

Trinity Broadcasting Network

Quarterly Report

January, February, March 2016

WMPV-TV – Mobile, Alabama

Ascertainment List

Leading Community Problems

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

CIVIC AFFAIRS

EDUCATION

YOUTH

HEALTH

MINORITY

PUBLIC SAFETY

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

	Joy in Our Town	28:30	13:30	L	PA/O	01/11/16	05:30 PM
	676.1					01/12/16	03:30 AM
						01/16/16	02:00 PM

Host LaTrynnda C Hollins talked to Mayor Troy Ephriam, from the city of Prichard, Alabama about, the challenges of Public Safety. The city have had great citizens, and great civic minded leaders like my grandfather and father, however mismanagement of finances, and a decline of community pride. The credibility of the city is now suffering from bankruptcy, and the loss of revenue. The infra-structure is failing, and the tendency for more crime follows where poverty and other factors create lack and diminish the quality of life. Public safety has become a major issue. The city have made a lot of progress in a short period of time, by reevaluating how to resolve the shortage of funds. We used critical thinking to make decisions for financial accountability, to comply with bankruptcy laws as well as gaining credibility with our citizens. They identified the most sensitive areas, and educated the public on prevention or crime and neglect. Mayor Ephraim said, “We make a mile out of a minute, then we go two miles”. When the media reports on the crime rates and civic dissatisfaction, we make sure we report how we are improving. The “My Brother’s Keeper” program identifies at risk youth, male and female, gives them options to graduate school, get jobs, join the military, or train for a skill, and we do not give them the opportunity to fail. The City realized the youth are the leaders of tomorrow.

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

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CIVIC AFFAIRS

	Joy in Our Town 676.2	28:30	13:30		L PA/O	01/11/16 01/12/16 01/16/16	05:30 PM 03:30 AM 02:00 PM
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Host LaTrynnda C Hollins talked to Mayor Troy Ephriam, city of Prichard, Alabama about, The Stigma of Prichard Being Bad. The history of the last few decades left Prichard with the stigma of poverty, high crime rates, and a community that was deteriorating into blight and being abandoned. The downtown area was boarded up, and businesses did not want to invest. The key was too change, create a good atmosphere of positivity, credibility, and a vision of growth. The program “Think Prichard, Buy Prichard, Buy local” helped people began to see that this was not the Prichard of old. The city has been miss-characterized, because we have a great city, with good civic minded citizens and praying people. We have pride, and growth begets growth, so we can now assess our marketability as the crossroads of Mobile County. We have brought a good quality of life back to the community it can be seen by taking a drive through the downtown area and see the growth. Real businesses are looking for partners that want more than just profit margins, we can show them that we can protect them, and their investments. Our epicenter looks great. Mom and Pop stores are not moving away, instead they are improving their properties. The city have landed some Fortune 500 companies, and larger franchises are now finding Prichard attractive. The city leaders are motivated, and want to improve the main corridors with lighting and widening roads. People now feel safe.

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ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
	Joy in Our Town 684.1	28:30	13:30		L	PA/O	03/14/16 05:30 PM 03/15/16 03:30 AM 03/19/16 02:00 PM

Host LaTrynnda Cunningham-Hollins and guest Lorenzo A. Martin, Sr., District 1 Prichard City Councilman discussed the “The WAVE” from the Mobile Transit Authority (MTA) agency governing the bus routes for public transportation. The MTA has discussed budget cuts that involve cutting routes in the outlying areas. MTA has done a good job for the public transportation of the city of Mobile, but we need a county wide agency to provide county wide bus routes. The routes that were determined to be cut are affecting our elderly, our lower income workers, and all of Prichard will be effected by these changes.

	Joy in Our Town 684.2	28:30	13:30		L	PA/O	03/14/16 05:30 PM 03/15/16 03:30 AM 03/19/16 02:00 PM
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Host LaTrynnda Cunningham-Hollins and guest Lorenzo A. Martin, Sr., Prichard City Councilman, District 1 discussed the problem “public safety issues and having a reputation for high crime. There is a need to change the stigma surrounding the city of Prichard and the way things are portrayed in the media. The need to take better care of our citizens, expand the opportunity for better housing, better wages and benefits for our first responders. Prichard is a great city and community and this is what needs to be highlighted. We do not have a ‘money’ problem, we have a ‘spending’ problem.

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CIVIC AFFAIRS

	Joy in Our Town 686.2	28:30	13:30		L PA/O	03/28/16 03/29/16	05:30 PM 03:30 AM
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Host Lorenzo A. Martin, Sr. and guest John McMillan, Commissioner of The Alabama Department of Agriculture and Industries discussed how consumers being taken advantage of in the area. New legislation was passed a couple of years ago to reform our standards for weights and measurements. We started with the gasoline stations to ensure fair and balanced practices at the gas pumps. Now all the weights and measures are computerized, ensuring there are no errors. Inspection are made to every piece of equipment used to measure or weigh, from meat, to gold and silver. The University Of Alabama School Of Engineering developed a computer program for our new reformed tests. We have a data base in Montgomery that receives the information from our inspectors in the field and records their results immediately.

EDUCATION

	Joy in Our Town 671.1	28:30	13:30		L PA/O	01/25/16 01/26/16 01/30/16	05:30 PM 03:30 AM 02:00 PM
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Host LaTrynnda Cunningham-Hollins and Dariel Jordan, Principal of Emmanuel Junior Academy discussed the changing trends in public and private schools. In the seventies students had more respect for teachers and the education system. Now, the trends are overcrowding in schools. The 'No child left behind' initiative has left some behind. Too many students in each class stops the individual help needed for each student. Every student learns differently. Also behavior becomes a problem, when teachers do not have time to address behavior problems, and correct them. The result is having youth give up. They cannot learn, and they cannot be productive in society. This trend leads to crime. Christianity in public schools was attacked - and prayer was taken out of schools. We used to have 'character education', but that is no longer done. So, kids do not know how to interact with each other or with adults. The 'Common Core' is not for everybody. You must address the spiritual needs. It starts in the home; parents need to take a more active role. Meet the teachers and stay involved. It makes a difference. Children who have parents who are involved love to read and to learn. No hope, and behavior problems are a direct result of the violence in our schools. Then they take their own life, because they have no hope. We can give hope by establishing a relationship with each child, and letting them know we care for them personally.

