

# Trinity Broadcasting Network

## Quarterly Report

January, February, March 2014

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*

HEALTH

YOUTH

SENIORS

DRUGS & ALCOHOL

FAMILY

CIVIC AFFAIRS

<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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**HEALTH**

	<b>JOY in Our Town 563.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/31/14</b>	<b>12:00 PM</b>
						<b>02/01/14</b>	<b>02:30 AM</b>
						<b>02/03/14</b>	<b>10:30 AM</b>
						<b>02/04/14</b>	<b>02:30 AM</b>
						<b>02/06/14</b>	<b>02:30 AM</b>

Host LaTrynnda C Hollins and Dr. Lightfoot of Victory Health Partners (VHP) discuss the problem of the increasing numbers of uninsured. Our mission is to help the widows, poor and the children. The clinic in Mobile was structured after a clinic in Memphis, TN. VHP opened in 2003 with 12 patients and today seeing 18,000 patients a year. The facility now has dentists, surgeons, oncologists, counselors and nurse practitioners along with other volunteers seeing from 80-100 new patients a month. The numbers increased with the higher numbers of those unemployed. The stress of being without a job has caused a spike in patients with high blood pressure and then we find that they are depressed and the counselors are there to help them during this emotional time. VHP repairs the mind and the body of their patients.

	<b>JOY in Our Town 563.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/31/14</b>	<b>12:00 PM</b>
						<b>02/01/14</b>	<b>02:30 AM</b>
						<b>02/03/14</b>	<b>10:30 AM</b>
						<b>02/04/14</b>	<b>02:30 AM</b>
						<b>02/06/14</b>	<b>02:30 AM</b>

Host LaTrynnda C Hollins and Dr. Lightfoot of Victory Health Partners (VHP) discuss the problem of not having enough doctors to see all the patients. Discovering that we need to grow, we are looking for full time positions/physicians the need is getting larger; more patients and not enough doctors. Is the solution to build satellite clinics in different counties, remodel, or locate a larger facility? The need is always going to be there to help those sick people, we need the churches and communities to come aboard and support the vision of the clinic. Everybody knows someone without insurance. VHP does not care for children; the state of Alabama has an awesome system set up for children. Victory Health Partners does not care for seniors on Medicare but can assist those on Medicare with their dental needs.

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**HEALTH**

	<b>Joy in Our Town 567.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/07/14</b>	<b>12:00 PM</b>
						<b>02/08/14</b>	<b>02:30 AM</b>
						<b>02/10/14</b>	<b>10:30 AM</b>
						<b>02/11/14</b>	<b>02:30 AM</b>
						<b>02/13/14</b>	<b>02:30 AM</b>

Host LaTrynnda Hollins and Mary Reed, Regional Director for the Southeast Division of T.O.P.S. (TAKE OFF THE POUNDS SENSIBLY) discussed the growing problem of obesity in the family and how to make the problem end today. Obese parents will more than likely have an obese child. It is important for parents to see the problem. It is important to teach the children to eat right now. The Regional Director has seen many things that cause people to overeat, and to be overwhelmed with stress and depression. There is no such thing as generational curse of obesity. Obesity is an individual problem that can be changed through making an effort to change one thing a day. Read your labels, check nutritional value on each item. Eating out at a fast food restaurant can be done. Restaurants are offering healthy meals, make smart choices. We need to change those pleasure sensors - instead of eating out take a walk. Small changes can soon become a habit that changes the quality of life.

	<b>Joy in Our Town 567.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/07/14</b>	<b>12:00 PM</b>
						<b>02/08/14</b>	<b>02:30 AM</b>
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Host LaTrynnda Hollins and Mary Reed, Regional Director for the Southeast Division of T.O.P.S. (TAKE OFF THE POUNDS SENSIBLY) discussed the physical and emotional challenges of being obese. As a nation we are overweight or obese. One good way to start is to plan ahead, learn to make small changes, plan meals ahead of time, make the serving size smaller and eat fat free. Make small starts and great choices. Start by keeping only healthy choices in the home. Shop for smaller sizes and keep them available and the individual sizes are better than the whole package of chips or cookies. There is no magic pill the pounds didn't come on over night and it will not go off overnight. The optimum loss is two pounds a week. It is important to know your weight and keep up with your progress. Drink 8, eight ounce glasses of water a day. Eat fruit instead of the candy bar. Get moving and walk it costs you nothing, and finally seek support to give you accountability.

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**HEALTH**

	Joy in Our Town 543.2	28:30	13:30	L	PA/O	03/28/14 03/29/14 03/31/14	12:00 PM 02:30 AM 10:30 AM
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Host Shaundra Stallworth talked to Anthony Bondora, MPH, FIMR Coordinator Alabama Baby Coalition Problem discussed, Parental practices that could injure or kill newborns. The solution is the safe sleep program, which prevents sudden infant death, by training parents not to put babies to sleep on their stomach. We recommend that babies sleep in a face-up position while sleeping. We also recommend using safe furniture for sleeping, such as an approved crib with a fitted sheet, to avoid overheating. You want to make sure the crib area is clean. Do not smoke in the presence of your baby, and remove clothing saturated with smoke before holding your baby. Keep the crib in the same room with the parents, but do not put your infant in an adult bed. Do not leave your baby in a car seat for sleeping. As much as 50% of sudden unexplained infant deaths could be prevented through education.

