pure, true, -- all that good stuff actually changes the environment. So, epigenetics is literally that Philippians scripture in action. Why should you control your toxic emotions? Because you're causing brain damage. You can fix the brain damage by fixing your thoughts. Why don't you be proactive and actually capture those toxic emotions and toxic thoughts before they become a problem? Be aware of your emotional reactions. Focus on your feelings and evaluate if they are toxic or if they are healthy. Are they in the perfect you or the imperfect you? Evaluate and write down how often you are in a toxic state and how you feel in that state, as well as the positive.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #10102017	1:00:00	5:00	REC	PA/O/E	10/10/2017	2:00 PM

CBN News Reporter Lorie Johnson Reports: Chances are you or someone you know takes a drug to lower cholesterol. This class of drug is called a statin. They are the most widely prescribed drugs in history. An estimated one-fourth of Americans over the age of 40 takes a statin. These enormously popular drugs are controversial. On one hand, some doctors say they are so beneficial, far more people should be taking them than those who already do. However, on the other hand, there are physicians who say statins should be used by fewer people than those who are currently taking them. In addition to doctors, many patients are weighing-in on statins, based on their own experiences with the drugs. Patients like David Venables, who blames statins for ruining his life and killing his dream of retirement filled with travel. He says taking the drug caused such severe walking and breathing problems, he's now basically homebound. Although David felt great, his doctor prescribed a statin because he felt David's LDL or "bad cholesterol," was too high. Not long after that, David started experiencing problems he'd never encountered before. According to the U.S. Food and Drug Administration, statin side effects include memory loss, confusion, muscle problems, increased blood sugar and diabetes, liver issues and more. Side effects often go away when the patient stops taking the drug. Some statin users, however, say their problems are permanent. David is one of thousands on the web (http://stopped_our_statins.webs.com) and social media (<http://https://www.facebook.com/groups/statins/>) reporting devastating even fatal reactions after taking a statin...to little avail. Cleveland Clinic Cardiologist Leslie Cho told CBN News she worries stories like these might discourage overall statin use. Dr. Cho goes even further by saying not only should patients who have been prescribed statins stick with the drug, but that more people should start taking one. While proponents of cholesterol-lowering statins say scientific evidence proves the drugs save lives, there are others within the medical community who say that research is deeply flawed. In his book, *"Overdosed America,"* Dr. David Abramson claims drug companies' pay for the studies. He says a key facet to the drug companies' dissemination of information is their control of the original data. He says they oversee who is chosen to participate in the study, who is dropped from the study, the way questions are asked and more. Perhaps most significant, according to Abramson, is that drug companies keep the raw data secret and release to the public only the information they obtained that make their product look good. In short, Dr. Abramson says the medical community is being scammed. To fix the problem, Abramson is calling for transparency in pharmaceutical companies' research. That would mean unbiased outside experts must analyze all of the raw data and draw their own conclusions before the drug companies are allowed to publish their research. An obviously expensive prospect, Abramson suggests paying for it by taxing the billions of dollars drug manufacturers spend on marketing. In addition to overseeing all of the raw data from pharmaceutical research, Abramson says the public should also know whether there is an all-natural solution to medical problems that are just as effective as the drugs being studied. Therefore, he says congress should mandate that the FDA add a "lifestyle arm" to all drug research to determine the results of behavior modifications compared to taking a drug. Finally, Abramson said drug companies aren't properly disclosing the high volume of patients who show no benefit from taking a statin. He says out of 83 users, statins only prevent one cardiovascular death, while the other 82 show no benefit from the drugs. Furthermore, he said out of 23 users, only one avoids a non-fatal cardiovascular event, while the other 22 show no benefit from the drugs. When it comes to preventing heart disease, the focus tends to be on lowering LDL, or "bad cholesterol." However, an increasing number of physicians say there are more important things to look at. Cardiologist Patrick Fratellone (<http://www.fratellonemedical.com/>) is one of them. Dr. Fratellone is one of a growing number of healthcare providers who say a more important heart disease risk factor than high LDL cholesterol is high triglycerides, combined with low HDL, or "good cholesterol." These two measurements are part of a typical blood lipid profile, but are often overlooked. Dr. Fratellone says triglyceride levels should be less than 150. He says lowering triglycerides and raising HDL or "good cholesterol" can be done by eating healthier. So while most doctors agree statins are helpful for some patients, with all these questions, you should feel free to talk to your doctor about whether one is right for you.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #12052017	1:00:00	5:00	REC	PA/O/E	12/05/2017	2:00 PM

