

**Trinity Broadcasting Network**

**Quarterly Report**

July, August, September 2016

WMPV-TV – Mobile, Alabama

Ascertainment List

**Leading Community Problems**

*Results of ascertainments 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

PUBLIC SAFETY

CIVIC AFFAIRS

HEALTH

SUBSTANCE ABUSE

FAMILY

HOMELESS

CRIME

SENIORS

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**YOUTH**

	<b>Joy in Our Town 711.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/18/16</b>	<b>05:30 PM</b>
						<b>07/19/16</b>	<b>03:30 AM</b>
						<b>07/23/16</b>	<b>02:00 PM</b>

Host Lorenzo Martin talked to Yvonne Matthews, Sonia Daniels and Leon Bell from Youth on the winning side. Youth not knowing how to respond to youth. This is a big problem, we charge youth at YWOS with making the youth participate with us know just how to react with policemen and others in authority and how to live a long life and make this world a better place. Those in authority are there for a reason and we must have this conversation with our kids when you are pulled over just follow the instructions. We should be concerned that the youth learn to respect authority, no sudden moves, the reason to hype of the events should be taught not to do anything to get pulled over and if you are do not react. Many of today's problems are cultural some of it is not disrespectful it is just how it is the young people's banter that goes on within the home. Many households are led by women, being mommy sometimes mommy would have to repeat the statement many times before they would respond or react. It is not necessarily disrespectful but this is how children are, in the past this same mannerism was considered disrespectful. The big problem is we have a huge cultural divide even though we are integrated, there are certain cultural diversities. Youth popping off is not disrespectful it is just the way it is. Even when they are caught using profanity it is just part of their speech pattern they are not being offensive. The behavior should not be excused it's just that we need to have an understanding about behavior. We need for them to live through the encounter and all problems can be corrected later, you may be as right as you can be and be as dead as you can be. The music that the youth listen to could be playing a part but the young people need to know the difference between life and art. Parents should take responsibility for their children actions, it is okay to stay in their business as long as they are under your roof. The adults need to be the parent not the friend. Tell them what is appropriate and what is not appropriate. YOWS doesn't shy away from the difficult topics, we just approached it through faith and counselors from Lifeline to come in and talk to the kids and if one on one counseling is needed it is available. We supply contact phone numbers that they can call anytime.

	<b>Joy in Our Town 711.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/18/16</b>	<b>05:30 PM</b>
						<b>07/19/16</b>	<b>03:30 AM</b>
						<b>07/23/16</b>	<b>02:00 PM</b>

Host Lorenzo Martin talked to Yvonne Matthews, Sonia Daniels and Leon Bell from Youth on the Winning Side about the misuse of social media. Our job is to teach them how to use it properly. The young people had to do a presentation via social media called get out and vote. Social media is a good tool when used properly. Misuse is going happen, we must monitor for bullying, inappropriate photos, or projecting lifestyles that is not pleasing to God, through social media. Parents should monitor their children social media pages and then have a conversation about what they saw and how it affected them. Children needs to understand just because you deleted it from the page it did not necessarily go away. Besides gossip and hurt there is good news going on over social media. We need to promote the good news and allow the good news to go viral. Social Media was meant to socialize, start the good deep conversations and progress to the difficult layers and began to peel back the layers and increase the communication. If you don't know how to do this ask another parent or just Google it, "How to have a meaningful conversation with your child." Parents need to be selective about who you accept as friends, and who you respond too and if it is bad just unfollow them. Select what is shown on your page. If your children are being exposed to negative posts on social media quickly talk about it and explain the best you can. You can't shield them from everything, but you can teach them not to dwell in a state of hopelessness, by what they see over social media. Parents need to learn that there is much information on social media and the minute you learn one they create another, Facebook, Instagram, Snapchat, or Twitter. Parents have to ask the child what is happening in their lives, don't allow social media take the place of your communication with your child.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
<b>YOUTH</b>	<b>Joy in Our Town 688.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/29/16 08/30/16</b>	<b>05:30 PM 03:30 AM</b>

Host Lorenzo A. Martin Sr., and guests Rashawn Bey, President and Dr. Stacie J. Fairley of MPACT Community Development Center discussed the many struggles facing our youth. We step outside the walls and go into the homes and get to the level of the people, we get into the streets to find out what issues they are facing. We are trying to inspire them. We help them from getting stuck in their past, we inspire them and impact them to get better, to see what they have in their future. We are located in Gulfport, Mississippi, and we cover the gulf coast, and about a 50 mile radius. Our kids are different from the kids 20 years ago. The kids now are facing a different world than 50 or 100 years ago, or even 20 years ago. As adults we look at them and say their condition is a shame, but as adults, we must realize it starts with the parents and how we have taught our kids. We get into the households and we see it is not the youth that are changing; it is the methods of teaching that are affecting the community of today. Everything starts in the home. The home is where they are at every day, their 'nest'. Sometimes the parents are lost, but don't know it. The kids are feeding off the parents. The parents have to take accountability and lead by example. They need to get the respect of their children. The children need to be taught to receive the teaching and understand there is a better way, a better life. Not just how to get money fast – I was taught quick money spends fast. Take the good principles and put them into the homes. In my opinion the church has lost its authority. We have taken God out of our school system, and out of our house. When I was growing up we were taught to go to church every time the doors were open, and if there was a revival service somewhere else, we went to that. Now there is a dilution of those morals and standards. When the child does not want to get up in the morning and go to church, the parent will go and leave the child at home. The government has created laws to that cause the church to be held liable, for example, someone might receive the Holy Spirit during a meeting, but if they happen to fall and they have an injury, they can sue the church. So churches do not want to take on that liability. People need to put God first and understand the importance of that. Starting in the house and the school system. The first step has to be a father as an example in the child's life. We have a heavenly Father, and that is the greatest example of that love. There has to be a God fearing example of a leader. Today technology is being an example to our youth. It could be a good thing; but it has been a bad thing. We have to monitor what our kids watch and what websites they have access to. The wrong technology can capture our kid's attention, and we have to capture our kids back. Social media can hurt the children. We have to monitor how they use it and limit them. It cuts off kids from having social skills. They do not know how to have a conversation, or how to navigate a healthy relationship because they are too busy texting. We show them how to build a healthy relationship. Face to face contact is the only way. Technology can help us reach out, but anything in life can have a bad motive. We inspire people, to unlock and find out what you have in the child, and in the community that is good. Look for what they have that is good in them. Replace the bad with the good. When you are trying to get rid of something bad, it is more easily said than done, and to tell them to just get rid of it. You have to replace it. For example I helped a young man who was kicked out of several schools and youth camps, he has no father and his mother had a hard time reaching him. When I sat down with him I did not tell him what he was doing wrong, because everybody knows what they are doing wrong. I found what he was doing right and embraced those. Then he became convicted, and he felt my love. When I found out what he loved to do, I motivated him to do that. It made him say "I do not want to smoke weed nor more, or be disrespectful; I want to get back to school so I can fulfill my vision. He found out he had a good mind for business. He saw there was no room for drugs; they would destroy what he wanted to do. It changed his perception of himself, he found his identity. The greatest challenge is to open the minds of the parents to not be embarrassed or prideful and understand if they need help they need to be willing to ask for it. Let the right people come into your house who can help. Do not give up and give your child over to the world systems like military schools or juvenile halls; do not use the medications or over medicate your children. Give them the right leaders. The boys and girls do have different issues and challenges, so we have to treat them individually. For the young women, I ask them what their goals are. Many children succumb to peer pressure. Some know God, but they have friends who do not know God. And who pressure them to make wrong decisions and choices. There is a tern in social science called "herd immunity". If you vaccinate enough people, then when an illness come into that community it is less likely to have an effect. We want to vaccinate enough children so that when the wrong influence comes in, they will have enough of them to stand and say no that is against my morals and values. That is against my belief system. We want to teach them, both the boys and the girls, to be proud of their Christian values. We help them find something exciting that has a positive lead. We demonstrate our excitement in living like Christ. We tell them to never give up and we are going to succeed.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
YOUTH	Joy in Our Town 701.2	28:30	13:30	L	PA/O	09/05/16	05:30 PM
						09/06/16	03:30 AM
						09/10/16	02:00 PM

Host Lataisha Moore and guest David Reaney, President/CEO of Feeding the Gulf Coast discussed the problems of childhood hunger. Malnutrition is becoming a much greater issue for our children in our area. Our program looks at short term and long term solutions. We concentrate on feeding the kid's day in and day out, in some areas free lunch has been made universal for breakfast and lunch in school but not in other places. Now we have after school snack programs at Boys and Girls Clubs and at the Y. That is short term Long term we need to talk education and help children understand how to eat better and introduce them to fresh food. We have courses, and we have staff and volunteers that go to the sites where we are serving smacks and meals to do quick classes. One might be "My Plate" which is the FDA and Dept. of Agriculture guidelines for how much food in vegetables and protein you should have one your plate. But the classes do not do a lot of good if the kids come from a family without money because they can't afford that level of fruit and vegetables. So we also have cooking classes called "Cooking Matters for Kids". We have nutritionists in training from universities like Alabama, Auburn and Southern Mississippi. They come for orientation and while they are visiting they will teach classes to children. The idea is to teach a child a basic menu they can learn to cook for themselves and that costs less money, and is more nutritious. Food insecurity has gotten worse and it channels along with obesity. Obesity is not necessarily about over eating, it can be poor eating habits. Too often food choices are made by families struggling to pay bills; they will use what is higher in starch or sugar instead of better nutrition because it is cheaper. So they won't get the appropriate vitamins and protein and nutrients. The choices made to save money are causing the obesity issue. You have to educate to change that trend as well as get enough money to purchase the food. The Dept. of AG puts out the statistics on food insecurity and they are looking at the cost of food and availability. For example, Choctaw County in Alabama is one of the areas we serve. It has one grocery store in the entire count, so you may travel twenty miles to go to that store. In between are the quick marts and convenience stores, where the food will be more expensive, and they don't have fresh food, fruits or vegetables? That creates a higher challenge for rural children than city children. In our Gulf Coast region, 25% of our children are food insecure. That is a huge number. A significant number of those children, about one third, are in families who do not qualify for federal benefits because they make too much but can't afford to live the budget they make. That is caused by wage stagnation, health care costs, rent costs, and all of those combine to make a tight budget, and then they have to make poor choices. We have healthier school menus, the Dept. of AG has tightened those guidelines, and for example the schools can't serve fried foods anymore. Some kids won't eat what the school provides because they are not use to it. The first grader will be fine, starting the new menu from day one. But the eighth grader looks at it and says I want fried chicken, not baked chicken. We collaborate with a lot of organizations to do our after school snacks, and summer lunches. This summer we plan to feed over ten thousand children a day at 200 locations. We provide the food, and our partners like Boys and Girls Clubs, the housing authority and churches are running programs where kids can come do something recreational and get a free lunch at the same time. Another part is SNAP which is the name of the food stamps outreach. Our teams go out with volunteers to help people find out if they are eligible. About 17 to 20% of people who could be on food assistance programs are not on the program. We want to help get those people on it so they can have extra money to improve their diet. We only have a limited supply of donated food. You can go to our web site, put in your zip code, and find out what churches in your area distribute, get their phone number to call and get their distribution schedules. Some in the cities have days each week; some rural churches have a day each month. You can call the 888 number too. The food comes from the groceries of America. We are supported by Publix, Winn Dixie, Wal-Mart, Target, Sam's Club, and in other areas they have the Safeway's and Albertsons stores. We have more than 160 stores in our area donating food. Some national manufactures donate too. We also get federal good supply donations.

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**YOUTH**

	<b>Joy in Our Town 722.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/19/16</b>	<b>05:30 PM</b>
						<b>09/20/16</b>	<b>03:30 AM</b>
						<b>09/24/16</b>	<b>02:00 PM</b>

Host Pastor Joseph Johnson talked to Dr. Timothy L. Smith, President of University of Mobile about the body of Christ in and our youth. The Church is not just within the walls any more. We are committed to bringing young men and women to Christ. Our vision is that we are a Christ centered community, focused on traditional, liberal arts and professional programs. The cause of this will renew the minds academically and spiritually preparing them for their professional callings. We are here to bring young men and women to Christ. There are kids raised in the church but if not lead, will get pulled into college facilities without the same values. Higher education is important but never lose sight that education should not trump your relationships with the Lord. A Christian university for us should have four core values, (1) Christ centered (2) academically focused (3) student devoted and (4) distinctly driven; that means our views don't change and learning how to have the faith of Christ. We learn to process also the servanthood of Christ it is a process; it is not just earning a degree but preparing them for life. We teach students to not allow their calling to be interrupted by selfish desires. God does not want us to step away from academics He has always asked that we be a higher standard. We want the students to take what they are taught in chapel and apply it to their everyday life, and see how God is leading them and how it impacts their daily lives.