	700 Club CBN NewsWatch #01292014	1:00:00	5:00	REC	PA/O/E	01/29/2014	2:00 PM
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**CBN News Medical Reporter Lorie Johnson reports:** Common herbs and spices not only add flavor to your favorite dishes, the right ones can also help fight cancer, diabetes, and heart disease. But how do we incorporate them into our everyday lives? Many of us have lots of little bottles of herbs and spices in our kitchens. But too often they're just collecting dust! Sadly, we only use them for special occasions, like Thanksgiving. Now it's time to open the right ones more often for better tasting dishes and an even healthier lifestyle. Herbs and spices come from plants. The difference is herbs, like basil, rosemary, and oregano, come from the leaves, whereas spices come from the other parts. For instance cinnamon comes from the bark; ginger comes from the root. Just a teaspoon of cinnamon packs a powerful punch. Turmeric is one of the healthiest spices around. In fact, it was actually used as medicine in ancient cultures. Turmeric is a beautiful yellow color and has a rich, smoky flavor. The great thing about using herbs and spices to flavor food is that we rely less on sugar and salt for taste. Garlic, for example, is a versatile food that fits a variety of needs. To get the greatest health benefit, let it sit for 15 minutes after chopping. If you do cook it, make sure to keep the temperature low. Add raw garlic to salad dressing, or cook it in pasta sauce. Speaking of Italian cuisine, oregano, common in Italian food, is gram-for-gram the highest in antioxidants of all the herbs. Ginger is a healthy addition to tea, desserts, side dishes, and main dishes. The wonderful flavor from herbs and spices translates into eating less because we tend to feel satisfied sooner than when we eat bland foods, according to research. The active compounds in herbs and spices degrade over time, so purchase the brands with the "Best By" dates on them. Also store them in airtight containers away from heat, moisture, and direct sunlight. While dried is great, fresh is even better! You just need to use twice as much fresh than dried. You can find fresh herbs and spices in the produce department of your grocery store. You can also grow many at home, even inside! So step out of your comfort zone and start using herbs and spices in your everyday cooking — for better taste and better health!

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## HEALTH

700 Club CBN NewsWatch #02062014		1:00:00	5:00	REC	PA/O/E	02/06/2014	2:00 PM
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**CBN News Medical Reporter Lorie Johnson reports:** According to President Barack Obama, expanding his signature health care law will be a major priority during the remainder of his administration even though polls show Americans don't want it. Obamacare has been around in one form or another for more than three years now, but most Americans still don't know what it means for them and their families, including members of Congress. More than half of Obamacare is paid for with cuts to Medicare, mostly what Medicare pays hospitals. One result will be hospital cutbacks, which will likely mean a reduction in nursing staff. If you know you're entering the hospital, you should put aside some of your own money to hire a private duty nurse, at least for the first night or two. Those Medicare cuts will also hit individual doctors as their reimbursements for treating their Medicare patients will drop. So plan ahead. We all confide things to our doctor that we wouldn't tell anyone else. But under Obamacare, doctors are required to enter all that private information in a computer. We've all seen the headlines, from the Target credit card breach to National Security Agency spying ~ it's clear that sometimes our private information on the web can fall into the wrong hands. So take precautions. This year an estimated 25 million people will lose the health insurance they have through work. Employers won't be able to afford the new small group plans that contain all the benefits the government requires. So don't be caught off guard. If your company insurance goes away, you'll need to budget more for healthcare.

Switch On Your Brain #001		28:30	28:30	REC	PA/O/E	01/07/2014	11:30 AM
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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. You are completely unaware of ninety to ninety-nine percent of the activity going on inside your brain. Right now you are processing information through your five senses into your brain. Your mind activity is a signal that goes to the DNA, to the gene code, which is just sitting there dormant waiting for your signal, and then as soon as your signals comes, it switches on and you start making amino acids, which group into proteins and you grow trees in your brain which are thoughts, right now at 400 billion actions per second. You are creatively growing stuff inside of your brain. 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. Even though every human's brain follows the same euro physiology and the structures of the brain and those kinds of things look the same, the way that

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you uniquely perceive the world means that you will design your own architectural landscape of your brain. So the way you perceive the world is reflected in the physical structure of the brain and we call that the law of diversity. 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.