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EDUCATION

Joy in Our Town 671.2	28:30	13:30	L	PA/O	01/25/16	05:30 PM
					01/26/16	03:30 AM
					01/30/16	02:00 PM

Host LaTrynnda Cunningham-Hollins and Dariel Jordan, Principal of Emmanuel Junior Academy discussed the problem of limited involvement of the church in the education of our youth. Principal Jordan said “I left the public sector because I saw how the children's needs were not being met. In public schools, the spiritual education is left out. The church was where the first school started. In the Bible there are four kinds of schools mentioned, so we are always learning; God made us with many talents. If you leave out music, and other extracurricular activities, you are not balanced, we teach a well-rounded curriculum to encourage growth. Without discipline and order in the classroom education cannot take place. The separation between church and school has caused the education to be unbalanced. People say "we should give up on public education', no - we need to educate the public to the spiritual needs of the students. We can 'introduce' the student to Jesus. If you keep trying to separate, and you do not address the spiritual needs of our children - you will see our society get worse real fast.

EDUCATION

Joy in Our Town 683.1	28:30	13:30	L	PA/O	02/22/16	05:30 PM
					02/23/16	03:30 AM
					02/27/16	02:00 PM

Host Shundra Barnes and guest Dr. Latitia McCane, of Bridges to Success, discussed the problem of students not being able to afford college. Financial aid can help, but I do not like student debt and loans. I recommend students consider a two year occupational education, and they can follow that with a college degree after, when their income will allow more education. Community college can be the best solution because it will focus their training on skills they can use immediately without going into too much debt. The quality of education is still very good at most of those schools.

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EDUCATION

	Joy in Our Town 683.2	28:30	13:30	L	PA/O	02/22/16	05:30 PM
						02/23/16	03:30 AM
						02/27/16	02:00 PM

Host Shundra Barnes and guest Dr. Latitia McCane, of Bridges to Success, talked about the decline rate of students not graduating college. When students are working and juggling family life they might not complete their education because of issues outside the classroom. The larger colleges and universities are catching on that the community colleges has a higher graduation rate. Students are encouraged to study at community colleges and complete their degrees at a larger university. The graduation rate would vary from private and public universities, depending in which college can give more attention to their students. There are more women than men in the world and nationally, gender and ethnic minority groups have different rates of success. The “Bridges to Success” help students realize their potential. Students need to be encouraged to seek help and take advantage of every service offered when there is a problem in a college class.

	Joy in Our Town 606.2	28:30	13:30	L	PA/O	03/07/16	05:30 PM
						03/08/16	03:30 AM
						03/12/16	02:00 PM

Host LaTrynnda Hollins and guest Harold Goodloe, Program Overseer of the Emmanuel Seventh Day Adventist Junior Academy discussed the problem “The powerful influence of pop culture on youth. The parents need to find more one on one time with their children and decrease the electronic communication time. Parents should care enough to make that steps to see if there is a better way to reach our youth. We must do what we can to offset the negativity they see on a daily bases. Many times the effect is understated and they are not aware of the changes. Peers have a great influence on your children, don’t just give instruction talk to them about their day. Start by giving boundaries. Culture is effecting how teachers, teach in the class therefore we must teach them that there is a better way.

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EDUCATION

	700 Club NewsWatch 02232016	CBN 1:00:00	5:00	REC	PA/O/E	02/23/2016	2:00 PM
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CBN News Reporter Heather Sells Reports: School districts across the country are scrambling to develop policies for transgender students. They're facing financial pressure from the Department of Education, which released updated guidelines applying to gender identity in 2014. The Department of Education's Office for Civil Rights says the non-discrimination clause in the 1972 Title IX civil rights law now extends to discrimination claims based on gender identity. It recently found that Township High School District 211 in Palatine, Illinois, violated the new guideline by denying a boy who became a transgender girl access to the girls' locker rooms. Instead, the district had arranged for the student to use separate facilities to change clothes for athletic activities and physical education classes. The DOE informed the school that those separate facilities did not comply with federal law and put Dist. 211 on notice that it could lose the millions of dollars it receives in federal funding. Outraged parents attended a school board meeting in December, urging the board not to settle with the DOE. Vicki Wilson and Lisa Moran formed the D211 Parents for Privacy activist group on Facebook in response to the threat. Alliance Defending Freedom attorney Matt Sharp says school districts across the country should proactively create transgender policies in light of the financial risk. The federal government typically pays \$1,200 to \$2,000 per student every year. At the same time, Sharp notes that so far, no court has interpreted Title IX as a requirement for schools to provide students with access to opposite-sex facilities. Creating policies that serve both transgender and non-transgender students is a complicated task. One issue: an open definition of what it means to be transgender. A case in Gloucester, Virginia, could set a national precedent. It started when a Gloucester High School girl who became a transgender boy told administrators he wanted to use the boys' bathrooms and locker rooms. The student, Gavin Grimm, had changed his name and appearance to look more masculine and told authorities that using the girls' facilities would make him feel like an outcast. Some of the Dist. 211 students are sympathetic to that concern. Sixteen-year-old Grimm has sued the Gloucester County schools over their restroom policy after administrators denied him access to the boys' bathroom. The American Civil Liberties Union filed his lawsuit in federal court in Norfolk, Virginia, last June and a judge agreed with the school board in September. The ACLU appealed to the 4th U.S. Circuit Court of Appeals in Richmond in October and a decision is expected in the next several months. Privacy advocates like Sharp believe that separate facilities represent the best solution for schools with transgender students. The Alliance Defending Freedom has developed a policy that schools can use as a starting point. Sharp disputes that such an accommodation is harmful for transgender students. School choice

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advocates like Dr. Neal McCluskey at the CATO Institute say that while the federal government should protect against discrimination, it should stay out of the transgender debate for now. In Illinois, Dist. 211 recently settled with the DOE. It built individual changing stalls in its locker rooms for transgender students. The move is a defeat for Wilson and Moran. They're urging other parents to get ready and take part in the debate. Giving students the ability to choose their bathroom and locker room is a social experiment most parents never dreamed would happen. With no scientific or legal definition of what it means to be transgender, many believe the new federal policy has left the door open for many difficult, awkward, and potentially abusive situations.