	<b>Joy in Our Town 722.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/19/16</b>	<b>05:30 PM</b>
						<b>09/20/16</b>	<b>03:30 AM</b>
						<b>09/24/16</b>	<b>02:00 PM</b>

Host Pastor Joseph Johnson and Dr. Timothy L. Smith, President of the University of Mobile talked about "Lining up with what God says about the way we react to voting. We are at a place now with one of the most critical elections we have ever had, just like you bring Jesus to Church bring Jesus to the voting polls. Proverbs (3:6) says." If we will acknowledge him he will direct our path. To the frustrated Christian we need to think about our responsibility. When you think about Christian higher education, we have a responsibility to prepare the mind. One thing we have been most intentional about is how to prepare a student, not from the perspective of do this or do that but from the process of learning how to think, that's critical that we learn how to think. When you look at voting or some of issues compare. Look at the individuals and the situations and ask God words say is what we want to line up with. We do our best humanly to take our opinions out of the way, we do our best to take out our assumptions or our desires out of the way and see what God word say about the way we should interact with each other and most importantly with his creations. We look at voting and other issues what about your understanding to God's word. One of the aspects about being a student at University of Mobile is we spend time in God's word, we as humans may develop thoughts or processes or strategies that say move in this direction, All of those are good to consider but how are these being consider in relationship to God's word. That is exactly what we are trying to do; we believe that a well-equipped mind, theologically, academically, understand the world issues allows you to make a confident decision.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**YOUTH**

	<b>700 Club CBN NewsWatch #09122016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>09/12/16</b>	<b>02:00 PM</b>
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CBN News Reporter Mark Martin Reports: Author and activist Erin Merryn is on a mission to protect children from being sexually abused. With .0millions of victims in the United States alone, the Illinois woman is taking her fight to all 50 states and beyond. *People* magazine named her one of 15 women changing the world. With a bubbly baby girl, supportive husband, and infectious personality, you'd never guess Erin Merryn has endured tragic, unimaginable acts. This vibrant 30-year-old is a survivor of sexual abuse. Merryn said it started when she was just 6 years old at her first sleep-over. She said the uncle of her best friend sexually abused her during the night. The first time. Merryn never told anyone, and she says until she turned 8 and a half, when her family moved from the area, the man repeatedly sexually abused her. He even brutally raped her just weeks shy of her seventh birthday. She said he continued to threaten her to keep quiet, and she complied. Even after she and her family moved to a new neighborhood, sexual abuse continued. Merryn said this time the perpetrator was an older cousin, someone she had viewed as a brother figure. Merryn wrote about her despair in her childhood diary. Merryn finally broke her silence when her younger sister told her that she, too, was being sexually abused by the same cousin. The two told their parents who believed them 100 percent. The next step was telling their story to a forensic investigator at The Children's Advocacy Center of North and Northwest Cook County. More than 900 of these non-profit centers exist around the country. The room where Merryn found her voice has a two-way mirror. As she shared her story with a trained therapist, behind that mirror investigators listened, collecting information to build a case against a perpetrator. Merryn said her cousin confessed to the crime, was sentenced to seven years' probation, and put in a sex offender treatment program instead of receiving jail time. However, her early childhood abuser was never prosecuted. What Merryn and her sister went through is by no means isolated. Merryn eventually went on to become a social worker at a counseling agency. But God had different plans for her to help children and teens on a national and international level. He used her childhood diary to spark a new idea. At that, Erin's Law was born. The law requires age-appropriate personal body safety and sexual abuse prevention curriculum for pre-kindergarten through 12th grade students in public schools. It educates kids on safe touch, unsafe touch; safe secrets, unsafe secrets; how to get away and tell. Merryn is on a mission to find either a state senator or representative in each state to sponsor the bill, draft it, and introduce it to lawmakers for an eventual vote. Erin's Law is spreading like wildfire, even drawing the attention of celebrities like Oprah and Katie Couric, and magazines like *People* and *Glamour*. In a little more than four years it's passed in 21 states and pending in 22, with seven to go. It's a legacy she'll leave for her baby girl and millions of other children who, because of a law, will be protected from the grip of sexual abuse.

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**PUBLIC SAFETY**

<b>Joy in Our Town 703.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/04/16</b>	<b>05:30 PM</b>
					<b>07/05/16</b>	<b>03:30 AM</b>
					<b>07/09/16</b>	<b>02:00 PM</b>

Host Latasha Moore talked to Dr. James Gordon about the Mobile City Council decision they felt it was necessary to cut the WAVE transportation budget by \$700,000 dollars. After the cuts to the WAVE TRANSIT system the WAVE then cut outlining areas which included the city of Prichard. The cuts left 90% of the people that ride the WAVE buses in Prichard without a way to work, doctors' appointments and hospital visits. The cuts impacted the drivers as well as the citizens. The hard choices had to be made, so local business owners began a partnership to help the citizens through the crisis. The businesses and churches are using their buses and to create temporary bus routes to connect the citizens to the WAVE bus stops. This temporary shuttle should help the city of Prichard to get through this predicament.

<b>Joy in Our Town 703.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/04/16</b>	<b>05:30 PM</b>
					<b>07/05/16</b>	<b>03:30 AM</b>
					<b>07/09/16</b>	<b>02:00 PM</b>

Host Latasha Moore talked to Dr. James Gordon about our citizen's civic responsibility and the apathy of the citizens. You are irresponsible when you complain about the problem but do not help fix it. If you have a complaint and do not address the complaint through reporting it but resort to complaining, you are not helping the community. If you have a problem, take that problem to a person of authority who can fix the problem. If the elected officials do not address the problem then do something with your vote. Whatever gets your civic leaders motivated, like denying them to vote? Some civic leaders are lacking in their community participation because they don't see your problem as a problem. Littering is an example, it may not appear to be much but somebody has to be paid to clean the litter up off the city streets. We have food stamps, free food services, sometimes one service has to be cut to save another service. The government is shrinking and we need the citizens to decide what they want to pay for by participating and voting and becoming active. The community that voices their opinion and vote will get more actions. Sometimes people need incentives to vote. The community needs to support the campaign, "See Something Say Something". The reporting is safe and confidential and there should be rewards and incentives for participation.

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**PUBLIC SAFETY**

	<b>Joy in Our Town 700.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/11/16 07/12/16 07/16/16</b>	<b>05:30 PM 03:30 AM 02:00 PM</b>
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Host Lataisha Moore and guest Michael Brown, Executive Director of the American Red Cross discussed how many people are ill prepared for emergencies. We see hundreds of stories where people could have survived major emergencies if they had only been prepared. Hurricane Sandy was a major example. We sent teams into the area after that storm and found some communities were resilient because they had prepared, and some were not. Some evacuated like they were supposed to do. They had emergency responders taking care of folks who should have evacuated. Another example is house fires. We have them every day, 70,000 each year in this country. To be prepared for a fire is simple. You need to have an operational smoke detector, evacuation plans and prearranged meeting places like at your mailbox. You meet in one place, so no one goes back inside looking for a family member who is unaccounted for, and becomes a fatality. Same for pets, have a plan, and never go back to try to rescue a pet and put your life in danger. Another example is a tornado. The Red Cross has free apps for your smart phone. We can send tornado warnings and the app goes off on your phone. Down here we don't have basements, so you need to go to a center room in the house to escape. You should stage a plan with your family. Pick a room without windows, like a closet or bathroom. Some emergencies have seasons of more risk or activity. Hurricane season is June 1<sup>st</sup> to November 30<sup>th</sup>. I worked in Atlanta one year when the winter was extreme, like 2011 when we had a really cold winter. We had more house and apartment fires that year than had ever been recorded. When it gets really cold in the south people who do not usually have such extreme cold have to heat their homes. They will get space heaters; they will use stoves and fireplaces to heat their homes. Some people bring things inside like grills or lanterns that give off carbon monoxide and get poisoning. We are constantly trying to educate people to the dangers. The spring brings tornados, floods, and some of these storms are devastating. Stay prepared because weather is unpredictable. Study, and practice safety preparedness, and evacuation plans with your family. You can make it fun, have a fire drill, and practice going to your meeting spot. Make sure if you have pets there is a plan and someone is in charge of getting that pet out. Also plans for your pet to go with your family if you have to evacuate, call ahead for shelters for pets. We have programs for training emergency preparedness year round. We have them during what we call blue sky periods with no events, or gray sky periods when there are disaster events. We educate communities and give courses in schools, churches, and businesses. In schools we have a project called "Pillow Case" to teach young children how to keep a 'go bag' ready for disasters, they can decorate them and keep their toothbrush, toys, games, snacks and other essentials packed. We have apps that tell you what to keep ready for tornados, hurricanes, and first aid. The apps give you information like what supplies to keep in stock, one gallon of water for one person for one day, etc. The apps tell you how much to store, and how to rotate your supplies to stay fresh. They also teach special needs, like keeping medicine supplies for the sick or elderly. We also do CPR and first aid training. The standard kit was a 72 hour supply, of everything you need to be isolated or on your own for 3 days. Now we say be prepared to go 7 days. There are many reasons, like budget cutbacks for EMA and FEMA agencies, and our expanding population. An elderly or sick person should have at least 7 days of medicine as well as what everyone needs, like water, food, flashlights with batteries, cell phones with chargers, important documents, and contact information for doctors. Neighbors need to exchange emergency contact information. Senior homes and assisted living facilities usually provide busing to another facility or shelter in a safe location. It is also important to have a cranking weather radio that works without batteries for extended power outage. In the Red Cross shelters we have "Safe & Well" desks set up with computers to contact families and get information back and forth to families, so you can let your family in other locations know you are well and safe. We are more prepared now than we were before Katrina, but sometimes people will not be as vigilant when there has been a long time passed since the last storm. A short list of supplies would be: 7 days of water, canned goods and can opener, or pull tab canned goods, dry foods, flash lights with batteries, cell phones with chargers, important documents and contact information in a waterproof container with extra cash because without power the ATM machines will not work.



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	700.2					07/12/16	03:30 AM
						07/16/16	02:00 PM

Host Lataisha Moore and guest Michael Brown, Executive Director of the American Red Cross discussed what happens to families that have been devastated by tragedy. We often have families devastated by tragedies, like the 414 single family dwelling fires we had last year in our South Alabama area. That is more than one a day in our houses and apartments. That is just as devastating as losing your home to a hurricane or a tornado. We have disaster action teams, all volunteers, who go out and respond to these fires, usually in the middle of the night. The local fire department calls us, we show up with supplies for immediate needs like blankets, coffee, and food. We have comfort kits prepared by our organizational partners with things like toiletry items, toys for children, etc. We usually provide for a couple of nights stay at a hotel, and we provide a client assistance debit card for buying shoes, clothes, or to replace medicine, or eye glasses, whatever that family might need. In a large disaster those client assistance prepaid debit cards help local businesses recover too. When tragedy happens we get our emergency response vehicles and volunteers together, go to the area and do damage assessment, and street feeding. We find out how many houses were damaged or destroyed, so then we will know how many shelters to open, how many volunteers to bring in and how many feeding partners to activate, then we go into action. If you want information about us or how to volunteer you can go to our website [redcross.org](http://redcross.org), or come to our office at 35 North Sage Avenue in Mobile. Give us your contact information, and we will invite you to a 'get connected class'. At the classes we evaluate your interest, to find the area you would like to volunteer. You can volunteer for disaster relief, help with services we provide our armed forces, or our blood services. The need for blood services increases with many disasters. The need for blood transfusions comes every 21 seconds. We do 21,000 transfusions on average every day in this country, and more when there is a disaster. We stay in an area as long as we are needed. For instance with Hurricane Sandy, some communities needed us for a week, some people were ready to go on their own and other supporting agencies came in. We have short term and immediate needs plans, and then EMA and FEMA have long term plans. We have worked really well together since Katrina. Some communities after Hurricane Sandy needed us to stay for 9 months. In our area we worked to recover from Ivan for months, and Katrina was 23 times bigger as an event than that. It was the biggest operation we have ever had. We had to open a shelter in every state of the lower 48 states after Katrina, we even sent a couple hundred people to Rhode Island with a blanket on their back and a cup of coffee. Since then we did a 42 million dollar campaign. We went from keeping 25,000 volunteers standing by for response to 71,000 volunteers on standby for this type of event. We also have new warehouse spaces all across the southeast. After Katrina we had folks in 'short term' housing for months. We partner with local restaurants, Salvation Army, Catholic charities, Good Will, and other organizations like the Southern Baptist convention. They are capable of cooking for hundreds of thousands with us supplying them the food. They cook for the people in the streets as well as the emergency responders and disaster relief crews. The two big things the Red Cross focuses on are feeding and sheltering. We can do some clothing with the direct financial assistance like the prepaid debit card, and then we rely on our partners. After a disaster our first priority is to partner with the media to get the word out on how to get help. We publish maps, directions to shelters, and tell you what you need to bring. We have a great partnership with the city of Mobile and in the lower Alabama area we have several dozen sites that can be used for shelters in schools, churches, recreational centers, etc. Each local area had a Red Cross chapter. When an event is too large, we can call for help in our other state chapters, then regional and national help. We deployed 17,000 from all over the country to respond to Sandy. All 283 ER vehicles went to the northeast. We train our volunteers to be prepared for 18 days at a time, to be ready for an event. All of our assistance is free.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
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**PUBLIC SAFETY**