## HEALTH

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	01/14/2014	11:30 AM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. The hardware that is fixed is the wired for love. We are made in God's image. That's our original design. That's our normal. That's our default mode. That is who we are, but God gave us free will. In life, we run the software, and that software is how we process the events and circumstances of life and how we actually design the landscape of our brain, so the software is how we uniquely process that information according to what is already inside of us. Moment by moment of every day we are thinking. So moment by moment of every day, we are changing the software and changing the reactions. We get stuck in certain habits. Whatever you think about the most will grow. So whatever program you design to work in that way, the hardware then responds. So if you don't change the software signal, and it's always the same signal, the hardware will just respond in the same way. But if your software says this hardware is not good, then you can change the software. This is all mind activity. By having an awareness of this life that we're living as hardware, we can use our mind to change that and bring ourselves into the natural state, which is wired for love. It's all choices. It's all mind work. The non-conscious part of your mind works at 400 billion actions per second. In the non-conscious part of your mind it guides the conscious part of your mind. The conscious part of your mind operates at 2,000 bits of information per second. The non-conscious mind is pretty much that part of who we are. It is all the thoughts that we have been building from conception to our current age, that are driving our conscious minds. At any given time there are only a few thoughts in our conscious mind. Thoughts move in and out of the conscious mind as they are required in order for you to function. The non-conscious mind has trillions and trillions of thoughts and they can be changed. Those thoughts that you have implanted in your mind can be altered and changed as they move into the conscious mind and then move back into the non-conscious mind. We have structures in the depths of our brain called the "Default Mode Network" which is a group of circuits that span the structures in the middle of the brain. The Default Mode Network, think of it as a conductor. All of the circuits inside your brain work together like an orchestra when you are using your mind properly. 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

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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 are wired for love. We know right from wrong. Our natural default mode is one of love, which is choosing well. When you make a bad choice you are going to have a physical consequence inside the brain. Your brain has no structure for bad choices. We're wired for love. We were designed to make good choices. If you make bad choices you're going to have a negative physical reaction inside our brain, literally you will build a negative toxic tree inside of your brain, and that will impact your physical body, soul, and spiritual development. You are wired for love. 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.

## HEALTH

Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	01/21/2014	11:30 AM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. As you are thinking and choosing your DNA actually expresses, which means it makes proteins, and those proteins group together and you grow thoughts that look like trees. Sometimes we choose badly. Instead of the proteins forming correctly they actually form incorrectly. You can actually see the result of a toxic choice inside the brain as literally this toxic tree. If you think of the analogy of a forest where there has been a forest fire, there's this huge black patch and that's kind of what our toxic thoughts look like. Our body recognizes it as an abnormal structure. Our brain actually reacts negatively to a toxic thought. Toxic thoughts are like these foreign invaders and they increase our vulnerability to disease. Seventy-five to ninety-eight percent of current mental, physical behavioral illnesses today come from toxic thinking. 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. When we think and choose badly and we wire those toxic thoughts into our brain, those toxic thoughts are seen as foreign invaders inside of our brain and this is because we are wired for love and we have to learn fear, so therefore the toxic choice is actually a fear response. Not fear as in scared, but fear as in negative; anything on the negative side like discouragement, despair, hatred, anxiety, worry, etc. You are in life processing. You're in these events and circumstances of life, those things are coming in through your five senses, you are thinking these things through, and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces that we can measure through quantum physics and describe through using quantum physics and brain science. So if with our mind we make a bad choice that spiritually is going to have a whole lot of consequences on the way that your mind is functioning as well as your spiritual development, but it also makes a huge impact on the way that the body functions. 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. They're talking about the big five as well as just down to getting a