CBN News Reporter Lorie Johnson Reports: New research shows people who consume lots of sugar are more than twice as likely to die from heart disease. Doctors say sugar feeds cancer and Alzheimer's. Then there's sugar's link to diabetes-and the list goes on. That's why making giving up sugar your New Year's Resolution, to include artificial sweeteners, could be the best thing you could do for your health in 2018. When we think of addiction, we tend to focus on drugs and alcohol. But more doctors now say sugar addiction is often overlooked as the destructive and deadly force it actually is. One of those physicians is sugar addiction specialist Dr. Vincent Pedre (<http://pedremd.com/>), Medical Director of Pedre Integrative Health and President of Dr. Pedre Wellness, based in New York, City. Dr. Pedre says sugar includes all sweeteners such as high fructose corn syrup and natural ones like agave. He also points out that to your body, refined carbohydrates are sugars, too. An estimated three-fourths of Americans are addicted to sugar and don't know it. But food manufacturers do. They add sugar to nearly everything, even foods that may not seem sweet, such as crackers, bread, yogurt, pasta sauce and more. This keeps customers coming back for more. There are nearly 60 different names for sugar. Check the list of ingredients. Red flags are any type of syrup and words that end in -ose. Also fruit juice concentrate, fruit juice, molasses, turbinado, maltodextrin, evaporated cane juice, caramel and honey. Most people might be shocked to learn that they consume 100 times more sugar than their ancestors did back in the 1800s. Dr. Pedre says most patients are also unaware that their sugar overload is at the root of their nagging health issues, and that when people give up sugar, these issues disappear. Scientists who tested lab animals discovered sugar is even more addictive than some illicit drugs. He says people who are addicted to sugar can never be satisfied with just a taste. Dr. Pedre points out that alcoholics shouldn't have even one drink and drug addicts should avoid even just one hit. Therefore by extension, sugar addicts shouldn't have even a little. That's why he recommends giving up all sweets. After a number of days, it varies from person to person, the sugar addict generally stops craving it. In the meantime, he says power-through temptation, armed with the knowledge that it's only temporary. Dr. Pedre does offer this safety net: whole fruit. Whole fruit is fruit in its natural form, not fruit juice or fruit products like gummy fruits, dried fruits or fruit rolls. Dr. Pedre says eventually sugar addicts need to avoid the sugar in fruit, but it's an adequate substitute for the more harmful types of sugar. While whole fruit is an acceptable substitute for sugar, Dr. Pedre warns his patients to avoid artificial sweeteners at all costs. Research shows they're actually worse than the real thing. In his book, *"Happy Gut,"* he says artificial sweeteners can harm our immune system by disrupting the bacteria in our digestive tract. Studies show people who regularly consume artificial sweeteners actually gain more weight. Artificial sweeteners, just like sugar, can trigger dangerous insulin resistance. Dr. Pedre says while insulin is a serious condition, it doesn't have to be permanent. He recommends intermittent fasting to help fix the problem. There are many different ways people can fast intermittently. One of the most popular is going without food for a 12 to 16-hour stretch each night. It might not be easy, but giving up sweets in their many forms, including artificial sweeteners, could pay dividends in the long run.