	<b>Joy in Our Town 696.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/01/16 08/02/16 08/06/16</b>	<b>05:30 PM 03:30 AM 02:00 PM</b>
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Host Lorenzo A. Martin Sr., and guest James Laura, Jr., of Alexander Shunnarah & Associates discussed the problems involved when you are in a car accident. Every state has different insurance systems, there are statutes on the books for each state that determine what a driver must have, and the mandatory amount of insurance coverage like Alabama has a minimum limit of liability insurance. That will cover you if you damage someone else, or their property for the extent of the damage done to their property of \$25,000 that is the minimum mandatory limit. That is what we call third party coverage, it takes care of someone else not you. Alabama is a fault based system, Florida is a no-fault system. Many people fail to carry the mandatory minimum coverage for a number of reasons like – front end costs; new situations like a new car, or loss of a job, etc. So the best precaution would be to get uninsured motorist coverage; pip or liability. It also comes with under insured motorist coverage. So if someone causes you injury of damage but they are uninsured or under insured, you policy will cover the claim. The first thing you should do is further the case through that adverse party first – whether that means going against them personally, or through their insurance company. At the scene of an accident the officer will take down information; but you should also follow up to make sure you get all that information 1) determine if the person responsible is insured (or un-insured). You need to notify your carrier that you were involved. There is no such thing as “full coverage”. All insurance companies have a multitude of policies and riders and those policies they want to sell to you. You should review your insurance card, and all the abbreviations, to be certain what your policy covers. I believe there is a ton of value in contacting an attorney to advise and represent you. If you handle the case yourself – you could potentially harm your case, to an extent that you could decrease their liability if an attorney then got involved. You might have injuries that require immediate medical treatment – but if you do not have the cash and you do not hire an attorney, the uninsured or under insured will not advance you that money. Many times a claim that is represented by an attorney is more valuable to them than a non-attorney represented file. Do not make the mistake of giving too much information – comply with the clause to notify your insurance company, and then contact an attorney to handle it. One way to get the medical care is for the insurance to provide a lien or a letter of protection so the doctor can provide treatment and the letter of protection will guide the money as it comes in off the settlement. If you are able, take pictures at the scene of the accident. So first document the scene, second get medical treatment, and then allow attorneys to communicate with the insurance companies. It is very common to get a call from somebody who was involved in an accident, but did not begin to suffer the pain from their injury until three or four days later. At the time of the accident you might not feel the injury, your adrenaline is rushing and your attention is distracted by the event, and you wait to see the doctor or get medical attention, you might wait too long. A soft tissue injury is still traumatic but you need to get it checked immediately so you have the documentation. It might be 3 to 5 days, but you need to see the doctor because every case is different and only the doctor can tell what you need. From an evidentiary standpoint, the doctor is the only one who can testify to your condition. You might end up paying your upfront medical costs, then you are way under water (in debt) and without the help of an attorney it is difficult to go up against the big insurance companies and collect what they owe you. Be sure you have the mandatory insurance coverage.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**CIVIC AFFAIRS**

<b>Joy in Our Town 718.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/15/16</b>	<b>05:30 PM</b>
					<b>08/16/16</b>	<b>03:30 AM</b>
					<b>08/20/16</b>	<b>02:00 PM</b>

Host LaTrynnda C Hollins talked to Judge Edmond Naman and Pete Peters about what has changed in the youth court, what I thought would help if we could let the people really know what is going on the community and the juvenile court center, if they knew they would be compelled to make a difference. Now we have a community that really wants to help be a part of the solution. One of the stigma was of the past was that it was YOUNG PEOPLE jail and the negative connotation is not there like it was in the past. The reason for the difference is judge Naman and his compassion, and ability to communicate to the community is part of the success. Judge Naman stated that one of the components of his success was the parents that loved him unconditionally and guided him and did not want to let him fail. They held me to a standard, and pushed me to be my best every day. They pushed me passed my juvenile delinquent stage and now he feels he has an obligation to the youth and their families. We have to raise everybody up and give them expectations for the future. Children will exceed if they know they are expected to achieve. We have had children who were doing poorly, then began to excel, put being a young person they took two steps forward and one step back and got in trouble again and had to come back to court and because those who had believed in him were now back in court with him again and when he began to cry we knew then we had something that worked. That young man saw the disappointment in the face of his team leader. Now he knows that he has somebody that wants him to achieve. Pete Peters, the board president for NEST said he was inspired by judge Naman, because most of his adult life he knew nothing about the circumstances these children had grown up in. I had a change of heart and found that we had to do what we can to help these young people. N.E.S.T stands for nurturing children, equipping parents, strengthening families, transforming communities. We learned very quickly that you cannot help the children if you don't help the families. Realizing that the needs are great and we cannot save them all but we can save that one. Sometimes the circumstance is really bad but as a team we can find the services available. The first child taken on by our group was living in a camper with his mother with no utilities, now he has graduated and is now going to JOB CORE. We have 22 teams in operation and we are hoping for a 100 next year. We can bring them only so far and building connections with the family and the team's works.

<b>Joy in Our Town 718.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/15/16</b>	<b>05:30 PM</b>
					<b>08/16/16</b>	<b>03:30 AM</b>
					<b>08/20/16</b>	<b>02:00 PM</b>

LaTrynnda C. Hollins and Judge Edmond Naman and Pete Peters, Board President of N.E.S.T. discussed what we can do to reach children one at a time. We have many dysfunctional families and lack of education; we have to attack those two problems daily. Of all the children that come to Juvenile court 92% of them comes from a single parent home with the stresses and disorder that come from this home. The pull and weight on a single parent trying to make the decision as to work extra hours to keep the lights on or go home and be with her children and try to keep them out of trouble living in a dangerous neighborhood. The parents know that they need to be at work, but also need to be home, can you imagine the stress these parents must feel. Family assistance is what I see in programs like Big Brother Big Sisters and Boys & Girls Clubs; all these organizations come together and give that parent that small amount of help, and they can make a big difference and change the whole trajectory of how this family operates. We have got to improve our school performance with our children we have got to improve the atmosphere for our children. There are a lot of good people trying they just need a little help. We have got to improve our school performances. The community can get involved by attending the NEST meetings and starting a NEST cluster at your church, when Godly

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people step up they can change lives, and then 4-5 people can take on a child. This is a ministry and this is God’s mission not ours we will stick with these children and help them to succeed, and we will have generational impact. These Godly people are stepping up and making a difference in their lives, we need others to volunteer. The first sign of failure is missing school, truancy is a sign that they need help, and something is going wrong if they are not in school they will not get the education they will need to succeed in life. They will also have the opportunity to get in trouble a lot quicker 14% of our children are not in school; they are not involved in other activities this is a launching pad for failure not just in school but in life. There are over 900 children in the 9<sup>th</sup> grade dropping out of school each year. In the last ten years that is thousands of kids who will not succeed. The children don’t believe in themselves if nobody else believes. Currently 14.3% of our school age children are homeless. If somebody just shares the knowledge many people can make the work lighter. If this group of people say to that child we are not going to let you fail we are going to break down barriers together. There is not a set number to a NEST team they can be from 2-8 people in a group, depending on what the child wants to do. When the parent is really trying then NEST will help them succeed. Everyone can do something. Just give some of your time, text them, send an e-mail, make a phone call, just get involved and change people’s lives. No matter what they have been charged with they are still just children. Take time to see their daily struggles you cannot help but be moved. The teams are becoming family to these children. The teams are also made up of all age groups. This group of seniors’ women over 70 watched how their child’s life was changed because they cared. This child went from not have a grandparent to having several. These children are dealing with a lot of things some of these adults couldn’t even handle, we would be crying our eyes out or hiding under a rock, and we couldn’t handle some of the things these children have to deal with. As Christians we know that God is not going to let them out do Him, we are going to be so rewarded for this work we are doing with these children. This group of men that the judge is talking about, it is hilarious to watch them as they call or text each other, it is like a group of mothers pushing the stroller and saying to each other guess what so and so is doing today. They are excited about their child. There is no age limit one team is three thirty year olds and they are so much fun to watch them interact with them, we get more than we give.

**CIVIC AFFAIRS**

<b>Joy in Our Town 715.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/22/16</b>	<b>05:30 PM</b>
					<b>08/23/16</b>	<b>03:30 AM</b>
					<b>08/27/16</b>	<b>02:00 PM</b>

Host LaTrynnda C. Hollins, and Chief of Police James Barber discussed how his life began in the military in the Marine corp. and then he went to college, and then an interest in the police department which now spans a career of 28 years. We are dedicated to the force, and the biggest problem we are seeing today is youth violence and gun violence. We have buried 10 teenagers this year due to gun violence. How do we stop this violence, we have conversations with city officials and community leaders and we understand by living in the south this is a gun culture here. People carry guns in their cars and often do not lock their cars. Many of the children after being interviewed stated that they are carrying guns because they don’t feel safe in their neighborhood or schools. The easy access to guns in the community many of the good kids are carrying to protect themselves from the bad kids. Adolescent gang type behavior is in the communities but we want the youth to be able to get information to the police about who is carrying guns to schools. The gun life is being glorified and they are not afraid to show that they are carrying a gun. Parents need to know who your child is associating with and check their rooms to see what they may be hiding in their room. Where our responsibility does start to make a difference, it starts at the home. We see a lack of parenting and role models. During the 90’s we had children raising children and we are living the results of that today. This behavior is because of the lack of parental involvement and all people will not make great parents and we understand that so we as a community must be able to interact in a child’s life to redirect them away from this behavior. Are you able to change the interaction of your officers with community according to the temperature of the community? As officers we must accept some of the responsibility for the mistrust of the officers that is felt in the community. In some African American neighborhoods the police are over saturated in the community with tickets and arrests, many of the arrests were for things like drinking a beer in public after getting off the job, while in the car they look over at a crack house that has been in operation for years and nothing is being done about it. This type of behavior develops mistrust in the community; what drives the wedge is when the wrong people are going to jail. Challenge the mission of the organization, to make a safer outcome. Police alone cannot do it, we cannot arrest our way out of the problem. The police must get to know the community better. What if I came into my community and caught a neighbor walking across the street with a glass of wine and put them on the ground and hand cuff them and then see how long that tactic last.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
<b>CIVIC AFFAIRS</b>	<b>Joy in Our Town 715.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/22/16</b>	<b>05:30 PM</b>
						<b>08/23/16</b>	<b>03:30 AM</b>
						<b>08/27/16</b>	<b>02:00 PM</b>

Host LaTrynnda Hollins and Chief of Police James Barber, of the Mobile police department talked about operation impact which is when they put a lot of policemen in certain African American neighborhood, we issued over 4000 plus tickets and arrest. As interim chief I quickly suspended that type of operation and began to walk the streets and talk to the community and see what their complaints were. We began to work with community leaders and find out what was the real problem. We had an incident involving a police shooting but the community was mad at the shooting and not at the crime, this caused us to step back to see what the real issue was. As we began to talk to community leaders they told us about a crack house that had been there over three decades. So we began to document the sales and in two months we observed over 650 drug transactions and not one single call to the police department. It showed us the hopelessness that the people of the area felt. We found that the people want you to come in but not arrest our kids and grandkids. There are bad police officers just like there are bad doctors you don't stop going to the doctor because you found one bad doctor. Don't group all police officers because of one bad police officer. When we find a bad officer, we deal with them decisively. Learning for the community to rebuild trust in police, we in law enforcement need to do the same step back and see each other through each other's perspective. We need to understand what it is like to be a law abiding citizens living in one of the high crime neighborhoods. We must learn what it feels like to be a young African American male living in this neighborhood and how he feels when he sees the police turn into his community. But we must also see what law enforcement officers see inside that crime scene tape, when we truly learn to see each other beside the color of the skin. How do you screen for bad police officers? You do it by setting the direction, setting the course for your organization, as police chief I get asked that question all the time. I do have officers in the Mobile police department who should probably not be police officers. We deal with them by either trying to correct the behavior or steer them out of law enforcement. You see one mishap from an officer can affect the nation. What happened in Dallas, was not due to controversy, there was no problem in Dallas but because of the other cities problems Dallas PD came under attack. Motivate your force for output measures to outcome measure, that what is measured is that what is performed to reward them for making the community safer not for how many arrest was made. How do you prepare your officer for an incident like Dallas? It is different in this country when riots and the willful destruction of property share the headline with the indiscriminate slaying of a police officer who was shot for no reason except they wore the badge, it is shocking. We understand the dangers that we face when we go into an armed robbery in progress, we expect that; but not for just gassing up our cars. One of the things I make certain they all know is that the vast majority of the public support law enforcement. Whenever there is a controversial issue we need to get the facts out quickly is one of the things we do to engage the public. But today we are also competing with social media, and almost immediately misinformation starts to go out; and we must understand that the media will focus on certain bad parts or bad aspects. We have to be aware that the plane that lands, will never be as spectacular as the plane that crashes. We have to learn how to manage that, we do that by being transparent we try to be very forth coming with information. If you look at traditional police responses," it is all under investigation and we will make no comments until we complete our investigation "we don't do that. We will pass on information as soon as the information is verified