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virus like a flu or something like that. These manifestations of illness and physical illness inside of our bodies, seventy-five to ninety-eight percent of it, comes from our thought life. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. When we have a flu or a virus or something passing through our body, our immune system is immediately activated to fight that invasion. So anything that is not part of the normal cycles or structure or function of the brain is treated in the same way. Our thinking produces physical realities in the brain, actual physical little thoughts that look like little trees. When it is a healthy thought, the trees look healthy and are balanced. But when we make a bad choice we literally throw our brain into neurochemical chaos. The dead tree represents a negative thought, a bad choice. When we make the decision to choose things incorrectly, we upset the natural function of the brain, which is for love. So every time you express your genetic expression happens, which is the result of your thinking. Your thinking is the signal that causes these proteins to express and to capture this information in the form of a tree. The green tree represents the healthy tree; this is your norm. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Our normal is a sound mind. The abnormal is an unsound mind. We're in a world that says depression is normal, anxiety is normal, the negative is normal, worrying, etc. is just a part of life. It's not part of life. It is the result of choices we have made. Scientists and medical research show the same thing. Toxic thinking, bottom line, makes you sick. When you think badly sickness will manifest in some way. When you make a bad decision and you choose to do the wrong thing, when you choose to think a negative thought or a toxic thought, your peace goes. When we are choosing incorrectly, we are going to grow toxic thoughts. We need to recognize that this is what causes a lack of peace in us, but this is not a death sentence. Your brain controls every single cell of your body. Your brain is designed to be controlled by your soul, which is your mind realm; your thinking, your choosing, and your feeling, changes the physical structure of your brain. Your brain and your body represent the physical result of the decisions of our mind, and if we make bad decisions, and we wire in the toxic zone, we will feel the impact inside of our body. Science is showing that when we aren't positive, when we're negative, when we don't forgive, when we do all the stuff that we're not supposed to do, and enter that zone, we will physically change the nature of our brain. As you think, and as you choose, and as you make proteins, you are growing branches, and the branches are all attached to these trees, and these trees are all intertwined in each other. Your brain is about the size of your two fists. 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. When you make a good decision it looks healthy, but when you make a bad decision your heart gets affected, and everything gets affected, and it creates like a black cloud. So what we find inside of the brain when someone is not thinking like they should, when they're making bad decisions, operating in the negative domain, this causes a reaction in your heart, which causes a reaction in your DNA, which causes a reaction in the chemicals of your body and the result is that you actually build this distorted image which is recognized by the body as a viral invasion, or as an invasion. It is not seen as the norm. Now, when you cut yourself or you hurt yourself, immediately your body releases C-reactive protein, plus a bunch of other stuff, but C-reactive protein is a manager one, and the C-reactive protein goes to that site to try and help to heal. It's a part of the healing process, but in the healing process there is inflammation. The first reaction is inflammation occurs. When doctors are looking for signs of a viral invasion in a body, they look at the C-reactive protein count. If you have a lot of those in the body, there is something going on. Your body physiologically reacts to damage, to viral infections, to physical damage by releasing these C-reactive proteins. 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 brings 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. Every choice you make has a consequence. You're a thinking being and moment by moment of every day, you are thinking and you are choosing, and those choices that you make become physical realities inside of your brain. This is a scientific fact as well as being a spiritual fact. So when we choose the wrong choices, the toxic choices, the despair, discouragement, irritation, frustration, you name it, we're going to have a physical result inside of our brain because thoughts are real and they take up mental real estate. The toxic choice impacts how you function. 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 #004	28:30	28:30	REC	PA/O/E	01/28/2014	11:30 AM
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**Today on Switch on Your Brain Dr. Caroline Leaf** discusses stress. There is good and bad stress. Stress is how your brain and your body reacts to how you're thinking. When you are in a positive state of stress, which is stage one, your neurons are lining up and everything is happening like it should. Stage two and three of stress is considered negative stress. Your body goes into negative stress when you build toxic thoughts. Every cell in your body is subject to every toxic thought that you keep, increasing vulnerability to illness and disease. When we make a negative choice we throw our body into a state of toxicity. Science tells us that seventy-five to ninety-eight percent of current mental, physical, and behavioral illnesses come from our thought life. There are three stages of stress. Stress stage one is actually good. It is normal and is the natural flow of the brain in helping us as humans to focus and deal with life. When we make a bad choice, we actually upset the natural cycle of stress and upset the natural flow of chemicals and cause an imbalance in our thinking. So good stress becomes bad stress and we move into stage two of stress where we have neurochemical chaos. As we're thinking and processing information, we have about 30 neurotransmitters and 1,400 different chemical reactions happening while we are just living. But as we enter stage two of stress, which is caused by a bad decision, which is caused by a toxic thought that we physically build in our brain, we cause neurochemical chaos, upsetting those 1,400 chemical reactions and 30 neurotransmitters. Stage three of stress is when we stay in stage two of stress for a long time; when we've kept those bad habits, when we've kept those toxic thoughts, and we just don't move beyond and nurse those things and suppress them in our subconscious mind. When it's there for too long, eventually, the damage becomes greater and greater, and we shift over into stage three of stress, which is a good thing gone really bad and doctor's generally talk about that as the death zone. Stress is the body's reaction to the foreign invasion of a toxic thought. Your choice, which is your reaction, determines if stress will make or break you. Every single cell in our body has like little doorways on it. Every single cell has multiple receptors for a specific purpose, little doors and windows, each letting in certain chemicals, certain substances, at certain times, in certain amounts. It is called cell specificity. When it's all going like it should, when you are in stress stage one, which is the good stress, when you're thinking correctly and making right choices, when you are in line with your wired for love natural design, then the receptors work correctly. The minute we think and choose and make a toxic decision, when we move into the wrong way of thinking, out of alignment with our natural way of thinking that causes neurochemical chaos in the body. When we have neurochemical chaos in the body that literally causes the doorways to be ripped off the hinges, causing the windows to be shattered, removing protection from the cells. Now whatever is flowing through the bloodstream, whether it's chemicals that you've inhaled from a perfume that you've sprayed, or food that you've eaten, the incorrect balance of chemical signals from a toxic reaction. All of that is actually reality inside of our blood flow. Now that can enter into the cell and into the heart of the cell, which is the DNA, and affect the way in which the genes express and effect the way in which you hold thoughts. Your spirit is the true you. It's who you've really been created to be. Your soul is your intellect, your will and your emotions, so your soul is your mind realm. Your physical body houses your spirit and your soul, so your brain is part of your physical body. The way we are designed is that the Holy Spirit guides your spirit. Your spirit guides your soul. Your soul dominates your body. Your thinking mind controls matter. Your thinking is changing the structure of your brain and your body. The Holy Spirit lays down in your spirit what you know to be the correct thing, but it is with your mind that you must appropriate that. It is with your mind that you understand what the spirit knows. We've all been at the place where we know what we're supposed to do and can even quote the scripture, but our mind is still not really believing what is true. This is called in scientific terms: cognitive dissonance or lies. You are getting input through stimulus or signals from the external to the internal part of your mind through your five senses, so your five senses are the contact between the external world and the internal world of your mind. When these signals move into your mind they're moving as electromagnetic impulses, waves, and all kinds of fantastic things, and they are in a temporary state and they move through the hundred structures of your brain. You're in the events and circumstances of life and the enemy comes and distorts those events and circumstances. When someone speaks you receive those signals, you process and think about it with your mind. As you're thinking, you cause your brain to genetically express, which means your brain has a physical reaction to your thinking. Thinking is an electromagnetic wave, which is a signal that causes your brain to make proteins. Those proteins group together into little branches that hold information that you are