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

700 Club NewsWatch #12212017	CBN	1:00:00	5:00	REC	PA/O/E	12/21/2017 2:00 PM
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CBN News Reporter Mark Martin Reports: Imagine not having a Bible in your language. That's a reality for around 2,000 languages across the globe. Now in its 75th year, the world renowned Wycliffe Bible Translators continues its work at reducing that number. One of their newest missions is reaching the deaf. While the numbers are also encouraging, much work still needs to be done. The organization says up to 160 million people need the Bible translated in their languages. One new frontier is the deaf community, and Wycliffe is working with Deaf Bible Society to reach this often overlooked group. The need is great. Deaf Bible Society estimates there are 70 million deaf people worldwide, and less than two percent have interacted with the Bible in a language that they can understand. It doesn't stop there. Of the more than 350 sign languages, Pagan tells CBN News not one has a complete Bible translation – even American Sign Language or ASL. Some may wonder, "Why doesn't the deaf community just read a printed Bible?" Pagan calls sign language the heart language of the deaf. Director of operations Adan Burke talked with us about the importance of this translation effort through interpreter Mistie Suhr. He's encouraged by recent progress, specifically for ASL. Once a translation is complete, the Scripture engagement department steps in. CBN News caught up with Brandon, a Deaf Bible Society employee, who demonstrated the Deaf Bible app. Computer technology is essential to the process. Shawn Collins oversees the software program known as Chameleon. All this helps Wycliffe reach deaf people around the world with the Word of God. CBN News watched field coordinator Severa Trevino make contact with a deaf translation team from Tanzania in East Africa, for the first time. Burke, who was CBN News' tour guide of Deaf Bible Society, agreed that the Holy Spirit ordered that contact right as the crew from CBN News walked by. Deaf Bible Society says so far 30 sign languages have portions of the Bible translated. The organization and Wycliffe hope in the next three years that 100 more will be added to that list. Stuart Thiessen, a consultant for the organization, says deaf people are usually the last people to learn what's happening the world. Wycliffe and Deaf Bible Society are taking God's Word to people from all walks of life and helping to usher in the return of Jesus Christ.

Unemployment

700 Club NewsWatch #11102017	CBN	1:00:00	5:00	REC	PA/O/E	11/10/2017 2:00 PM
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CBN News Reporter Erik Rosales Reports: From the battlefield to the business world, more and more military veterans are reentering the civilian workforce. But many struggle to successfully make the transition. What are some of the business strategies used to empower and employ veterans? U.S. Army veteran Erick Girard has been looking for full-time work for the past six years since leaving the military. After five years serving our country, the second lieutenant left the military with an honorable discharge after an injury. Since then he's been looking for a career. He says the military taught him discipline, loyalty, and honor. But not self-promotion or self-marketing. Lida Citroen spent 25 years in the corporate arena, helping CEOs of leading edge businesses define their brand, understanding their target marketplace and creating strategies to drive production. Now her books such as *"Your Next Mission, A Personal Branding Guide for The Military to Civilian Transition"* and her blog, *"LIDA 360"* (<http://www.unleashingyourbrand.com/>), are helping veterans realize the importance of creating a powerful personal brand and selling that brand to a potential employer. She adds veterans have to go the extra mile, like creating a resume that's easy to understand. She says veterans need to explain what they did and how those skills relate to the job they're applying for, without using military jargon or abbreviations. Citroen says she believes God led her to help veterans. She says a spiritual awakening took place, of all places during the halftime show of a Denver Bronco's football game on Veterans Day. The team did a tribute to soldiers returning home and what it's like to take off the uniform. Since then she's been running her business to help vets. The same is true for former veteran and military transition advisor Patricia Frame. Frame runs Strategies for Human Resources, out of Washington, D.C. As for that interview, Frame says it's important for vets to talk about success stories from their military experience. Frame adds new veterans can learn about the civilian world by talking to other vets already in the workforce. She adds veterans need to join or start employee resource groups in their area or online. Meanwhile, veteran Erick Girard says he will use another virtue the army taught him, that is to never give up. Another reminder from employment experts, what goes online is never private. Employers often check out social media pages, to get a better understanding of a person's character often before any offer is ever made. If you would like more information, click here to go to Lida Citroen's website (<http://www.lida360.com/veterans/>). The U.S. Department of Homeland Security is hiring, to check out their website, click Department of Homeland Security. (<http://www1.cbn.com/cbnnews/us/2017/november/tough-transition-why-veterans-struggle-to-find-civilian-jobs>). Veterans help is out there, don't be afraid to ask for it. Happy job hunting!