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
<b>HEALTH</b>	<b>Joy in Our Town 706.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/25/16</b>	<b>05:30 PM</b>
						<b>07/26/16</b>	<b>03:30 AM</b>
						<b>07/30/16</b>	<b>02:00 PM</b>

Host Shundra Barnes and guest Jerry Folse, Director of Vector Control, Mobile County Health Department discussed the problem of mosquitoes. We control mosquitoes, and also rodents, mostly because they are bringing diseases with them into Mobile County. Up until recent times we didn't really take mosquito borne diseases too seriously. We would just inform the public to take precautions on their property, wear repellents, but that seems to have fallen on deaf ears. But now with the Zika virus threat some people seem to take it to heart. Here on the Gulf Coast we have seen West Nile virus and Eastern Equine Encephalitis predominately, we have not seen Zika yet. We put out sentinel chickens throughout the county to monitor for these diseases and we test their blood and get results weekly. We raise the chicks in a mosquito free environment, when they are ready; we put four in each coup. We take blood samples on Mondays – send to a lab in Tampa and have the results by Friday morning. If we do have a positive result from a human, or bird, then we do a news release, with a generic alert by zip code. There have been travel related cases of Zika in the U.S., but not transmission by mosquitoes. The CDC protocol tells you to go door to door and use all available media to alert the public if there is a case of Zika. We would also do some supplementary spraying. The mosquito that carries the Zika virus in our area is the aedes albopictus, or the Asian tiger mosquito and it bites primarily in the daytime. So night time spraying would not be as effective. Mosquitoes have a short flight range so chances are if you have a problem – you are causing your own problem. Any container that can hold water will be a breeding source. Turn containers over so they cannot hold water, if you have bird baths you should clean them out two times each week. Rainfall plays a huge part. We spray from March to October but we have very mild winters, so we have mosquitoes year round. One case of EEE was a horse in Mobile County in January. The Zika virus causes birth defects but the EEE has a mortality rate of 50 to 75%. We only see a handful of EEE in the U. S. but we have had one in Mobile County. Everybody is susceptible, but the young and the old people, and people who already have other illnesses are at greater risk. The spray routes are determined from our live traps and that shows us where the mosquito activity is highest. We also use citizen's reports, and we treat ditches all year long. We use Public Service Announcements, and civic groups, to educate and inform the public, and anything we can do to get the word out. Make sure you check the E.P.A. website to find the repellents that are registered and make sure you use them according to the directions on the labels. You need to limit your outdoor activities during the peak biting times for mosquitoes, like dusk, and wear long sleeves.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
<b>HEALTH</b>	<b>Joy in Our Town 706.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>07/25/16</b>	<b>05:30 PM</b>
						<b>07/26/16</b>	<b>03:30 AM</b>
						<b>07/30/16</b>	<b>02:00 PM</b>

Host Shundra Barnes and guest Jerry Folse, Director of Vector Control, Mobile County Health Department discussed the problem of unsanitary conditions in restaurants. We are part of Inspection Services; we are the food and lodging division. We are responsible to go out and inspect the restaurants to be sure they are handling food and preparation properly in the best and safest manner, to prevent someone from getting sick. The most severe cases I have seen would be from the infestation of rodents, and roaches. They can carry diseases, so if they are getting into the food storage or prep areas, we have to correct that condition because somebody can get sick. We do unannounced inspections, so when we show up on the premises we identify ourselves to the management. When I show up, I will also start the inspection by checking the dumpster areas, and that might identify an infestation condition. We have an F.D.A. code book, with all the regulations, and it has approximately 375 pages. These regulations are posted on the certificate of inspection; they are condensed, and broken down into headings and subheadings. When we find a major violation, it is going to be a 3 or 4 point deduction off from their score. If it is a minor violation it will be a 1 or 2 point deduction. What we do when we find an item we note it, and deduct those points from the 100 point score. When we have to close a restaurant it is because we found a very serious violation, and it is a very involved procedure. An example of a major violation would be finding no hot water, or no electricity, an infestation of insects or rodents, or some other event like say a leaking roof over a food prep area. We inform the manager that we have to close them down. Then I call my office to notify them. We give the restaurant the opportunity to correct the problem. Not all problems can be corrected immediately. When they notify us that they have fixed the situation, we go back out to inspect them and open them up. If a person feels sick, and they think it was from eating at a restaurant, they can call our office. We let them know that it is a matter of public record – they must give us their name and contact information. Then we go out to investigate. A person can make an anonymous report, just mail or call us anonymously, and we will still go out to investigate. During the investigation from the person who wants to participate we do get a 3 day history from them about their events and what foods they have eaten up to 3 days prior to becoming ill. We look at symptoms, and if they go see a doctor, and he tells them they have a food borne illness. If the doctor does not do a panel on them, like the laboratory blood work or stool samples, we won't be able to determine what kind of food borne illness, what organism it was that made them sick. So it is hard to investigate that. In our area I have gone out on several incidents of multiple persons being sick. The latest example was the First Light Mobile Event, when several runners became sick during the race, and it turned out to be the illegal catered spaghetti dinner from the night before the race. The caterer cooperated with our investigation; however they did not have a licensed kitchen or permit. We went out and took swabs from the prep environment, like coolers, and other equipment, and food storage. Another example was a family having a reunion, when several members became ill after eating at a restaurant. Another group had eaten the same meal, at the same restaurant, at the same time and night, but that group did not become ill. We actually traced the illness in the family reunion was probably caused from a pot luck dinner they ate together the night before the restaurant dinner. We also inspect hotel restaurants, day cares, school cafeterias, jails and summer feeding programs. Our department also covers swimming pools. Any public pools, like at schools, hotels, apartments, swim clubs, anywhere accept private residences.



ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

	Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	07/06/2016	04:00 AM
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Today on Switch on Your Brain Dr. Caroline Leaf discusses milkshake multitasking; jumping around, chaotically and haphazardly from one thing to the next. We're not doing anything properly, it creates chaos in our brain, and it's not healthy for us. We actually can't multitask. We are designed to shift between different tasks and shift between different thoughts in a very organized and ordered and very fast way. We are designed to do busy well. Research shows that the human brain is designed to constantly change throughout our entire life. We're constantly growing new neural links, new networks, new dendrites, new structures, and new connections. Memories are constantly altering. Every time you think of a memory it's changing. Every time you focus on something, you are adding more structures to your brain. You are constantly re-landscaping your brain. And we have massive power in terms of what that landscape will look like. Will it be a healthy landscape, which is mental health through good choices? Or will it be an unhealthy landscape through incorrect choices? This is mind work. We, with our incredible, powerful mind, can design it. One of the most important things is to set up a constant internal dialogue with the Holy Spirit. And as you are doing that, you will learn to activate and use the new brain material that He has given us, plus the design of the brain that responds in a healthy way to all these good thoughts that we can build in our brain. By the same token, there's a plastic paradox. We can use those great new cells for bad, for evil, for the wrong thing, for making wrong choices. This new birth of neurons as you wake up in the morning is called neurogenesis; new birth. Multitasking is a myth. Social media experts tell us that the 140-character tweets is how things should be packaged. So, there is a continual stream of information that, yes, in a way, they are correct in that we are designed to respond to a continuous stream of information, but we are also designed to stop and think about that information. There's a very positive side to social media. Fast access to information definitely improves the speed of processing. The problem is that it takes away a lot of depth to people's thinking if you are using it too much. Deep intellectual thinking is extremely important. So, in terms of social media, it has to be a balance. And what they have found is that being addicted to social media – it's an easy addiction to actually develop because we're merged with the technology. Look at people – they're constantly on some form of technology. That, actually, in itself can create a pattern in the brain that is very similar to cocaine. Milkshake multitasking can be managed through quality not quantity. The first thing is that we need to make a decision to direct our attention meaningfully. Pay attention is a primary thing. Where are you going to direct your attention? Because where you direct your attention, learning follows. We need to tune our ears to listen to His (God's) voice. We need to keep focused on God's message at all times, which means that we are supposed to be constantly in a state of: What am I supposed to do next? Now, the Holy Spirit will lay down truth in our intuition of our spirit man. So, we need to develop our intuition. We also need to be extremely aware of our thoughts. It's a definite choice. It's a definite discipline.



ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

	<b>Switch On Your Brain #024</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>07/06/2016 07/13/2016</b>	<b>05:30 PM 04:00 AM</b>
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is the Mind?" We are spirit, soul, and body. And the mind is the central part of us. The mind is this soul part of us. It's our intellect; our ability to think deeply. Our will; our ability to choose, and our emotions; our ability to feel. And it's subservient to the spirit of man. So, the spirit of man is higher than the mind of man. And the mind is higher than the physical part of man, which is the brain and the body. And the Holy Spirit is designed to lead it all. Holy Spirit, to spirit, to soul, to body, the soul being mind. Research shows that the mind is divided into a conscious part and a non-conscious part. The non-conscious part is linked to the spiritual part of man and it drives the non-conscious mind. The conscious mind is the conscious part of us that is awake when you're awake. The non-conscious is always awake. Our conscious mind is equally as powerful as the non-conscious mind. The mind is separate from the brain. The mind is not the brain. The mind controls the brain. Scientifically we call it neuroplasticity, which "Neuro" means brain, "Plastic" means to change. But what's really happening is it's renewing of the mind. Our brain has actually been designed by God to be constantly renewed. Whatever you're focusing your attention on, your brain just reflects that. Where your mind goes, your brain follows. So, literally, as soon as we become aware of something, as soon as we are consciously aware of something in our thought life, it becomes changeable. You see, your thoughts precede your words and your actions. As soon as we become aware of something we can re-conceptualize the information. Basically, as we are aware of something, we can in science re-conceptualize the information. Re-conceptualize is basically a fancy word for redesigned. Now, it is accepted that ninety-five percent of who we are operates at the non-conscious level. What is interesting is how science is catching up with word of God. Because this is a completely spiritual thing. God made science. Science is spiritual. As you are thinking, information is coming in through your five senses. And then, that is then activating thoughts to move from the non-conscious to the conscious part of your mind. So, for example, the label PTSD (Post-Traumatic Stress Disorder) comes in varying stages. Any trauma that you have, any toxic thought that you have in your brain is a post-traumatic stress disorder. Anything that you haven't dealt with creates this trauma in your brain. It goes from worry to anxiety to trauma. So, every time it pops up from the non-conscious mind, your whole being is flooded. What we've got to do is go back to the core of: Who are you? How are you reacting? What happened in your life? How have you reacted to that? Is there a better way of reacting? And the only answer is Jesus; to go to the Holy Spirit, because He knows what you can deal with at that particular moment in your life. We need to deal with the psychology. We need to have things like talk therapy and a loving environment and people sitting down and helping you deal with these issues. We don't take the person's problem. We don't fix the person's problem. We encourage and carry the person while they're fixing their problem.

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**HEALTH**

	<b>Switch On Your Brain #025</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>07/13/2016 07/20/2016</b>	<b>05:30 PM 04:00 AM</b>
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Choice and the Power of Choice." It is such an incredible gift from God to be able to choose. And it's something that's been debated for years. Even now, it's very popular in science to talk about the fact that we actually don't have any free will. We don't have a choice. That we're just these animals or these biological automata that just respond to the environment. That's not what the Bible says and that's not actually what happens. Moment by moment of every day, you are choosing. And every time that you choose, you generate a signal with your mind that completely changes the genetic structure of your brain and your body. Deuteronomy 30:19 says: "I lay before you life or death." So, every single day, you're in the events and circumstances of life. And you can't control them because those events and circumstances are the result of other people's choices. But you can control your reaction to. So, you have the ability to choose how you are going to react to those events and circumstances. You see, choice is a real thing. And as we choose, we activate all different parts of our brain that kick into high gear. And as we choose well, amazing things happen in our brain. You have to partner with God. Grace is you stepping into what He has given us. When we step into the probabilities, they are all good and life will happen like it should and we will rejoice despite the circumstances. The only way we're going to choose the correct thing is if we direct our attention towards the Holy Spirit, and discipline our minds to listen to the Holy Spirit and choose the correct way. And as we choose, we then collapse that probability into a reality. We have such hope built into us. And science and scripture meet. God uses science to help us see the hope that He has built into us. In super position we don't know the outcome. When you have a love, power, and a sound mind, you are in super position. So, if we listen to God, we'll start hearing wonderful picture of the probabilities. If we listen to the enemy, we'll be hearing an awful list of probabilities that can go wrong. But we have to actually make one of those happen. When you are desperate, you will change. And when you have desperation plus a vision of who you really are, it's so much easier to move forward. We have these incredible things in our body that I call discomfort zones, which are reactions. When you're about to make a choice, there are three discomfort zones that kick in. The first one is you just become aware of how you're going to react. The second one is much stronger where you actually can feel your heart pounding and the adrenaline pumping – a very strong physical reaction. The third one is when you are about to make that choice. You become very, very, very self-aware, self-evaluative and self-regulating, in terms of the consequence of your choice. The plastic paradox is where we can choose either good or bad and they both have consequences. Our brain will simply follow your mind. Where your mind goes, your brain will follow. Make sure the choices that you make are the choices that are led by the Holy Spirit.