YOUTH

Joy in Our Town 674.1	28:30	13:30	L	PA/O	02/01/16	05:30 PM
					02/02/16	03:30 AM
					02/06/16	02:00 PM

Host Shundra Barnes and Byron Smith, a professional educator discussed the problem of lack of discipline in the classroom. The disciplining of our children must begin at home. Many parents are doing well but they are overwhelmed when it comes to competing with peer pressure and pop culture. It takes a strong community to assist the parents, it takes a village. Parents are now questioning teachers as if they have a reason to fabricate on their children. They will tell the teacher, "I didn't raise my child like that. "We need a consist campaign teaching the children right and wrong. We need relatable people to reach these children to encourage them to be positive. Also we need the parents to instill the value of education.

Joy in Our Town 674.2	28:30	13:30	L	PA/O	02/01/16	05:30 PM
					02/02/16	03:30 AM
					02/06/16	02:00 PM

Host Shundra Barnes and Byron Smith, a professional educator discussed the problem of poor parental involvement in their children's education. Parents need to set the bar high, if they cannot find a goal assign them one until they discover their own. Parents are younger and younger, kids having babies; when this is the family dynamics then parental influence in the home is of no effect. They need to be actively involved in their child's life. Maybe there are some policies that could be put in place to mandate the parents to be active in their own child's education; it is proven that this type of interaction works, the children scores went up. Parents should help their child make realistic goals and set those goals, and do positive steps toward reaching that goal every day. Go to the library or internet get instructional videos, and watch them with your child. Be the instructor and hold yourself accountable.

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YOUTH

	Joy in Our Town 677.1	28:30	13:30	L	PA/O	02/08/16 02/09/16 02/13/16	05:30 PM 03:30 AM 02:00 PM
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Host Lataisha Moore and Susan Baldwin, CEO of the Women’s Resource Center discussed how critical the war against abortion is. We help them see there is hope and there is other options and we walk them through all of their options whether it is parenting, abortion or adoption. It has been three decades since abortion was made legal in 1973. The culture now is self-driven, through selfish needs and desires. It is critical that they are reached the young ladies. They are shown that it is not just about the mother but also about the baby. They are shown that the baby is a separate person with its own DNA; its own heartbeat. Since the introduction of technology and the sonogram we show them the child and then tell them we are not going to judge them; we are going to give them love and adult options. They are informed that abortion is wrong, because God is the orchestrator of life.

	Joy in Our Town 677.2	28:30	13:30	L	PA/O	02/08/16 02/09/16 02/13/16	05:30 PM 03:30 AM 02:00 PM
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Host Lataisha Moore and Susan Baldwin, CEO of the Women’s Resource Center discussed whether abortion is ever the best choice for unplanned pregnancy. We believe that abortion is not ever a good answer. Abortions has incredible consequences, that have life altering results, yet there is always hope. Susan Baldwin wants to come along in a loving nonjudgmental environment, and listen to the young ladies hearts and offer an option, valuing their opinion yet empowering her to make a life affirming choice. We teach them to listen to their own voice and not the voice of their peers. The mom and dad of the teenagers are counseled on abortion and a video is shown to enlighten them on the abortion procedure. Brooke Hughes stated that fear is a large contributing factor in unplanned pregnancies. What will my friends think? How can I support a baby when I am not supporting myself? Most people embrace the culture, do whatever feels good, and do what makes you feel better. They don’t want to face the consequences. The young girls are given 20 weeks of pre-natal care and six months of post care for newborns, diapers, formula, strollers and clothes. If they decide to give the child up for adoption then, the center are there through the whole process as well.

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YOUTH

Joy in Our Town 622.1	28:30	13:30	L	PA/O	02/29/16	05:30 PM
					03/01/16	03:30 AM
					03/05/16	02:00 PM

Host Alicia Williamson Garcia and guests Jennifer and Naomi Lopes of PULSE discussed the problem of teenage pregnancy. Today teenage pregnancies have been declining, but sexually transmitted disease has increased in teenagers. The whole family can be in crisis when a teenager is active sexually. Parents are caught unaware, and become angry of hopeless. One father was forcing his daughter to get an abortion. Teens often make bad decisions because of crisis, and lack of knowledge about abortion. There are consequences that will affect the rest of their lives. Pulse is an acronym for Protecting Unborn Leaders Seeking Eternity. They hold meetings in churches, schools, and other civic organizations to educate teenagers and parents about choosing life, adoption, and abstinence from sexual activity. The male leaders of PULSE hold ‘champ night’ meetings, where they help disciple young men. They have a baseball team to raise awareness, they hold scavenger hunts and other activities to get parents and teens involved.

700 Club NewsWatch 01262016	CBN	1:00:00	5:00	REC	PA/O/E	01/26/2016	2:00 PM
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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 millions of victims in the United States alone, the Illinois woman is taking her fight to all 50 states and beyond. *People* magazine named her one of 15 women changing the world. With a bubbly baby girl, supportive husband, and infectious personality, you'd never guess Erin Merryn has endured tragic, unimaginable acts. This vibrant 30-year-old is a survivor of sexual abuse. Merryn said it started when she was just 6 years old at her first sleep-over. She said the uncle of her best friend sexually abused her during the night. The first time. Merryn never told anyone, and she says until she turned 8 and a half, when her family moved from the area, the man repeatedly sexually abused her. He even brutally raped her just weeks shy of her seventh birthday. She said he continued to threaten her to keep quiet, and she complied. Even after she and her family moved to a new neighborhood, sexual abuse continued. Merryn said this time the perpetrator was an older cousin, someone she had viewed as a brother figure. Merryn wrote about her despair in her childhood diary. Merryn finally broke her silence when her younger sister told her that she, too, was being sexually abused by the

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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.