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hearing. The stuff from outside becomes a physical reality inside. You receive it, but you have a choice. You, with your mind, have to choose whether you are going to appropriate the truth of God and step into His grace, and the signal that changes your brain is your mind. What you are thinking changes your brain. Your brain then controls your body. Your brain then receives either a negative signal or a positive signal. The lie of the enemy has no strength, no substance, until you take it and make it physical substance. Whatever you think about will produce an action and words. Everything that you say and do in your life is first a thought that you have built inside of your head. Your thoughts are the source. As a man thinks in his heart so is he. You don't have stress chemicals in your body, you have chemicals that flow in the wrong quantities. Everything inside your brain and your body is designed for perfection. When we make bad choices we disrupt the natural rhythm of the physical body that we live in. There have been thousands of studies showing how the physical heart is linked to the brain. In the heart there is a mini little brain that has about 40,000 nerve cells. This little mini-brain inside your heart is connected to your brain and what happens is that as you are processing the events and circumstances of life, as you are reacting to the events and circumstances of life, as you the observer outside of the system are observing the events and circumstances of life, as you're intellectualizing through the events and circumstances of life, you are then going to make a choice. You will always make a choice. This is how you are designed. Thinking leads to a choice. Put your past behind you. Acknowledge, confess and repent to rewire your thinking. It's time to stand up and take responsibility for our thought life. Stress literally causes brain damage. We cause our own brain damage every time we make a toxic choice and throw our body into negative stress. Positive stress is good, that happens as you're thinking and making good choices. Negative stress stage two and three is when you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

**HEALTH**

Switch On Your Brain #005	28:30	28:30	REC	PA/O/E	02/04/2014	11:30 AM
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**oday on Switch On Your Brain Dr. Caroline Leaf** discusses the ability to change and renew your mind. You can rewire your brain. You can change and get rid of those toxic thoughts. As a man thinks in his heart so is he. What we have wired into our brain very much determines what we say and what we do. If it's a toxic thought it produces toxic words and actions. You don't have to get stuck in that. We're not a victim of our biology. We can change that. We can rewire and get rid of it. In science we call this neuroplasticity. Neuro means brain and plastic means to change. You are designed to change your brain. It takes time. It takes a full twenty-one days according to the science to breakdown a thought. You are in control. You can break those thoughts down. Renewing our mind means that we change our thoughts. You are a thinking being. Thoughts are real things and they occupy mental real estate. If you have a toxic thought it causes physical change in our body, which is toxic. If you have a healthy thought it brings health to our bodies. This is what science has found that when you have a healthy thought you have health in your body. Toxic thinking brings a lack of health to your body. You have a non-conscious mind and you have a conscious mind. Your non-conscious mind operates twenty-four hours a day. Your non-conscious mind operates at four hundred billion actions per second and that non-conscious mind drives the conscious mind. Your conscious mind is what you do when you're awake. The conscious mind only operates when you're awake but it is driven and controlled by the non-conscious mind. At any one time around about four to seven thoughts are in the conscious mind. As a thought moves from the non-conscious to the conscious, it becomes malleable, plastic, changeable, and this is when we start doing brain surgery. This is a massive breakthrough in brain science, and psychiatry and the world of psychology. It was once thought that the brain could not be changed because it is fixed and immutable; it's a machine. Research now shows that your brain does re-grow; it is neuroplastic. Every day you get new brain cells. When you bring a thought into the conscious mind, there's a massive change that occurs inside the networks of our brain. We see a physical change in the brain. In the mind realm there is a massive change and in the spiritual realm there is a massive change. As soon as we bravely take the initiative of acknowledging our wrong doing, our sin, our stronghold, our toxic thought, whatever you want to call it, then immediately we see the work of the cross coming into action. This is really, I believe, where the Grace of God hits us because when we see this is who I've become but the truth is that I'm wired for love, Jesus died on the cross, and He rose again on the third day. I can believe this. That is knowledge you have built in as a tree. That is something you had to process and build in as a tree and as you are using this healthy thought you look at the negative so you start talking about the