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**HEALTH**

	<b>Switch On Your Brain #014</b>	<b>27:20</b>	<b>27:20</b>	<b>REC</b>	<b>PA/O/E</b>	<b>07/20/2016 07/27/2016</b>	<b>05:30 PM 04:00 AM</b>
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental health issues are biological then you automatically want a biological solution. When we talk about biological, we're talking about the realm of the physical. We are spirit, soul, and body. The rules that apply to the physical are not the same as the rules that apply to the soul; to the mind. So, if mental health issues are lumped along with something like diabetes, or a broken arm, or a cardiovascular issue, that is not correct. When we separate out the biological and the mental and we look at this thing correctly, we actually have much more hope. Because of instead of stigmatizing you and saying that you are a diseased, broken machine, we are saying: Hey, you are perfect, made in the image of God. And, the choices that you've made have landed you up in a bad place. And so, we can stand with you and recognize the depth of the uniqueness of who you are and help you get through those issues

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	Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	07/27/2016 08/03/2016	05:30 PM 04:00 AM

**HEALTH**

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

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**HEALTH**

	<b>Switch On Your Brain #016</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>08/03/2016 08/10/2016</b>	<b>05:30 PM 04:00 AM</b>
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "The New Science of Stress." Did you know that stress is good for you? The new science of stress shows us that the way we perceive an event will determine whether we move into healthy or unhealthy stress. Healthy stress, which is normal, which is good, helps us to become alert and focused, have wisdom, and think clearly. Unhealthy stress, is when you make bad choices and we then throw our body off and we step into this unhealthy zone inside of our bodies, and there are two stages. We cannot control the events and circumstances of our life, but we can control our reactions to those events and circumstances. When you react incorrectly, you take a good thing and you turn it into a bad thing. What happens is that when we actually start reacting incorrectly and our perceptions start changing; our perceptions of the environment and the situations, then we start affecting every cell of our body and we start moving into stage two and three of stress, which is toxic and which is negative. They manifest in different ways. When we do make these bad mistakes, we can get rid of them and this is the most amazing thing in science: if you have wired that in, you can wire it out. Because we can stand back and observe our own thinking, we have a multiple perspective advantage both into the way that our brain actually functions. So, stand there, stand back, and make a decision: I want healthy stuff happening in my body, not bad stuff. The more you reach out and help others, the more you serve others, the more you get over yourself, the more resilience you actually build into your body physically and mentally against the stressors of life and the more easily you will actually stay in stress stage one and the more you will avoid mental ill health. We need to stop seeing people that have diagnosed mental ill health issues as faulty biological machines. This in itself is a stigma. What we need to see is a beautiful, unique, incredible human being that is not stuck in a box but that has a unique way of seeing life and is going through a hard time.

	<b>Switch On Your Brain #017</b>	<b>27:30</b>	<b>27:30</b>	<b>REC</b>	<b>PA/O/E</b>	<b>08/10/2016</b>	<b>05:30 PM</b>
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

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**HEALTH**

<b>Dr. Caroline Leaf #001</b>	<b>27:30</b>	<b>27:10</b>	<b>REC</b>	<b>PA/O/E</b>	<b>8/17/2016</b> <b>8/17/2016</b>	<b>4:00 AM</b> <b>5:30 PM</b>
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet.

<b>Dr. Caroline Leaf #002</b>	<b>27:30</b>	<b>27:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>8/24/2016</b> <b>8/24/2016</b> <b>8/31/2016</b>	<b>4:00 AM</b> <b>5:30 PM</b> <b>4:00 AM</b>
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food.

<b>Dr. Caroline Leaf #003</b>	<b>27:30</b>	<b>26:50</b>	<b>REC</b>	<b>PA/O/E</b>	<b>08/31/2016</b>	<b>5:30 PM</b>
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Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices.

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**HEALTH**

	<b>700 Club CBN NewsWatch #0706-09132016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>07/06/2016 09/13/2016</b>	<b>02:00 PM 02:00 PM</b>
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CBN New Reporter Lorie Johnson Reports: Our bodies use oxygen in a number of ways, including healing. Breathing alone provides about 20 percent of the oxygen our bodies need. But today, doctors can ramp up that amount to help people recover from the most debilitating injuries and illnesses with hyperbaric oxygen therapy. It's hard to believe Michael "Bean" Black survived his horrific car crash in 2011. When Black arrived home to Dallas he still suffered from severe injuries, including brain damage. But his condition improved after he started receiving hyperbaric oxygen therapy. Hyperbaric oxygen therapy involves breathing, 100 percent pure oxygen inside a pressurized chamber for about an hour to 90 minutes per session. Dr. Alfred Johnson, director of the Hyperbaric Centers of Texas in Richardson. Black said the therapy made a big difference. After the first 40 treatments, Black went back for 40 more a few months later. Costs vary depending on the provider from as little as \$100 an hour on up. Insurance and Medicare sometimes offer coverage, depending on the condition being treated. Insurance companies can reimburse for hyperbaric oxygen therapy for the treatment of traumatic brain injuries, like Black's. Dallas businessman John Herrick said the therapy is easy and has helped him sharpen his focus. Consumers can purchase or rent portable hyperbaric oxygen chambers, but they typically deliver far less oxygen and pressure than industrial-grade ones. Conditions treated with Hyperbaric Oxygen Therapy include Autism, Burns, Cerebral Palsy, Chronic Fatigue Syndrome, Closed Head Injury, Fibromyalgia, Migraine Headaches, Multiple Sclerosis, Near Drowning, Parkinson's Syndrome, Post-Traumatic Stress Disorder, Reflex Sympathetic Dystrophy, Rheumatoid Arthritis, Sports Injury, Stroke, and Traumatic Brain Injury. Johnson said stroke patients can have improved quality of life. He said he's witnessed progress for people with autism, as well. Hyperbaric oxygen therapy may not be for everyone. But today, Michael Black is in far better shape than he or his family ever dreamed possible since his near-fatal car accident. They believe this therapy has a lot to do with his recovery, so they plan to stick with it and hopefully see even more improvement.

	<b>700 Club CBN NewsWatch #07082016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>07/08/2016</b>	<b>02:00 PM</b>
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CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called "Our Journey of Hope." Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and

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materials. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

**HEALTH**

<b>700 Club CBN NewsWatch #08122016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>08/12/2016</b>	<b>02:00 PM</b>
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Hippocrates, the father of medicine, once said, "All disease begins in the gut." Now, 2,000 years later, that belief still rings true. Some of our latest medical breakthroughs focus on what's happening in our intestinal system. Bacteria, also known as bugs or germs, we assume they're all bad, right? Not so fast. Scientists recently discovered much, if not most, of the bacteria in our body is good for us. The key to good health depends on having enough of the right kind. We all have trillions of bacteria living in our intestines—hundreds of different species, each with different functions. Scientists call it our "gut flora." Neurologist Dr. David Perlmutter, author of "Brain Maker" is one of many physicians warning against disrupting this fragile ecosystem. Dr. Vincent Pedre, author of "Happy Gut," agrees. Unfortunately, when it comes to good gut bacteria, many of us are sorely lacking. After all, antibiotics kill bacteria—bad and good. Perlmutter says most people have no idea how severely antibiotics damage our gut flora. In addition to antibiotics, processed food can also disrupt the gut biome. Perlmutter says processed foods contain heavy doses of the wrong kinds of fat, like heated oils such as soybean, corn and vegetable oils. He also advises against consuming hydrogenated oils, also known as Tran's fats, which are common in processed foods. However, he points out not all fat is bad. Even babies delivered by Caesarian section can miss out on getting enough good bacteria. So while our lifestyle choices really do a number on the gut bacteria that's so critical to our health, the good news is we can improve it with probiotics and prebiotics. Probiotics are the good bacteria we need and often lack. You can find these living, microscopic organisms in supplements as well as in cultured and fermented foods like kim chee, sauerkraut, yogurt, kefir and kombucha. Prebiotics are the food for the probiotics - they keep probiotics living and growing as they should. Just like good soil, they create a nurturing environment in your gut so your bacteria can thrive. You can get prebiotics in supplement form as well as in foods, like asparagus, onions, leeks, garlic and dandelion greens. Perlmutter says many people are only aware of the benefits of probiotics, but he stresses prebiotics are equally important. Not only can it help your mood — Perlmutter says even serious brain disorders, like attention deficit hyperactivity disorder, autism, even Alzheimer's disease can improve by increasing good bacteria. That's because they help make neurotransmitters and vitamins while at the same time aid in reducing harmful inflammation. And not just the brain. Scientists are now identifying specific strains of good bacteria that treat all kinds of problems, from skin rashes to the flu. That means a targeted probiotic could take the place of a prescribed drug. Pedre says that opens the door to a wide range of natural treatments. So if you want to boost your health, doctors say improve your gut flora. That means avoiding processed foods, even antibacterial cleansers and antibiotics when advisable. Then add good bacteria with probiotics and boost them with prebiotics, also available as supplements or in certain foods.



ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HEALTH**

	<b>700 Club CBN NewsWatch #09142016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>09/14/2016</b>	<b>02:00 PM</b>
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CBN News Reporter Lorie Johnson Reports: Americans are increasingly getting fed up with the insurance-based medical systems. It often means long waits for appointments and doctors who seem to have one eye on the patient and the other eye on the clock. That's why many primary care doctors and patients are turning away from insurance and to what's known as concierge medicine. When it comes to healthcare, Johnny Guerry prefers old school, meaning just he and his doctor calls the shots without any input from an insurance company. With concierge medicine, patients pay their primary care physician an out-of-pocket monthly fee, sometimes an annual fee, in exchange for unlimited access, 24/7. Concierge medicine used to be something only for the rich and famous. But according to Dr. James Pinckney, known to his patients as "Dr. James." that's not the case any longer. Where he works at Diamond Physicians in Dallas, adults pay from \$95 to \$295 each month, based on age. That covers all acute procedures and medications. Sometimes patients have to pay extra for services outside the office, like a CT scan. But doctors negotiate cash rates with those third party vendors that are a fraction of what they bill insurance. The cost for children is even less than adults. Each child costs \$45 a month for unlimited access to their doctor. Liza Schlitt says her two young boys usually need medical attention alter hours. Doctors recently gave her son Griffin a breathing treatment, prescription and a nebulizer to take home, all covered by the monthly fee - and on a rainy Sunday afternoon. Perhaps the biggest difference between concierge medicine and insurance-based medicine is the time patients spend with their doctors. The Affordable Care Act flooded offices of already overloaded primary care physicians to the point where face-time with doctors can average as little as eight minutes per visit. Primary care doctors who accept insurance treat on average about 3,000 patients, This is known as a doctor's patient panel. The typical concierge physician has a patient panel of about 500 patients. At Diamond, the doctors promise their patients their patient panel will never exceed 600. This ensures each patient has their doctor's undivided attention. Although concierge medicine involves paying cash for day-to-day health expenses, doctors do recommend their patients buy health insurance, but with a high deductible. So as insurance-based healthcare complicated this crucial need, more patients and doctors are going old school, with a cash-only plan, similar to the way it was a half-century ago.