HEALTH

Joy in Our Town 679.1	28:30	13:30	L	PA/O	02/15/16	05:30 PM
					02/16/16	03:30 AM
					02/20/16	02:00 PM

Host Lataisha Moore, Dr. James Henry and Elder Makinde Gbolahan discussed the diet plan of most Americans. Americans are overfed but under nourished. The processed foods, the depletion of vitamins and minerals in the foods and animal products has so declined, we are eating more, yet only growing more overweight and sick. We can change the way we think, and how we treat the symptoms of our illness. The need is to find what will stop the disease. Each person is different. One size will not work for all... we have to find out what nutritional changes can help the particular illness we have. The different ethnicities, culture, and environments also shape our health. Our lifestyle needs to be free from stress. Learn to read the labels of the food we buy: if you cannot read it, you should not eat it. We will pay the price of malnutrition because it will ruin our health... so learning to eat the right food is the best money you can spend. We can improve our health condition quickly by first realizing we need to eat for energy, cell nourishment, and warmth... and we must learn to eat what our bodies need. Our bodies are fearfully and wonderfully made, and they have certain needs that must be met for good health. God gave us bodies that can heal when we give the body the right vitamins, nutrition, and exercise.

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EALTH	Joy in Our Town 679.2	28:30	13:30	L	PA/O	02/15/16	05:30 PM
						02/16/16	03:30 AM
						02/20/16	02:00 PM

Host Lataisha Moore asked Dr. James Henry and Elder MaKinde from Wellspring N.D.I.S. is prescription medicine the only cure for diseases? Most Americans are taking medicines, but their diseases are not being healed, because the medicine can only help with the pain. Many are aging and finding medicine cabinets full of medical prescriptions, but they are growing sicker instead of getting better. Doctors are not trained in nutrition, doctors are only required four hours of nutritional studies. There are non-toxic ways of receiving cures. Prescriptions are becoming more prevalent, challenging people what to believe. God gives us every THING we needed to take care of our bodies. Animals in the wild knows what is good for them, and that is the way humans should be pick the natural foods. The public need to eat more local fresh foods. Young people are getting diseases, in the past that was slated for senior citizens and they are offering prescriptions or surgery as a cure.

Joy in Our Town 685.1	28:30	13:30	L	PA/O	03/21/16	05:30 PM
					03/22/16	03:30 AM
					03/26/16	02:00 PM

Host LaTrynnda Cunningham-Hollins and guest Dr. Robert Lightfoot, Executive Director of Victory Health Partners discussed the problem: The many citizens who are still uninsured”. We had a vision to help the people who are ‘falling through the cracks’, earning low wages, but not able to afford insurance and healthcare. We found a model for helping that group by visiting other clinics. We are a faith based clinic, our first mission is to minister the faith we have in God. We are not receiving funds from agencies that would restrict that mission of faith. We take time to build relationships with our patients. We also have a growing team of other specialists and other healthcare providers.

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HEALTH

	Joy in Our Town	28:30	13:30	L	PA/O	03/21/16	05:30 PM
	685.2					03/22/16	03:30 AM
						03/26/16	02:00 PM

Host LaTrynnda Cunningham-Hollins and guest Dr. Robert Lightfoot, Executive Director of Victory Health Partners discussed the problem of “The high and increasing case load and the small budget and staff of the clinic”. We have an excellent staff, one additional full time doctor and nurse practitioner, a part time doctor and nurse, and some health care students from local medical colleges. One of the problems of the increasing number of patients is the overall economy. Many are without insurance because the Affordable Care Act forced healthcare costs to increase. We have a big number of voluntary staff members, in the last year (2015) we had around 60,000 volunteer hours donated. Our clinic sees 35 to 45 patients each day, and we also do referrals to other doctors and clinics.

	Joy in Our Town	28:30	13:30	L	PA/O	03/28/16	05:30 PM
	686.1					03/29/16	03:30 AM

Host: Lorenzo A. Martin, Sr. and guest John McMillan, Commissioner of The Alabama Department of Agriculture and Industries discussed the problem of when food is unsafe to eat. We have a very sophisticated lab to test our food products like seafood, corn, and peanuts. The inspectors travel the state and examine produce at grocery stores, meat and poultry products, as well as fish. They bring samples back to the lab for testing. When there is a recall, we notify the consumers through press releases. When there is a weather event like the tornadoes of April 2011, we send veterinarians out to inspect the poultry farms and food packaging plants. We insure safe disposal of damaged food products.

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HEALTH

	Switch on your Brain #001	28:30	28:30	REC	PA/O/E	01/06/2016	5:30 PM
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Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

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HEALTH	Switch on your Brain #002	28:30	28:30	REC	PA/O/E	01/13/2016	5:30 PM

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

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HEALTH	Switch on your Brain #003	28:30	28:30	REC	PA/O/E	01/20/2016	5:30 PM

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

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HEALTH

	Switch on your Brain #014	27:30	27:30	REC	PA/O/E	01/27/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental

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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

HEALTH

Switch on your Brain #015	27:20	27:20	REC	PA/O/E	02/03/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind constantly changes. The brain is like a mirror that reflects what is going on inside your mind. The mind can change the brain. The way you think will change the brain. The brain is plastic and we call this neuroplasticity; neuro meaning brain, plastic meaning change. Each and every one of us is so completely unique. As it says in the Bible we are uniquely, fearfully, and wonderfully made. Unique means stand alone, set apart. For so many years, there's been a debate between nature, nurture, and what I call the "I-Factor." Nature is