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

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situation and you start acknowledging, repenting; all that is a process that takes a minimum of twenty-one days. This thing that you thought up is filled with emotion. Every thought that you've built has got emotion and information. The information of the event plus the emotion attached to that event. When it's in the non-conscious the emotions are operative, but when it moves to the conscious mind those emotions become feelings, so we experience the emotion. So as you talk through you redesign this whole thing, meltdown the toxicity, eliminate and get rid of all the negative toxic emotion, and toxic feelings, and you rebuild a healthy truth that says this is how I used to be. This is the negative reaction I used to have. You have these lights going on in your head. You suddenly get this insight and awareness because as you're going through this process the Holy Spirit is laying down in your spirit what you actually know to be truth, and then with your mind you're starting to understand truth, and as you start doing this conscious work of understanding the truth and rebuilding a healthy thought, you overcome. When you make bad choices the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God, you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. 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. On day three or day four, most people just stop. When you just stop and give up that is a decision of your mind. You chose to stop and give up. You could have chosen to push through with diligence and perseverance. 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. It takes at least sixty-three days to make a major change in your life. In science what we have found is that in order to build a stable memory; that means that something is there and they're not going to go away unless you change it, which you can do, you have to go through a process of up to twenty-one days to build a basic new little memory. It also takes twenty-one days to break down a memory. You may have been thinking in a negative pattern for the last thirty years. In just twenty-one days, you can get rid of that toxic tree and at the same time rebuild a healthy tree. You have to push through. Awareness is the signal that starts breaking down the toxic tree. You have to push through because the first two days there are a lot of chemicals flowing that will give you a lot of motivation. Day three and day four those chemicals stabilize. You have to push through beyond day three and day four, because even though you may not feel it, major change is occurring in your brain on the nonconscious level. If you think of a tree and you think of the branches on the tree, the branches have to get stuck to the tree. By day seven the branch is stuck with like a little bump. By day fourteen the connection between the branch and the branch that it is growing from has become like a lollipop. It's only on day twenty-one that the connection has become like a mushroom or an umbrella. What that means is that when it is in that shape the protein has become self-sustaining. The memory has become stabilized. It will then move into an unconscious mind and it becomes something that you have worked through. So we need to push through to twenty-one days. Work on one toxic area at a time, one toxic habit at a time, one by one. If you're working twenty-one days; that means in one year you can fix seventeen areas that need fixing in your life. Most people are the same now as they were five years ago. Five times seventeen imagine what you could do! It takes seven to ten minutes a day of the exercise and five steps that are all scientific. You are your own base brain surgeon. This means that you are designed with your mind to change your thoughts. You can get rid of those thoughts. You can wire them out It's a process. It is not going to happen overnight. Most people are very motivated to change and forgive and get rid of a toxic habit in the first couple of days and that's because of chemical reactions and the motivation that occurs around that whole state. But day three, day four, historically, and statistically, people tend to give up. We've got to push through. Science shows us that once we're aware of a toxic thought, we need to focus in on working on one toxic thought, which has a whole lot of branches growing out of it like a tree trunk which is the root with all the toxic branches and manifestations growing out of it. Science shows us that twenty-one days is the minimum that it takes to break down a toxic thought, and as you're popping off those branches and rewiring, you are also building up at the same time a healthy new thought.

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## HEALTH

	Switch On Your Brain #006	28:30	28:30	REC	PA/O/E	02/11/2014	11:30 AM
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**Today on Switch on Your Brain Dr. Caroline Leaf** discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. If you, with your thinking, choose to "I can't" you will get stuck. When we say, "I can't" we are building ourselves and locking ourselves in. The minute patients were desperate enough to change, the minute they directed their attention in the direction of "I can" things started happening. Realize that "I can't" can become "I can," that it's a choice that you make and you don't have to be bound in that depression and negativity. Those are all manifestations. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside or our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. The ability of humans to be able to be positive over the negative, to be able to heal over the addiction, is so much stronger than the negative. That's what we need to hang on to and that will help you start. When you recognize that we have this ability to break our chains, that our thinking is more powerful than the chains, the chains actually start breaking. You're a thinking being. You think all day long. You think, you choose, you build. As you're thinking and choosing, you're expressing proteins, which is genetic expression building proteins, and you're building these brain cells inside of your brain. Now if you make bad choices, the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific. Science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you

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say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. We've got to have an alignment here. We've got to make sure that when we start saying the "I can" that we are hooking it on to the truth of the Word of God and that we mean it. Even if we are just trying to go through the process; "I'm really trying to believe that I can do this," that sometimes takes twenty-one days just to convince yourself that you actually can apply the Word of God. Its baby steps all the way through. It's only when you start to thank God that He actually listens. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remodeling chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. Someone is about to make a good decision to be thankful, to be in a state of praise. The brain changes accordingly. The brain gets hyped up in a good sense and excited in anticipation of the good things. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." "I can't" is a decision. When you make the correct decision, your natural wiring is to make correct decisions. When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. "I can't" is a decision. Never think "I can't" is a cop out, it is a decision. "I can't" is not neutral. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. When you say "I can't" you're building an "I can't" thought network into your brain that keeps you stuck and bound and chained. You're capable of changing that. You're capable of changing the "I can't" into the "I can."