**SUBSTANCE ABUSE**

	<b>Joy in Our Town 697</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/08/16</b>	<b>05:30 PM</b>
						<b>08/09/16</b>	<b>03:30 AM</b>
						<b>08/13/16</b>	<b>02:00 PM</b>

Host Lorenzo A. Martin Sr., and Sandy Delchamps, Pastor and Director of City of Refuge discussed the problems of over-coming drug addiction. We educate men to help them come out of the lifestyle of addiction, and be a better citizen to our society today. We challenge them to break out of that lifestyle. A lot of men have never experienced Jesus Christ. So they need the opportunity to come out. We give people a chance to come to know Jesus Christ. We give them a chance to learn a trade, and we show them how to love each other. It is a heart problem we face not a drug problem. We get them out of the situations that they lived in before. People hold onto resentments and they hold onto their past, they think that defines them. Because their mother or father was this way they can't change. Drug addiction stems from a lot of things like mental and physical abuse. Soul wounds that people have inside. They cover those up by using drugs many do not want to deal with those heart issues. They have to get to a broken state where they are desperate with nowhere to turn. Then we can be

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there for them, when mother can't bail them out and daddy won't bail them out anymore, so we are there then. The drugs on the street are everywhere, but we see a lot who are addicted to prescription drugs. Doctors give them out then desperate people misuse them or sell them. They are readily available on the streets in our area. Heroin use is growing again. I have worked with the Chief of Police in Mobile, and they are seeing heroin become more available. Drug abuse is more common now than ever before. Cell phones for anon communications, so more people become dealers to support the habit. We teach our men you can come out of that lifestyle and be a testimony, be a role model. That is very important. Some people would be surprised that this affects all walks of life, police officer, firemen, rich and wealthy and successful people and the homeless. Anywhere from "Tent City" to Springhill Avenue. The devil does not have a way of putting his finger on only one group. I have dealt with professional football players. One beautiful part of our ministry is that we have never had a waiting list, and we have never had to charge anybody. That is just the grace of God. I do not believe "once an addict always an addict". I believe God can deliver you from that. I have seen many brothers and sisters in Christ that came out of that, their mother or father was in prison, or they committed murder that does not mean you have to follow them and be a murderer. I see them now and they are pastors, they are no longer addicts. The first step in our process is we house our men for four months. We do not ask them to leave; we have a 30 day process where they are in classes all the time. The second phase is to take classes 2 days a week, and then they work 3 days a week. Then vice-versa, the third phase they work 3 days a week and take classes 2 days. We get them up early at 5:30 am they are downstairs reading their bibles. Then breakfast at 5:45 a.m. At 6:15 a.m. they meet with me, and at 7:00 a.m. they go to chapel. Then they have 3 classes before lunch at 12:00 noon. After that they have 3 classes and work detail, a break after supper and then we have chapel at 7:00 pm at night. It is like getting about 6 years of church in a 4 month period. We also teach them trade skills while they are there like carpentry or welding. They learn to work with their hands; they work in the kitchen where we do catering. We have a thrift store where they can work and get retail experience. We are seeing successes; we started with a few men 5 years ago, now we hold 80 to 100 men. We have never had to turn anybody down. We work with Wings of Life and many other organizations; I believe as we work together it is the unity that helps His Kingdom. Once you have been doing this for a while you can see what it takes to help people. We work with each person, we work with them one on one a lot. You get to know each other, in a 30,000 sq. ft. building with 100 men. You can tell when somebody got a bad news phone call, or they left this time and they didn't do very well. You can see if someone is really desperate and wants to change and you can see the fruit of their spirit. While they are in the 4 month program we help each one with families. We might take care of a car note, or something, we work with a lot of different agencies to identify and help each need. To prevent drug addiction in our communities we have to reach the young people, tell them to get their hearts right, teach them how to be loved. We teach them how important their testimony is and how that will help them, and help the next person coming along. We are working on more locations, right now we are planning to expand to 250 men with an additional 50 acres to open up and develop we are breaking ground on another section to add on to our welding shop. We have gone to our cities and asked how can we help? We have seen many city and county; and state officials like U.S.A. Attorney Kenyan Brown, Mayor Stimpson and Chief of Police Barber join with us and break down walls. The Federal government is trying, but we need more awareness by going into our schools, and the agencies and organizations have to get the word out that drug addicted men need our help, not to be pushed to the side as if they don't exist. We have to reach youth at an early age. We teach men to be men, led by example, and the church needs to know that is our calling.

**SUBSTANCE ABUSE**

<b>Joy in Our Town 697.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/08/16</b>	<b>05:30 PM</b>
					<b>08/09/16</b>	<b>03:30 AM</b>
					<b>08/13/16</b>	<b>02:00 PM</b>

Host Lorenzo A. Martin Sr., and Sandy Delchamps, Pastor and Director of City of Refuge discussed the impact of drug abuse on our society. We are doing better in bringing awareness of this problem to the public. US Attorney Brown is working with prisoners coming out of prison. We are going to the senate next month for hearings to set up new processes like "one stop shop" for men who need to get back to the community, they can go one time and get their driver's license and social security cards. The federal and state governments could work together to help that process, men coming out who still have outstanding fines etc. Men of God can come together as leaders of our cities and

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surrounding cities to see how we can address these problems. Help those coming out of prison or out of that lifestyle get started and have someplace to go if they need help. Like one of our facilities or like Wings of Life or one of the other facilities that are around. Raising awareness, and providing a "one stop shop". You can legalize marijuana but it will be just like alcohol. You see what that has done to our country. The problem becomes bigger. If you see how they legalized methadone, you can go by a clinic at 3:45 and see lines of people addicted to methadone that is not the answer. I don't think you will ever be able to control the streets. You have to bring awareness to the streets. Making a drug legal just means it will turn into a money operation and it is going to be about money. Marijuana may have certain medical benefits it could be used for, but people will take advantage of that need. One of the biggest problems we see is people addicted to pain medication. We see someone who got some medicine for a dentist visit or something and they got addicted to Lortabs. So I don't think legalizing it is the answer. We are seeing an outbreak of heroin that is a drug hitting the streets that people never think it would. But pain medications are being abused a lot in our area. We see a lot of methamphetamine, we see some spice. There was a downfall in spice, but we have seen a lot of cases. Crack cocaine, all of it. But you know alcohol. We don't have a medical facility; we send them to different clinics. When we have someone come in like a veteran with post-traumatic stress we work with them, we can direct them in the right path, where to go. We are not a medical facility. I believe Jesus Christ is the answer, and we try to direct men to the right path. I have seen men come in with all kinds of medications, and leave with nothing, doing great, married with children today. The main key to fight the war on drugs is for all of us to come together. Cities come together, like Mobile, and we can be an example for other cities. You can see how we have come together and we are making a difference. Tearing down walls like Mayor Stimpson and Mayor Ephraim working together is the main key. It is not the mayor's problem, it is our problem, as men and women of God, we need to come together and see how to help the mayors and the chief of police and other organizations. The chief just sent someone to us; they have a second chance program. They were going to lock him in prison, but they gave him a choice to go to prison or come to us for help. He almost picked prison while we were at that meeting. At one point, a pivotal moment, he saw us, and heard us tell him about others who we helped break out of that lifestyle, and we loved on him. Now he is doing great and about to graduate. He comes from a tough area, his parents were involved in drugs, and he was involved in that lifestyle. That is what it is all about, taking people out and giving them that second chance. We have about 20 in the young men housing between 18 to 25 years old. In the older men we have about 45 who are between 25 to 60 years old. We have 24 staff members who have stayed on after they graduated our program. That is what it is all about, seeing people change. They are a testimony. We want to see more homes for men where they can come out of prison and go through this change. We hope to see more people work with the youth like Sherman Williams who has come out of that lifestyle. There is no greater joy than to see our youth saved from that lifestyle. We see a lot more work being done today. If we will lead by example we will see other states, we are seeing a change in Georgia, the Governor of Georgia is coming over next month to see our progress. Addiction destroys lives, it is a heart problem. You have to teach people what they were created to be in God's image. We have to stop enabling a man when they become stuck in that lifestyle. I love seeing lives restored. To see them on visitation day, seeing the families come together. We have a barn with animals for the kids to play, and we have a ball field for them to come out and play with the men. We have church services on Sundays, and the families can come to church on the property with their men too.

**SUBSTANCE ABUSE**

<b>700 Club CBN NewsWatch #09272016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>09/27/2016</b>	<b>02:00 PM</b>
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CBN News Reporter Lorie Johnson Reports: Heroin use has reached epidemic numbers, with overdoses killing more than 10,000 Americans in 2014 alone. For years, people considered this addiction a big city problem, but people are now quickly learning heroin is in their own backyard. Take for example, Caitlyn Weems, who died of a heroin overdose at age 21. Her mother, Carolyn, says although it's been three years, she still grieves her loss every day. If heroin addiction and overdose can happen to Caitlyn, it can happen to anyone. Raised in a stable, Christian home, she loved sports and school. Caitlin's addiction began innocently and unexpectedly. She first got hooked on prescription painkillers following a series of sports injuries. These powerful, often habit-forming narcotics, called opioids, go by names like Percocet, Oxycontin and Dilaudid. Prescription pain pills and heroin produce the same type of high, but heroin is cheaper and easier to get. Pain pills are

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also regulated, so you know what you're getting. But when it comes to heroin, dealers often secretly lace it with other toxins, like the all-too-common fentanyl, creating a potentially lethal blend. Nora Kitchens knows all about that. Hooked after that first time, Kitchens stayed that way for years. Heroin addicts continually need more of the drug to get the same high. Kitchens wound up with a \$100-a-day habit. As the number of addicts skyrockets, so does the number of babies born to them. These infants come into world as addicts themselves and most immediately endure painful withdrawal. This happens almost every day at Virginia's Sentara Norfolk General Hospital. The day CBN News visited, maternity nurses helped deliver five addicted babies. Neonatal occupational therapist Steven Brown says the addicted babies appear and behave differently than healthy ones. Weaning them off the drug often takes weeks. Janel Moore, a registered nurse at Sentara Norfolk General, says Child Protective Services is usually notified, but that the goal is to keep the family intact if possible. Kitchens is in that group. Her son William was born addicted. William is now clean and healthy. Kitchens still receives outpatient treatment. Meanwhile, lawmakers are doing what they can. Virginia Delegate Todd Gilbert pushed through legislation allowing law enforcement to administer the so-called "save shot" to overdose victims. Most states are following this lead, with some allowing trained citizens to administer the "save shot," also known as Naloxone or Narcan. There is also the "9-1 -1 Good Samaritan Law," allowing people present during an overdose to call for help without risking arrest. Furthermore, the medical community is enacting regulations surrounding the way doctors prescribe pain medication and the ways doctors communicate with other doctors prescribing pain medication to the same patients. Gilbert said America needs to come to grips with our nation's heroin epidemic. If you suspect someone you care about is using heroin, here are some common warning signs:

Paraphernalia:

- \* Burnt spoons
- \* Tiny baggies
- \* Tan or whitish powdery residue
- \* Dark, sticky residue
- \* Small glass pipes
- \* Syringes
- \* Rubber tubing

Appearance:

- \* Tiny pupils
- \* Sleepy eyes
- \* Tendency to nod off
- \* Slow breathing
- \* Flushed skin
- \* Runny nose

Actions:

- \* Vomiting
- \* Scratching
- \* Slurred speech
- \* Complaints of constipation
- \* Complaints of nausea
- \* Neglect of grooming
- \* Failure to eat
- \* Covering, arms with long sleeves

If you think you might be addicted to prescription pain pills or heroin. Narcotics Anonymous can help.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
<b>FAMILY</b>	<b>Joy in Our Town 696.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/01/16</b>	<b>05:30 PM</b>
						<b>08/02/16</b>	<b>03:30 AM</b>
						<b>08/06/16</b>	<b>02:00 PM</b>

Host Lorenzo A. Martin Sr., and guest James Laura, Jr., of Alexander Shunnarah & Associates discussed the problems that result from many businesses failing to give back in to the community they serve. We give back to the communities we serve with our law firm for several reasons; one business model philosophy is "Give back to the community, and the community will give back to you". We do give for that reason. We see families in need. Over recent years, a new thought process has developed known as "social entrepreneurship". That business model is designed to engage the business in a developmental structure that helps mentor the next generation. We invest in the (families) in our community, and it is best for our bottom line. Most "social entrepreneurs" do that with long term goals that are built into their business model. We provide legal services, and argument could be made that giving back to the youth programs etc. will one day produce potential new customers or clients. Traditional business practice demands profit, and accountability to the partners or shareholders. For example a new form of light or energy could be developed and then a company use that to benefit families in a third world community that are in desperate need, but that does not produce immediate profit. In the long term, that new product might be very profitable. But in the beginning you are spending money without immediate profit for your partners and shareholders. Here in Alabama, Florida, Mississippi, and Georgia, we give back through sponsoring programs that help families, youth, and we give a lot to athletic organizations because we like to believe that a structured, competitive environment is what makes a person ready for the work place. We are creating a positive potential customer; but we are helping a person become someone who can interact with the work place, their family, and their community in a positive way. We receive a lot of invitations to give or to get involved with local organizations and events. So we have to research them and "vet" them to see what they do, who they are, who is leading that group of young people, etc. From a business perspective, at the end of the day, are these people noticing what we are doing and can we see positive results and benefits? Many businesses fail to give back because they do not see how spending that money, time, or energy etc. can buy more "widgets" now, and bring profit to their bottom line. They do not get involved because they do not see how it will be profitable or make a profit now. A lot of businesses operate in the short term, and a public entity has to show profits to the stockholders now (on a quarterly basis). We like to plan our business and operate on a long term goal. We also like to support families in our communities and people who have the potential to affect the community like politicians, or like those who are holding public offices. Those who are already involved with policies and organizations that give positive support to the youth, to education, and to welfare. There is a lot of work to be done, and a lot of the capital in America resides in the business community. So those in positions of ownership and leadership in the community must make positive contributions because without that you are not going to see the type of return in the areas needing that investment. We had the opportunity this year to be involved in a high school football team. That team saw improvements and reached goals they could not do before, and the leadership of that team tells us the results were a direct product of our support, it gave their team a sense of good standing, or of self-assurance and importance. That motivated the improvements. I like to look at our services as a law firm as a service because we work on a contingency fee. We do not take money from the client up front, we evaluate and determine our ability to help, and we are only paid after we help with their case. We also combine our business contributions with other businesses, so we find them at events and partner with them to help those organizations who make our community and our families better. We say 'let's have a conversation so we can team up and double our efforts'. We want to be trending into education and doing things that can raise test scores and raise successful educated young people who have a better chance to succeed in the community. We have an employee at our firm who began as an intern, then worked up into management. The administrator brought her 'under her wing' and now she handles a lot of our business for us. It is so important today to get 'real world' experience. What you learn in K-12 is important, but it is not always going to carry you through the day. You need experience to carry yourself, and to know how to carry others through the day, developing a team that will give you the business acumen. The internship program can do that. You have talent, and you bring that talent up through your system, so they understand your system, and the values you have in your organization. We want to encourage businesses to implement internship programs that will have advantages for you and for the families in our communities' long term.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**FAMILY**