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nature-dominant. In other words, are your genes and your biology dominating you? Are you controlled by your genes? Are your genes dictating you? Is there a certain pattern in your brain that's causing all these things to happen? So, that's the nature argument. Then, the nurture argument is the environment that you grow in, the experiences that you have, the traumas that you go through. Is that what's causing these issues? So, there's the debate: Is one more important than the other? Do they work together – nature and nurture? Well, it makes a lot of sense that the nature and the nurture work together. But, there is another factor that's overriding both of these and that is you – your uniqueness that I call the "I-Factor." The psychological part of you, the mind part of you. Your choices are real. You are free to make whatever choices you want, how you focus your attention. This is the gift that God has given us. But please be aware that there are consequences of your choices. So, if you spend all day ruminating about the things that have gone wrong and who did what to you and how you want what someone else has got, well, you are going to be in the mental ill health zone. If you're spending more than 21 days whining and moaning about your situation, and complaining, you will build toxicity into your brain. Research shows that seventy-five to ninety-eight percent of current mental, physical, emotional, behavioral illnesses today come from our thought life. Research shows that DNA responds to the signal of the mind. DNA doesn't just switch itself on. It's just hardware. It needs something to make it work. You switch your genes on and off and the dominant signal for switching genes on and off, which makes physical substance in your brain, is your thought life. We create internal environments with our thinking and as we create those internal environments, that's literally done with our belief systems. What you are thinking about right at this moment is what we call an epigenetic factor. Our external environment is very important. It's the environment that you are living in, the people that you're involved with, your work environment, the context of your life, the social factors of your life – these all create the external environment that also impact how you are managing your life. These are also called epigenetic factors. It is incredibly important for us to create positive entangled relationships. God designed us for relationship. He designed us primarily for a relationship with Him and we are designed for relationship with each other. We improve our epigenetic external environment by the kinds of people that we interact with. It's important that you choose who you're going to spend time with, that they energize you, that they will encourage you, that they will lift you, and that they will not tell you what to do. Healing comes from three major things. Number one: You have to take responsibility. You have to change your own epigenetics. That's the internal epigenetic factor. Then, you need to have your loved ones, your inner circle, and your family. That changes your external epigenetics. And then, there's a second part to the external epigenetics, and that's the community. Your schools, your places of work, the institutions that you're linked with – these all play a role in your healing, in creating environments for you of healing.

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HEALTH

	Switch on your Brain #016	27:30	27:30	REC	PA/O/E	02/10/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "The New Science of Stress." Did you know that stress is good for you? The new science of stress shows us that the way we perceive an event will determine whether we move into healthy or unhealthy stress. Healthy stress, which is normal, which is good, helps us to become alert and focused, have wisdom, and think clearly. Unhealthy stress, is when you make bad choices and we then throw our body off and we step into this unhealthy zone inside of our bodies, and there are two stages. We cannot control the events and circumstances of our life, but we can control our reactions to those events and circumstances. When you react incorrectly, you take a good thing and you turn it into a bad thing. What happens is that when we actually start reacting incorrectly and our perceptions start changing; our perceptions of the environment and the situations, then we start affecting every cell of our body and we start moving into stage two and three of stress, which is toxic and which is negative. They manifest in different ways. When we do make these bad mistakes, we can get rid of them and this is the most amazing thing in science: if you have wired that in, you can wire it out. Because we can stand back and observe our own thinking, we have a multiple perspective advantage both into the way that our brain actually functions. So, stand there, stand back, and make a decision: I want healthy stuff happening in my body, not bad stuff. The more you reach out and help others, the more you serve others, the more you get over yourself, the more resilience you actually build into your body physically and mentally against the stressors of life and the more easily you will actually stay in stress stage one and the more you will avoid mental ill health. We need to stop seeing people that have diagnosed mental ill health issues as faulty biological machines. This in itself is a stigma. What we need to see is a beautiful, unique, incredible human being that is not stuck in a box but that has a unique way of seeing life and is going through a hard time.

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HEALTH

	Switch on your Brain #017	27:30	27:30	REC	PA/O/E	02/17/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

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HEALTH

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Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. NIDA is the National Institute of Drug Association. They define addiction as "A chronic (which means on-going) relapsing (which means it's never going to go away) brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences." Basically, their philosophy is that once you're an addict, you're always an addict. That is not what the Word of God says. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

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HEALTH

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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

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HEALTH

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Today on Switch On Your Brain Dr. Caroline Leaf discusses "The Disordered Mind." The difference between a disease and a disorder is that you can control a disorder. But that is a choice. And if you choose well, you move into mental health. If you choose badly, you move into mental ill health. So, if you make a good choice, you build healthy thoughts, which generate life. If you make a wrong choice, you build unhealthy thoughts. It's not that you have a disease in your brain. It's that you have a disorder and your brain can rewire. Disorder is the result of incorrect thinking. A disordered mind is a chaotic mind filled with cluttered rogue thoughts of anxiety, worry, and all manner of fear-related emotions send out the wrong signal right down to the level of the DNA. Some research that just came out very recently from Stanford shows that instead of there being a distinct neurological pattern for each type of disorder, for example, schizophrenia would have this type of brain signature; and bipolar this type of brain signature; and anorexia this type of brain signature; and each of those having this type of genetic signature. What they've actually found is that all the different psychiatric disorders actually have the same kind of brain damage. And what's very interesting is the areas of the brain that show damage are the actual areas that follow the path of thought formation. We're thinking beings. We think all day long. We're made in the image of a thinking God. And as we are thinking, we are building thoughts. And that building of thoughts follows a certain pattern in the brain. What's important to understand now is that your thinking is so powerful that you change the physical nature of who you are. You can choose to build your brain, you can choose to destroy your brain. Your brain simply responds to the mind and the body responds to the brain. You are not a victim of your biology. You are a victor over and above your biology.