## HEALTH

Switch On Your Brain #007	28:30	28:30	REC	PA/O/E	02/18/2014	11:30 AM
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**Today on Switch on Your Brain Dr. Caroline Leaf** asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. When we believe a lie that means we have processed it through our brain. Whatever you think about the most will grow. One lie that you constantly think about can grow and influence how you function. We need to catch those lies. We need to be more discerning and be aware of what lies are we actually believing in our brain. You are in life processing. In the events and circumstances of life those things are coming in through your five senses. You are thinking these things through and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. Lies are empty until we process them into something. We need to watch the lies that we're believing because people can say things into our lives. They can speak things and things can happen. We process that, and as that information comes, we think about that and it becomes these physical realities inside our brain. The minute they actually become physical realities, we start acting on them, because they become a part of our non-conscious mind and everything you say and do was first a thought inside your head. When someone says something to you or something happens, or a circumstance happens, and we make these assumptions, we are believing the lies of the enemy and we are taking it inside our mind and making it into physical realities. We have love, power, and a sound mind wired into our brain. Our norm is not to make bad choices. Our norm is to make good choices. We have to develop our spirit of discernment. We have to become much more aware of what we are doing with our mind. You are triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it

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connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. You're in life and life is filled with events and circumstances. You cannot control the events and circumstances of life, but you can control your reaction. What science quantum physic tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an in credibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your of head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewire that that will start freeing you. That realization that this is not who you are, that you can rewire it that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain. If you start thinking about it more, you then act upon that because whatever we do is coming from these thoughts that we've built in our non-conscious mind. The more you think about it the bigger it gets. The more you meditate the bigger it gets. If you're in a crisis situation, what are you going to revert to? The thing you're thinking about the most. Heb 11:1 in reverse. Faith is substance. When you are building your faith in something you are building a physical network. Your brain is following the structure of your mind. Gen 11:6 Faith. Substance. Imagination. All of it is building substance. Substance is stuff; something physical. As you are thinking, you are creating thoughts. You first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. How do we know what is truth in terms of making decisions about whether something is good or something is bad? First of all, you are wired for love. It's the scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline, that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating "Is this thought in alignment with God or is it in alignment with the worldly way of thinking." We can train ourselves to discern because our basic nature is one of knowing good from evil. Whatever negative thing you are saying inside of your head, you've taken a lie, which was nothing, and made it something. A lie cannot be measured. Light is what we measure. Darkness is the absence of light. A lie is the absence of truth. We measure truth. We cannot measure a lie. If a lie is put in your soul, and in your mind, and you think, you're going to make proteins, and those proteins are going to become realities. They become physical substance in your body. Your mind controls your body even down to the subatomic level. That is why when you pray your words influence the subatomic level. Your thoughts change the C-reactive proteins in your body. Your thoughts, your words, change everything right down to the DNA level.

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## HEALTH

Switch On Your Brain #008	28:30	28:30	REC	PA/O/E	02/25/2014	11:30 AM
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**Today on Switch on Your Brain Dr. Caroline Leaf** discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are layed down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions. In other words, your mind. You live in a body which is dominated by the brain. Whatever you say and whatever you do, it first comes from a root, and that root is something that you have planted inside the depths of your mind. So it's a bit like we've taken these toxic things and we've put them in this baggage and we try to pull this along with us and we go to bed with it and we've always got this baggage with us and we never let it go and it's heavy and it makes us feel weighed down and that is literally what we're doing when you keep a negative thing in your life. When you keep an unforgiveness, anger, frustration, irritation, a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. This baggage will affect the way that we are perceiving life because this baggage is deep down in our non-conscious mind and the way we perceive life is going to be through these memories in our non-conscious mind. Each time something reminds us of an event or circumstance of life, it reminds us of that piece of baggage. It will move it to the conscious mind and influence how you handle that situation. Until you remove it you're going to continue in your toxic pathway. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. And that's what happens in life as we're going on, we're building these thoughts. We build thoughts with our thinking, our mind, our intellect, our will and our emotions, the thing in the middle that impacts the spirit and the body. As we think, our brain is housing, and capturing, and building, these thoughts, and then these thoughts impact back into our mind because these thoughts get built and then they get layed down in the non-conscious part of our mind. Your thoughts are real. They occupy mental real estate. You think all day long. You're a thinking being designed in the image of God. At nighttime when you're sleeping you are still thinking, but you're sorting out your thoughts. Your non-conscious mind houses all these thoughts. Your non-conscious mind operates twenty-four hours a day, it's always going at 400 billion actions per second. Your non-conscious mind drives your conscious mind. Your conscious mind is what is awake now. It is through our conscious mind that we process information. Your first build a thought and then you speak. You live out of what you have built. If you have built toxicity in your brain, you are speaking toxicity. If you're not dealing with issues, if you've got unforgiveness, if you've got bitterness, it is toxic inside your non-conscious mind impacting how you are processing the world. Ninety-nine point nine percent of your perceptions are based upon what you have implanted in your non-conscious mind. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Everything about your life needs to be given over to God. Left unchecked, baggage will destroy your life. From your conception to your present age you have been building these thought trees. These