	<b>Joy in Our Town 701.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/05/16 09/06/16 09/10/16</b>	<b>05:30 PM 03:30 AM 02:00 PM</b>
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Host Lataisha Moore and guest David Reaney, President/CEO of Feeding the Gulf Coast discussed the problems of hunger affecting families along the Gulf Coast. We were formed as the Bay Area Food Bank in 1981 to serve the counties of Mobile and Baldwin in Alabama. Over the past 30 plus years our service area as part of Feeding America has grown to include Mississippi and the panhandle of Florida. So our area begins at the Louisiana state line and covers the Mississippi gulf coast, the Alabama gulf coast, and goes all the way to Panama City, Florida. Our region has averages of above average poverty, and food insecurity. In our area we have over 300,000 people who are classified as food insecure. When you are on federal assistance programs, and have a good family structure, you can be in poverty but still be food secure even though you are very poor. But you might be food insecure if you make too much money to be considered in poverty, you are making a living, but not a good enough living – you can't qualify for government aid, and you might not have any family support, so you are food insecure. Those people would say they are coping day to day – they do not need help everyday – but if and when something goes wrong like getting sick, missing a few days from work, they need more money. They might have a major expense like an appliance break down and the bills get tight. In that population of food insecure, they have difficulty with finances so they trim their food budget down. This compounds the problem, because lower cost food is less nutritious, which impacts their health. That means they might get sicker, which means more doctor bills, tec. That is a short term solution, but causes problems in the long run. We often see that in the food insecure population, poor health because of prepackaged food diets that have too much sugars and starches, and cause disease like diabetes, and bigger problems. When we look at the eligibility of a family of four they are eligible for assistance like the SNAP program if they make less than 2500 dollars a month. The cost of rent, car, and mandatory medical insurance – 2500 does not go very far. The latest stats in our region show it costs about 2.90 dollars per person per meal for your average diet food budget. The Dept. of Agriculture in Wash. DC does these studies, and that figure is based on a conservative meal. So, for a family of four, that is 1000.00 dollars a month. A food budget of 1000 per month out of 2500 dollars of income per month is not good. For a family of four housing is at least 1000 per month just for shelter and utilities, you could easily exceed 1000. So that family must cover rent and water, lights and gas before they budget for food. When you are younger, healthier, and getting more exercise, you might afford to neglect a more nutritious diet. However older people in their 40s or 50s, or people with health issues, seriously need good nutrition. Our organization has good programs to help but these are still just a 'band aid'. We look at emergencies where families run into challenges. We supply church pantries and soup kitchens with the food they use. We have also started a number of programs started in the last few years. Our garden programs work with communities like the Mobile and Baldwin County areas where we have 40 gardens. A staff member helps set up the garden, helps train and educate about returning to gardening. Even a small yard can grow something like tomato plants. Statistics show that gardening correctly can get you about 5 times the store value of produce for the cost of gardening. It is an economical way to bring fresh fruits and vegetables into your home. The Food Bank holds classes and we work with the master gardeners and the extensions. We go out to places like the boys and girls clubs or senior centers and homes. They can get out, get exercise, and get free vegetables. The food bank does not give the food to individuals, but to the churches who distribute. We have about 450 churches in the 24 counties we serve and they are our partners. Some do weekly or monthly assistance. There are more than 1000 volunteers at those churches working. Our staff tells them how to complete an application. We look at where they will store the food to meet the food safety guidelines, and give them an orientation into the program. It is usually two or three members who come to the orientation classes from the church. Then our staff goes out to look at the site and train. You can go online for our contact info or call 888-704-3663. We run delivery routes to each county, our trucks are refrigerated to preserve the food longer, and that saves the pantries and kitchens time too.

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
<b>HOMELESS</b>	<b>Joy in Our Town 702.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/12/16</b>	<b>05:30 PM</b>
						<b>09/13/16</b>	<b>03:30 AM</b>
						<b>09/17/16</b>	<b>02:00 PM</b>

Host Lataisha Moore and guests Freddie and Lynn Harbison, Founder and Director of Christ N Us Ministry, discussed the problems of a rise in homeless families. There is a rise in homelessness in our communities, and it stems from many people searching for jobs at Airbus, or Austal, and many others. Many come from up north looking for jobs, but unfortunately so many do not get the jobs. They find themselves staying in these extended stay motels, then they run out of money, and then they are sleeping in their cars. It is husbands and wives with children. Many people in America are living one paycheck away from being homeless. A man who makes an average of \$18 dollars per hour is trying to house and feed his family with \$650.00 to \$700.00 dollars a week. House payments average about \$1100.00 per month, and then cars, cell phones, all the necessities for living. You get laid off and all these bills are piling up. Also, a lot of people are trying to live the "champagne" lifestyle on a tiny budget – they are chasing the American dream and losing the race. For example my associate pastor and his wife got mixed up early on with drug use. They lost their children. They went through re-hab, and now they have been with us for seven months. They have one of their kids back, and they are working on getting the rest of their kids back. They are taking the right steps. They both have jobs now, and cars. The people who come to us need a second change, and we help them get that second chance, of having a life with Christ. He needs to be the center of your life. You tried it your way, now let's try it Christs way. Many people living on the street are scared to change. We teach them not to be afraid – you have to change to get out of that situation. Some people are proud and they don't want their friends or family to know they need help. For example we had one young woman come to us who was in need, and she used to do what we do – help the homeless. She worked with the Salvation Army for many years. It was very humbling and embarrassing for her to have to go to one of those places. She was with us for several months. I believe it was part of God's plan to help her, and she sees everything differently now. She is back working with one of those places now. When she had been laid off from work and came to us – she experienced things at a different level, so now she can go back and do what God wants her to do through different eyes. Our program can provide for immediate needs of shelter. When someone contacts us we ask them what they need, like medical conditions, and we tell them we are a family facility, they cannot use drugs or alcohol. We do not want to turn anyone away, so even if there is a drug or alcohol abuse problem we partner with many agencies in our community and re-hab facilities. We also do our very best to get those who need mental health help. The length of your stay depends on your willingness to better your situation. When someone comes into our facility we start out by giving them some time to get cleaned up and about a week to get some rest. Then after that time we assess their needs, and see what help they might be eligible for – resources like food stamps, medical care and things like that. We try to help them find work. If they are disabled we help them with the process of disability paperwork. It is a step by step process. When they are willing and they cooperate with the things we ask them to do, we have seen that in about three months' time for them to have some income – whether it is from disability or a job. Then we help them get a place of their own. Sometimes it takes longer, for instance if children are involved or disability takes longer. We have seen it takes longer sometimes for children to get emotionally stable, and single parents need more help too. We have churches who contact us and they want to get involved and help. Some will serve a meal to our residents, and come and fellowship with them. That is what makes the biggest difference, when people come to spend time with our residents. That is what helps them integrate back into society. We started in Grand Bay. Now we are on South Wintzell Avenue in Bayou LaBatre. The company who owns that building had a similar vision to help the homeless, and they donate the use of that building to us.



ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**HOMELESS**

	<b>Joy in Our Town 702.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/12/16 09/13/16 09/17/16</b>	<b>05:30 PM 03:30 AM 02:00 PM</b>
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Host Lataisha Moore and guests Freddie and Lynn Harbison, Founder and Director of Christ N Us Ministry, discussed the problem of insufficient numbers of facilities to help homeless families. There are shelters for individuals to go – most places are for women, and some others are for men. There are very, very few places that can allow families to stay together, husbands, wives and children all together in the same room. I know of only three, ours and two others, on the whole gulf coast of Mississippi and Alabama. Also, if the children are 10 years old or older, and the facility houses men separate from women – the children cannot stay with their mom unless there are girls. The girls cannot stay with their dads. For example we have a single father with two young girls, their mom is not in the picture. So the girls would have to be separated from their father at all the other agencies who house men and women separately. That is necessary for safety reason. But we need to focus more on families, because of the number of homeless families is growing. Our facility has rooms for the families to stay in together, their private area. Then we have a community room with a television. We have a play yard, a sanctuary for church and Bible study. We serve three meals a day. In our new building we have six showers. Right now we have about 21 people in residence, we lose count because our residents become family to us, and really it is all about family. When we have people who come in who do not want to be part of a family, they want to be outcast – we will council them. We try to find out what the problem is, we try to help, but it does not always work. We have helped over 200 individuals in the past year. Many couples who came to us are now in their own house, doing well. We keep in touch on Facebook. We have a pretty good success rate. We get so close while they are with us, the hardest thing is when the time comes for them to go. For example one young man was ready to go back home to his wife and family and he could not even tell us goodbye. Love is the best medicine. God is love and He created us to love each other. We had one resident who came to us from a hospital – she was released but she had nowhere to go. She had a liver disease and she was in stage four, terminal. The hospital called us, because they could not release her back into the woods, into her truck, so they asked us to take her in. She required a lot of medical care, she had to go in and out of the hospital. She was put on hospice care, and they gave her three months. While she was with us she said God healed her. She was much better and able to go out and do things. We were able to contact her son whom she had not seen in years. They were able to seek restoration for that relationship and a few other things. She stayed with us almost a year from April to the next February when she passed away. It was a beautiful time and she gave us as much and more than we gave to her. That was like losing a family member, and we know where she is now. The facility we have now had been a vacant for about five years. Homeless people had been using it for shelter, and they stripped everything they could like the wiring and the copper. We had prayed and believed God had a plan for us. We worked with the owners and now it is re-built. We have a big kitchen, and some of our residents do the cooking. They really enjoy the cooking. Local churches or businesses who want to help can contact us at [www.christnus2.webs.com](http://www.christnus2.webs.com) for more information. We are always in need of supplies, for instance diapers and wipes for the children. We want to encourage everyone to reach out when they need help, all of us need help sometime. It is nothing to be ashamed of. Jesus was homeless – He didn't own a thing. He was born in a borrowed manger, and He was buried in a borrowed tomb. Everyone is welcome – our doors are always open, come and visit anytime.



ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**CRIME**

	<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/26/16</b>	<b>05:30 PM</b>
	<b>719.1</b>					<b>09/27/16</b>	<b>03:30 AM</b>

Host Pastor Joseph Johnson and guests Alan Singleton, Head Chaplain, and Charles Fail, Director of Chaplaincy at the Mobile Metro Jail discussed the challenges of being incarcerated. The mission for the chaplaincy at Mobile Metro Jail is to have a place for the inmates to come, and where they can be counseled, and be taught in jail. They are in a place of despair, we try to give them hope, in Jesus Christ. We try to inspire them to do things they couldn't do on the outside. The bible says 'judge you not, so ye be not judged'. So we are not there to judge them, but to give them some hope in Christ. Rev. Fail gave me an opportunity to come here, and I started as a volunteer in the chaplaincy, after Kenneth Davis, I came in as a full time chaplain. Matt. 25:35 Jesus said "when you have done anything to the least of them, you have done it unto Him". Rev. Fail came back to Mobile in 1993, and became the director of the Inner City Mission of Broad Street. A group of pastors in the downtown area led us to the Mobile County Metro Jail, where there were volunteers coming in to visit inmates. We saw the vision for a full time program with a full time chaplain, and all volunteer. Around 1998 we were able to hire a chaplain, Rev. William Triplett, and he stayed for 4 years. All we had was a "broom closet" office. Now, 15 years later, we have a fully equipped chapel, 4 officers, and a dedicated education room. I believe we are the only county jail in the state of Alabama with these kinds of facilities, built by the religious community of Mobile. God said "where I see the unity of the brethren I will command the blessing". Even inside the prison God can have favor. We have inmates who are getting out and joining other ministries. We also have inmates who are graduation with a G.E.D. They have better plans for their future now, not just for themselves, but for their families and their communities. Another thing we see are many inmates who grew up without fathers, leaders, or mentors. We have the program called "Fatherhood Initiative" that give them an outline on how to be a better father, or a better son. They learn how to be effective in life as a male. We don't see ourselves as a separate ministry from the whole Mobile Community. We are into partnerships, and our biggest partners are the churches and other religious ecumenical organizations. Our chapel is called the Inter-Faith Chapel. We have churches who send 150 active volunteers. We do 35 religious services every week. We partner with Good Will/Easter Seals in our educational facility. They hire an instructor who works in that area with the computers, to help the inmates. We have graduated 179 inmates with their G.E.D. That includes 12 who completed the 'Common Core' program, which is a very hard program. Many inmates respond and tell us they are glad to be in the place they are in because they needed to slow down and hear the voice of God. We have so many who want to try and get their G.E.D., we have a waiting list. For instance, when one of our guys went to court, and the judge was he had completed his G.E.D., he reduced his time, and he had to serve less time. We have a banquet coming up on October 6<sup>th</sup> at 11:30 am at the Mt. Hebron Church Ministries on Berkeley Avenue, at Highway 45 and Interstate 65. We are celebrating what is happening at the Mobile County Metro Jail. You can call for more information. We want to celebrate all of our partnerships, with the Sheriff's department, the staff at the jail, Goodwill/Easter Seals, "Healthy You" and "Father Initiative" programs sponsored by the Mobile County Health Department, and all of our volunteers. We will have a video and a guest speaker. We want to show all of Mobile County what is going on at the Metro Jail.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**CRIME**

	<b>Joy in Our Town 719.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>09/26/16 09/27/16</b>	<b>05:30 PM 03:30 AM</b>
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Host Pastor Joseph Johnson and guests Charles Fail, Director of Chaplaincy at the Mobile Metro Jail and Sandy Delchamps, Founder/Director of City of Refuge in Lucedale, MS discussed the challenges of ex-offender re-entry into society. It takes a community to meet the needs of our brothers and sisters who were incarcerated. Our mission statement is to offer hope, while they are in jail, but our goal is to offer them hope when they get out of jail. Some people struggle with re-entry. I like to call it 'new entry', because we don't want them to go back to the same life. Sandy Delchamps operates the City of Refuge, and he is involved in so many other programs. He works in the trenches outside the jail. God takes the foolish things to use His way. When we stay out of His way and put Him first we see success. It takes mighty men of God. It takes the leaders of our city, and men who are willing to lay their differences aside and help. My grandfather was always community minded, helping and serving the community. I saw that as a young child and my heart was for his soul. I see a fire brewing in our city and we can't let it go out. One of the big problems we see for people who get out of jail is housing. We offer housing. We also see problems with jobs, we need to train them and equip them, and teach them how to be men. I love to see men mentor other men, and give them direction and hope. We have to continue to educate them when they get out. People ask the Mayor or chief of police what they can do, we like to go ask the mayor or the chief how can we help. We have a training center. We teach welding, woodshop, and catering work for restaurants. Number one for our new entries is to help them get their driver's license back, and help them pay their fines. We help them dress for job interviews. Many of them have been damaged, some were beaten as a child. We need to love them and help mold them. We have to be leaders for them. We need to see business men in the community who are willing to hire them and give them a chance. We are now seeing men who came through the program who are now worship leaders in churches. They are business men now. Some are at the ship yards. They are good citizens of our community now. We stand behind them. Attorney General Kenyan Brown started a program called "HOPE". We partner with so many ministries who help with new entries like the Waterfront Rescue Mission, Wings of Life, Mission of Hope, the Salvation Army, the Home of Grace as well as the City of Refuge. We operate under the entity of 'Mobile Inter Faith Conference'. That board formed a new entry program called "The Neighbor Center". It is open now, on Executive Drive close to Pleasant Valley and Cottage Hill Road. It is a resource center for an inmate who comes out of jail or prison, we do an action plan with them. We find out what they need. We have lists for sources, like the lists of businesses who will work with us and hire ex-felons. We will help with references. We partner with the agencies. The manager of the Neighbor Center will come into the jail and interview inmates before they get out. Then we will follow them. God uses us to make the crooked places straight. We have to work together in unity. No one is going to be perfect, but there is no growth in offenses. The body is made of all kinds of parts, we need to combine and grow our resources. We can grow if we work together.

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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**CRIME**

	<b>700 Club CBN NewsWatch #07292016</b>	<b>1:00:00</b>	<b>5:00</b>	<b>REC</b>	<b>PA/O/E</b>	<b>07/29/16</b>	<b>02:00 PM</b>
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CBN News Reporter John Jessup Reports: When the women living in Dawn Knighton's Florida beachside house wake up, they are greeted by artwork with encouraging Bible verses, like the popular passage from Psalm 139. It affirms how humanity is "fearfully and wonderfully made." The bright, flowery wall art is a far cry from the lifeless steel bars and stark bare walls they used to see when the only home they knew was a prison cell. Like clockwork, Knighton's housemates start their day with a mandatory three to five mile run along the beach. They're also required to meet daily for prayer, Bible study, and accountability. Per house rules, the women are prohibited from pursuing romantic relationships unless they are married. The rules are rigid but deemed a necessity to transition successfully to living outside of prison. For recently released inmates, second chances are hardly a part of their lexicon. Statistically, it's true. About 600,000 inmates are released annually, and two-thirds wind up being re-arrested. While women commit fewer and less violent crimes than men, the challenges they face when they return to society are often the same - like trying to find housing, employment, and a system of support. Knighton, a Christian counselor and an ordained minister, opened up her small three-bedroom home to provide women all of those things and to help them become productive members of society. She founded Radical Restoration Ministries in 2008, a faith-based non-profit whose mission is to help rehabilitate women coming out of prison. For Knighton that mission hits particularly close to home. Her life of crime began early on, using and selling drugs. She also eventually sold her body to feed an addiction to crack cocaine. Kathy Tolleson recalls seeing Knighton in her neighborhood years ago. It was in front of her home where Knighton used to walk the streets in pursuit of men looking to pay for sex. Tolleson didn't just pray. She also posted signs that read "No Prostitution Zone" on telephone poles and found other methods to discourage prostitutes from picking up customers in front of her family home. At the time, Knighton wasn't aware of those prayers. All she knew was that the lady with the bullhorn was hurting business. Raped, battered, and abused by some of the same men who paid her for sex, Knighton lost her desire to live. But not before her nearly 50 felony convictions finally caught up with her. She faced up to 15 years in prison after her last arrest. The night she was taken in, she was placed in maximum security and confined in an eight-by-ten prison cell with only a Bible. That was when she decided to recommit to her Christian faith from which she had walked away and ask for help. It was the beginning of a radical change that sparked what she describes as a vision from God to open houses for women coming out of prison with nowhere to go. Knighton began to counsel and pray with other female inmates. She also completed her first year of Bible College while in prison. She was released after serving only a year and a half and credits her early exit to the "grace of God." She then moved in with her mother, worked as a barber, and continued her education at Covenant Bible College and Seminary. In 2013, she earned a doctorate in theology. Knighton sees her release and new life as nothing short of a miracle. They also serve as reminders of her promise to return to prisons to show other inmates there's hope. Knighton's changed life has given her access within the Florida Department of Corrections to minister to women in the very same prison where she once served time. Her ministry has since partnered with others like Pastor Sheryl Brady and the Texas Offenders Reentry Initiative (TORI), a ministry of the Potter's House in Dallas, Texas. Perhaps the most surprising partnership is one she developed at a Christian conference a few years after being released from prison. It was at that conference when she bumped into an unsuspecting acquaintance from her past. They now attend the same church along with the women enrolled in Knighton's program. Every week, they pile into Knighton's car and worship at the church located around the corner from the house where she used to walk the streets - a reminder of her changed life. She and her housemates view Tolleson as a "spiritual mom." The two also preach together and pray for women on death row, which they affectionately renamed "life row." Radical Restoration Ministries' rigorous discipleship program has a 98 percent success rate and a year-long waiting list. The women who have completed the program believe they are forever changed. Belinda Kitchens, who recently left Florida to work with Heidi Baker's Christian missions group to help children in Mozambique, credits both God and Knighton for her new identity. Knighton is now taking her message into men's prisons and planning to open discipleship homes for them, too. But her passion remains the same: to see a radical change in what she calls the "prison nation."

<b>ISSUES/PROBLEMS</b>	<b>PROGRAM TITLE</b>	<b>PROGRAM DURATION</b>	<b>TOPIC DURATION</b>	<b>SEGEMENT SOURCE</b>	<b>TYPE</b>	<b>AIR-DATE</b>	<b>TIME</b>
<b>SENIORS</b>	<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>08/29/16</b>	<b>05:30 PM</b>
	<b>688.2</b>					<b>08/30/16</b>	<b>03:30 AM</b>

Host Lorenzo A. Martin Sr., and guests Rashawn Bey, President and Dr. Stacie J. Fairley of MPACT Community Development Center discussed the many problems facing seniors who lack support. We see how the community as a whole has lost the respect for your elders. What we see are seniors with no one to care for them, or help them, it's almost like they are forgotten now. Where young people used to have respect and show respect like opening the door or saying yes ma'am or no sir, we have drifted away. We don't have the remembrance of them and what they have done. All the leg work they have put in all the teaching that came from what they experienced and what they have had. Ecclesiastes talks about how the past will be forgotten and all that you store up will be for somebody else after you are gone. The things we used to e=remember this generation does not even know about. What songs was current is not current and forgotten today. We have to keep the history going to let them know, what went before us is important for us today. Without them we would not have what we have today. My generation grew up around our grandparents, that generation taught the next. We like to provide activities for them. To come and do. Dancing, or knitting, etc. We also like to partner with the transportation that help our seniors go from one location to another. I found that is what hinders a lot of seniors. We want to be a resource that meets all needs whether you need a repairman to com. We understand that seniors are on fixed incomes, and the price of things increase but their income does not. So we want to create an environment they can come to and get those discounts. Many seniors have to try going back to work and there are very little job s that will hire seniors. The church's role is important because so many seniors are alone and you can't do everything by yourself. We can have people assign themselves to a family here and there p then they can have the benefit of 100% concentration for that home. The pastor can't stretch over all those, we are spread too thin. We can find out what the needs are then pool our resources together. We have an adult day care service. For instance you have a senior you care for, but you have to go to work and you do not want to put your senior in a nursing home We pick them up and for 40 dollars a day they can give them a bath, manage their medication, they can take them to church or appointments wherever they need to go. They can meet with other people, and do all sorts of things. It is affordable, so the care giver can still work but get the safe reliable care of the senior. Many seniors only have twenty dollars left after the bills are paid. We have a food pantry so they can survive. A lot of times their children are also parents who are working full time and still can't make ends meet. So a lot of seniors have become the "day care" for their grandchildren. So they have more mouths to feed 0 3 or 4 trying to survive off of 40 dollars a month of groceries. We are providing a mobile pantry whether they are veterans, or seniors in need. We partner with the Salvation Army, teed my sheep, and the Catholic Diocese, and several other organizations. Success stories like one lady who was a single mother, then her daughter had a child but her daughter was addicted to drugs, and lived in the drug world. So this grandmother took care of her daughter and kids. We had reached the end our quota for getting families food that month. Our pastor gave money out of his pocket to help her out that month. We have so many seniors become the parents for their grandchildren now. When they should be enjoying life now. Their budget can't cover that new responsibility. A lady came to us; she belonged to another church organization. A lot of times, as leaders, we overlook those we want to shoo them away. But we must help. This lady told me she had no clothes for her kids to start school. Immediately the Spirit gave me the go ahead to buy all of her children school clothes. She was in tears. I used to be homeless; I used to be out there on the streets with nothing and no one to help. I was returning the gifts I got, not just to her, but to God. We all need to remember where God brought us from. We sow the seed, we don't worry about after we sow the elderly can give back, the most powerful thing they can do is tell us their story. I met a war veteran, he got mixed up in the mafia and he had to stand bold and we need our seniors to tell our youth how they dad to come up and come through. They can teach us how to deal with the hardships of life how they handled getting spit on, or mistreated, and not worry or complaining about it but get through it. We go check on our elderly, the government does give free cell phones so we can check on them but the government needs to provide better insurance Medicare and Medicaid do not cover the needs anymore and seniors have to pay a lot more. The new laws make them pay more out of pocket money; also the medications are so much more expensive we have to come together and in our communities so with everybody pulling together we will not have to depend on the Medicare of Medicaid.