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	Switch on your Brain #021	27:30	27:30	REC	PA/O/E	03/16/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses psychotropic medications. Research shows that no one single psychotropic does any good for any brain. It actually creates a new neurological disorder. It doesn't matter what meds you have taken, what you've been told to do, you can change it with your mind. So, when we take a biomedical approach to medication, what we will see is a disease that needs a medication. But, actually, mental illness is not a disease and it doesn't need a medication. It is a very serious thing, but it's a mind disorder and it needs a different type of approach. Unfortunately, there's an entrenched myth in society. And it really is a theoretical myth that has just grown. And that is that medications are going to rebalance the brain. It also implies that the whole cause of mental disorder is biological or genetic or chemical. Unfortunately, if you look at the research, we've kind of been led to believe that a drug will actually renormalize the brain and this is really not true. What drugs do is they change the brain, and not necessarily for the better. Psychotropic drugs are things like your benzodiazepines, which are things like valium. You get your SSRIs, which are things like Prozac. And then, you get your anti-psychotic drugs that are given for things like schizophrenias. What's very interesting is that these drugs were initially stumbled on by mistake. They were developed for surgery and they saw that they had a mood-altering affect, and at that point, the world of psychiatry had mental health be classified as a disease. There's been an increase of use of psychotropic drugs and a reduction of more psychological talk-based intervention in helping people deal with mental health. Mental health is not being dealt with like it should. There's hundreds of references that you can go through and research this concept of what medication does to your brain. Once you're more informed, you then go to your doctor. You speak to your doctor. Find a doctor that will work with you and work on a plan to reduce your medications in a way that's going to work for you. You can't just reduce medications. You also have to address what is going on in your mind. Because you got there with your mind, so you're going to get out of it with your mind. Seventy-five to ninety-eight percent of mental, physical, emotional illnesses today are coming from our thought life. So, as you are gathering that data, that's a decision of your mind, the decision of your mind to go and read the resources and get informed about this. That is a decision of your mind. It's also a decision of your mind to be desperate to change and to be prepared to work through the change. In the same way that your brain has structurally changed because of the medication, your brain can structurally change again because of your mind, because of your love, power, and sound mind being able to change your brain.

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

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

	Switch on your Brain	27:30	27:30	REC	PA/O/E	03/30/2016	5:30 PM
	#022						

Today on Switch On Your Brain Dr. Caroline Leaf discusses directing your rest. Directed rest means being able to focus, being able to do what it says in Proverbs 4:20-22, which is pay attention to my words, direct and focus your attention. When you do that, a healing comes in your body. You change. Directed rest activates networks inside the brain. When you switch off to the external and you switch on to the internal networks of your brain, they kick into high gear and you actually think with more wisdom, more clarity. So, the Psalm 46:10, which says, "Be still, and know that I am God," is really important when it comes to activating the internal networks of our brain. Directed rest literally means that we focus in a different way, we pay attention in a different way that actually activates our brain to function at a much higher level. A disciplined mind where you're focusing on something makes learning take place. We call this the "Quantum Zeno Effect" in quantum physics. "Quantum Zeno Effect" means the repeated effort that makes learning take place. Now research studies are pouring out showing that when we direct our mind, when we learn, we change the brain. Your brain is designed to be restructured and renormalized. It just takes a lot of disciplined mind work. We are designed to direct our rest. Scientific research has actually shown us that when we direct our rest, that means that we switch off the external, we switch on to the internal, and we actually organize our mind. And when we're focusing on God, we get this incredible sense of peace and calmness. Directed rest means that we actually think within ourselves. We actually go inside of our own heads and we think internally and that helps us to bring order and focus back into our minds. What's the benefit? What they have found from the research is when you order your thoughts like this, your brain grows networks. You activate neuroprotection, which means you protect against mental ill health. You actually bring health into your body. So prayer works. Thirty seconds a day that you build up cumulatively into a minimum of seven minutes is a number that scientists give us for making incredible physical change inside of your brain.

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

	700 Club CBN NewsWatch #01292016	1:00:00	5:00	REC	PA/O/E	01/29/2016	2:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called "Our Journey of Hope." Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

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ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
HEALTH	700 Club CBN NewsWatch #02012016	1:00:00	5:00	REC	PA/O/E	02/01/2016	2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Fifty million Americans suffer from an autoimmune disease. That beats the number of people with cancer and heart disease combined. New research indicates processed foods could play a role. In fact, an increasing number of doctors say cleaning up the diet could reverse this autoimmune trend. Our immune system keeps us healthy by attacking invaders, like viruses. One problem, however, is our immune system can misfire and attack healthy tissue. That can lead to one of more than 100 autoimmune diseases like Graves' disease, lupus, rheumatoid arthritis, Crohn's disease and multiple sclerosis. Many people don't even realize they have an autoimmune disease, assuming instead their exhaustion, brain fog or abdominal pain are just a part of life. Other symptoms include feeling cold much of the time or having a rapid heartbeat. When doctors diagnosed Sierra Vellinga with Hashimoto's Thyroiditis, which attacks the thyroid gland, they told her the same thing millions of others with autoimmune issues hear. Then Sierra heard about Dr. Amy Myers, one of a growing number of autoimmune specialists who believe drugs often make matters worse. Dr. Myers prescribes a series of lifestyle changes to prevent and possibly reverse autoimmune diseases, starting with a clean diet. Sierra followed this route, and after six months regained her health. Dr. Myers believes many autoimmune diseases stem from a condition called "leaky gut." A leaky gut means large openings form along the intestinal walls, allowing proteins and viruses to escape into the bloodstream. The immune system recognizes them as foreign, and begins to attack them, as well as things that resemble them. Myers says a leaky gut comes from things like stress, certain medications and eating processed foods, sugar, dairy and gluten, which is in wheat. That's because scientists have hybridized wheat over the years. Today's crop produces a higher yield, but contains more gluten. Our once-wholesome cheese isn't the same either. The problem with sugar is it can cause massive inflammation. Food manufacturers add sugar to nearly all the products we buy, including ones that seem healthy like spaghetti sauce, peanut butter, salad dressing and granola bars. Dr. Myers recommends avoiding gluten, dairy, sugar and processed foods in order to heal the gut and reverse autoimmune disease. When Sierra heard this, she understood why she felt so horrible until that point. Correcting the problem usually involves cooking at home, from scratch. That was a tall order for Sierra. Dr. Myers outlines what she likes her patients to eat. Sierra said she now enjoys the creativity of cooking for herself. Dr. Myers provides many healthy recipes in her book, "The Autoimmune Solution," such as Coconut Cream Berry Parfait, Brussels Sprouts with Dark Cherries and Crispy Coconut Shrimp. Sierra says eating whole foods make her feel like a new person. So one way to guard against, or treat any number of autoimmune diseases, is to consider an anti-inflammatory diet, like the Paleo plan: one that's rich in vegetables and healthy fats, minus the processed foods, sugar, dairy and wheat. It could be well worth the effort.

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

	700 Club CBN NewsWatch #02182016	1:00:00	5:00	REC	PA/O/E	02/18/2016	2:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Roughly 2 million people will be diagnosed with cancer this year. If you or a loved one is facing cancer, you might want to consider the treatment known as proton therapy. The treatment is not for everyone, but for some, it's an answer to prayer. Jeff Powell and his wife, Vickie, believe they dodged not one, but two bullets. First, Jeff beat prostate cancer. Second, because he chose proton therapy treatment, he avoided the miserable side effects that often accompany traditional methods. Proton therapy patients have fewer side effects because it only kills the cancer. But traditional radiation therapy works like a bullet, damaging healthy tissue as it enters and exits the body. Proton therapy, on the other hand, is like a firecracker placed inside the tumor. The explosion of radiation damages just the tumor, nothing else. There's no nausea, no burning and best of all, no organ damage. There are only nine proton therapy centers in all of the United States right now, but another seven are on the way. One of the newest treatment centers is The Hampton University Proton Therapy Institute in Hampton, Virginia. The location was chosen, in part, because this area of the country leads the nation in prostate cancer deaths. Craig Fieldings, 45, chose proton therapy to treat his prostate cancer. So far, he's come to the Proton Therapy Institute Monday through Friday for one month. He has one more month of treatment to go. The cost of proton therapy is about three times the cost of traditional treatment, but most insurers, like Craig's, cover the treatment. Prostate cancer patients like Fieldings aren't the only ones who benefit from this breakthrough, according to HUPTI's scientific director, Cynthia Keppel. During treatment, the patient lies in a custom-fitted brace on a machine called a gantry. In an adjoining room, technicians activate the proton beam -- no needles, no knives. The gantry room itself is fairly unremarkable. But on the other side of the wall stands the part of the gantry machine the patient never sees. It's an astounding three stories tall, weighs 90 tons and costs \$8 million. Oncologist Allan Thornton of the Hampton University Proton Therapy Institute has been using proton therapy since the early 1990s. That work means an answer to prayer for cancer patients who qualify for proton therapy. They can expect to keep more healthy tissue, while escaping certain side effects associated with conventional therapy.

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

	700 Club CBN NewsWatch #02242016	1:00:00	5:00	REC	PA/O/E	02/24/2016	2:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Scientists believe two-thirds of all cancers are caused by bad choices such as smoking, tanning beds, not exercising and the granddaddy of them all: a poor diet. When it comes to diet, one of the worst types is one high in sugar. In fact, scientists are increasingly discovering a dramatic link between sugar and cancer. A clear relationship between sugar and cancer leads scientists to two conclusions: sugar use contributes to cancer, and going without it can slow the growth of the disease. One hundred years ago, the average person consumed just four pounds of sugar a year. Now, most of us take in 40 times this amount -- 160 pounds a year. Food manufacturers add enormous amounts of sugar, often in the form of high fructose corn syrup, to products we consume all day, every day, such as coffee drinks and cereal, soda and snacks -- even foods you wouldn't expect, like spaghetti sauce and peanut butter. For instance, a tiny container of fruit-on-the-bottom yogurt has more sugar than a candy bar. Now scientists tell us sugar directly influences cancer cells. The amount we consume can either feed those cells or starve them. In a study conducted at the University of Texas MD Anderson Cancer Center, researchers fed mice diets high in sugar and observed they had a higher incidence in breast and lung cancer. The study suggests a diet high in sugar can contribute to the formation of cancer. It also suggests that diet can make a difference in the treatment of a person who has already been diagnosed with cancer. Fred Hatfield knows that first hand. In 2012 he received what amounted to a death sentence. His wife Gloria recalls getting the news. Then Hatfield heard about a low-sugar diet, called the ketogenic diet, believed to slow cancer in some people. With nothing to lose, he gave it a try, and to his astonishment, it worked. Hatfield's recovery didn't surprise Dr. Dominic D'Agostino. His team at the University of South Florida discovered mice with highly aggressive metastatic cancer continue living when fed a ketogenic diet. And it's not just lab animals. D'Agostino has seen similar results in humans. The ketogenic diet means no sugar and no starchy carbohydrates like bread and pasta, which convert to sugar. D'Agostino says cancer cells love sugar and starch because cancer thrives on the glucose from those foods. Conversely, removing the glucose results in starvation for the cancer cells. Glucose also fuels our healthy cells, but if it's not there, those cells can switch to an alternate fuel source called ketone bodies. Cancer cells only run on glucose. D'Agostino says the deficiency in cancer cells can be used to defeat them. Since processed food contains so much sugar and starch, people following the ketogenic diet tend to cook whole foods at home from scratch. Gloria said switching to the ketogenic diet was easy. When it comes to cancer, sugar is considered public enemy number one. Avoiding it could lead to prevention or slowing it down in people fighting the disease.

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

	Joy in Our Town 664.1	28:30	13:30		L PA/O	01/18/16 01/19/16 01/23/16	05:30 PM 03:30 AM 02:00 PM
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Host LaTrynnda Cunningham-Hollins and Annie Hudson, NAACP discussed the problem of low voter turn-out in Mobile County. Ms. Hudson said that the NAACP has a mission statement to ensure equality between social, economic, racial, and discriminated citizens. Fifty years ago the black community was not allowed to vote. Our chapter has been active since the 1960's. Young people need to be educated about the fight the last generation had to win. We help them stay informed about politicians. We have programs to motivate young people to get involved, we hold rallies at schools. We have local fraternities, football teams, and even barber shops which are good places to recruit members.

	Joy in Our Town 664.2	28:30	13:30		L PA/O	01/18/16 01/19/16 01/23/16	05:30 PM 03:30 AM 02:00 PM
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Host LaTrynnda Cunningham-Hollins and Annie Hudson, NAACP discussed the problem of the failure of citizens to become involved and active in community affairs. Ms. Hudson said the NAACP has found that we have many elected officials who are not representing the minorities of our communities. Our chapter is now seeing more minorities getting elected. We educate and inform citizens on how to make their vote count, and encourage them to teach their children the value of having the right to vote. We will get input from citizens, and implement changes like changing the locations of voting places, and/or time schedule changes, to accommodate more people. We are also working with local law enforcement to provide more surveillance on the homes of citizens who attend meetings. We have to rebuild the broken system by breaking down the communications barriers. We can provide transportation. Our goal is to go back to rebuilding the walls of safe communities.

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

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

	Joy in Our Town	28:30	13:30	L	PA/O	02/29/16	05:30 PM
	678.2/622.1					03/01/16	03:30 AM
						03/05/16	02:00 PM

Host Lataisha Moore and guest Vickii Howell, Executive Director for the NAACP discussed the problem of the failure of the minority citizens to be involved in Community Affairs:. The NAACP has been working for 150 years to help change the perception and the reception for people of different color and ethnic backgrounds. We encourage getting involved, being a part of the solution. We can change our communities when we give them hope, and what gives them hope is the love of God. We can change things through your power to vote. Even though discrimination occurs because someone sees a name like ‘Jamal’ instead of ‘John’ we say you can maximize your occasion and let your ability take you to higher opportunities.

	Joy in Our Town	28:30	13:30	L	PA/O	03/07/16	05:30 PM
	678-606.1					03/08/16	03:30 AM
	MINORITY					03/12/16	02:00 PM

Host Lataisha Moore and guest Vickii Howell, Executive Director of NAACP discussed the problem of “Economic disparity within the Black Community”. The black communities that had start-up businesses after the civil war have been lost because we did not have the infra structure. We have to rebuild. We must change our mind set, and work together, being ‘community minded’. We are in debt, but we must teach our children about the black inventors; teachers; and politicians who worked to change our lives for the better. We have to learn practical applications and solutions by building families, and teach our children to invest in their community.

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ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
PUBLIC SAFETY	Joy in Our Town 675.1	28:30	13:30	L	PA/O	01/04/16	05:30 PM
						01/05/16	03:30 AM
						01/09/16	02:00 PM

Host Shundra Barnes and Donald Leeth, Plans and Operations Officer- Mobile County EMA discussed the “Dangerous Weather Events.” We have seen heat as a serious weather threat to public safety. The second most dangerous is the threat from tornados. Mobile County gets several category F1 and F2 tornado events. Many times public safety is in danger from being uninformed and unprepared. Mobile also gets its share of lightning strike events. We advise residents to get weather radios. The first step for preparedness is getting the notifications. Also, TV, and many cell phones have free weather apps. The second step is to have a plan. For tornados, do not stay in a vehicle, do not stop under bridges, or try to out drive the storm. Get inside a safe building. We have the old civil defense sirens in Mobile. When you hear that siren, go inside, turn on TV or radio for instructions. Do not drive through flood water. Evacuate before the flood. In a lightning event, use the 30/30 rule. When you hear thunder, or see flashes of lightning, count to 30. If you count to 30 or under, get inside. If you are outside, get low to the ground, away from structures.

PUBLIC SAFETY	Joy in Our Town 675.2	28:30	13:30	L	PA/O	01/04/16	05:30 PM
						01/05/16	03:30 AM
						01/09/16	02:00 PM

Host Shundra Barnes and Donald Leeth, Plans and Operations Officer- Mobile County EMA discussed the “Hurricane Season”. We are too relaxed because we have not had a direct hit in Mobile County for a few years. Remember, a storm can hit close by and still cause significant damage. We have a problem with evacuating the Mobile and Baldwin county residents. There are only two interstates, one north, and one east/west. The other state or U.S. highways are only two lanes. I did a survey and reported the findings to the DOT of Alabama. There is one four lane US Highway, 43. A hurricane watch is issued 48 hours before tropical force winds are expected, a warning is issued 36 hours before. Once tropical force winds are occurring (40 miles per hour) evacuations are very dangerous. Driving is most difficult, and the risk of flying debris is greater. Prepare year round: anchor the storage sheds, and all lawn fixtures. Store food, water, and all supplies enough to last at least the first 72 hours. Plan like you will be camping, no electricity, etc. The evacuation zones are determined by how close the residents are to the water, zone one and two are usually mandatory evacuations. If you are in a Mobile Home, or a home that is not sturdy (needs repairs) plan to evacuate. We co-ordinate with the EMA agencies in Mississippi and Florida, to determine which area the storm threatens first. Schools and community centers will be shelters, announced by our office. After the storm we also co-ordinate relief supplies.

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

	700 Club CBN NewsWatch #01212016	1:00:00	5:00	REC	PA/O/E	01/21/2016	2:00 PM
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CBN News Reporter Mark Martin Reports: It's been called a "bar code on steroids." Radio Frequency Identification identifies people or things and transmits information through microchips. Is it all about convenience, or are there biblical implications? A banner at the International Association of Amusement Parks and Attractions Expo, or IAAPA as it is known, reads "Prepare to be thrilled!" And if you're into amusement parks, the expo is the place to be. Each year, theme park entertainment grows more exciting and cutting edge, like the Tm-Trackless Ride Systems. From trackless to cashless, the operators described the latest ways to make the park experience more convenient for customers and employees. That includes RFID. RFID uses radio waves to transmit information at a distance. A microchip in an RFID tag contains unique identification numbers. Tom Foster, who works for Precision Dynamics Corporation, said the organization pioneered the technology around the turn of the century. Companies like PDC, which produce RFID products, say the technology helps with areas such as access control, keyless entry, and cashless point of sale. Precision Dynamics developed the first kiosk that dispenses and encodes RFID wristbands for amusement park purchases. It's like a wallet on your wrist. It raises a number of questions, however, like what about privacy? And can the information on that wristband be stolen? Consumer privacy expert Dr. Katherine Albrecht is concerned about RFID technology in general and what the future holds. She said their goal is to track the consumer's habits. Beyond the privacy concerns, Albrecht said RFID technology carries biblical implications, with hobbyists embedding microchips into their flesh. Radio isn't the only way that she is getting her message out about the dangers of RFID technology and what it can lead to. She's also a best-selling author, writing books for both adults and children. Albrecht has devoted a decade to studying RFID. One result of her research is the book, "Spychips: How Major Corporations and Government Plan to Track Your Every Move with RFID." She especially wants to reach younger readers with her book "I Won't Take the Mark, a Bible Book and Contract for Children" to help kids understand the book of Revelation. Albrecht is working to change that, wanting people to think before blindly accepting new tracking technology.

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