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thought trees are like the root of your words and your actions. So in your non-conscious mind, you've got these trillions and trillions of thoughts. Your conscious mind is driven by your non-conscious mind. So when you're in a situation and you start to have conflict, the conflict are signals that start to come in and you're building these toxic trees. Whenever you are in a similar situation, because you have not gotten rid of those toxic trees, they move into the conscious mind and there is conflict again. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. These thoughts are not isolated. Thoughts are connected. We have the phenomenal ability to stand outside ourselves and to look at ourselves, and when these things occur, we are able to overcome them. When you choose badly you build death into your mind. You build it physically. So though your mind decisions, which is the soul realm, you create a physical reality in your brain and in your body, which is the body realm, and your mind has a foot in the door of the body and a foot in the door of the spirit, so in my mind is chaos, chaotic and confused, I build that physically into the physical nature of my brain and my body. I throw every chemical, every circuit, and every part of my body into a negative toxic state. My body becomes vulnerable to illness and disease and seventy-five to ninety-eight percent of current mental, physical illnesses today come from our thought life. This is the death. When we keep negative things inside of us, when we keep the anger reactions, the unforgiveness, the bitterness, the frustrations, the things that people have done to us, when we keep these hurts inside of us, these are physical substance, real physical things, and if you keep enough of them it's like baggage, packing things into luggage, and they get heavier and heavier, and we drag these things with us and it weighs us down, and we feel emotionally weighed down. Inside of your brain that toxic thought looks different, it acts different, it creates inflammation, it sets you up for disease, because that baggage is what throws your body into stage two and three of stress, which is negative stress. It's that accumulation of those toxic negative thoughts that put you in that dangerous range of seventy-five to ninety-eight percent; the baggage of our thought life are the things that are causing the physical illnesses. We need to always remember that we operate from what we're building. So we're carry baggage and that's going to be determining how we perceive and manage life. We need to get rid of the baggage. We've wired it in, we can wire it out. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Inside of our brain God has built this whole strip in different parts of our brain of these nerve cells that operate like mirrors. We literally are built in the design of our brain to reflect each other's emotions. We're built for relationship. These mirror neurons help us to cry together, laugh together, empathize with each other, feel each other's pain, and feel each other's joy. We're naturally entangled in each other's lives. These physical structures are just one of these tangible scientific ways of understanding these incredible truths of how we're all connected to each other. God says to cast all your cares upon Him. Your job is to forgive because if you don't forgive you are connected to that person and you have given the curse of cause to land in your life. You have to forgive. Otherwise your body is suffering, your mind is suffering, and your spiritual development is suffering. Quantum physics gives us tangible evidence of God's incredible grace. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.



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**HEALTH**

	Switch On Your Brain #009	28:30	28:30	REC	PA/O/E	03/04/2014	11:30 AM
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**Today on Switch on Your Brain Dr. Caroline Leaf** discusses emotions and feelings and if can we control them. We can control our emotions and our feelings. Every thought in your head that is a physical reality doesn't just have information, it has emotions as well, and we feel that. The emotions are in the non-conscious mind and there are millions of thoughts in the non-conscious mind. At any one time in the conscious mind we have around four to seven thoughts, and they're moving in and out of the conscious mind. When a thought moves into the conscious mind it becomes a feeling. We feel those emotions. We can control them because the minute the thoughts are in the conscious mind it become changeable, which means we can change the feelings. Feelings we experience when we are consciously aware of the thought. Emotions are when the thoughts are tucked away in the non-conscious mind. We detox the thought, we get rid of the emotion, and we get rid of the feeling. We can control our emotions. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Every thought that you build inside of your brain is a physical reality. Not only do those thoughts contain information, but they also contain emotions. As you're building a thought, that thought tree, with its emotions, moves into the conscious mind from the non-conscious mind, then those thoughts are experienced as feelings. Feelings are the conscious experience that we have in our mind and in our body physically of the actual emotion, so there's a difference between emotions and feelings. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. There is a signal that goes right down to the level of your DNA and the DNA literally, like a hand reaching out and switching on a light, you are causing the light signals to be expressed and as you express those lights, as you switch on the lights, as your signal hits the DNA, so the DNA expresses and as the DNA expresses it makes proteins, and as those proteins group together you form thoughts, and chemicals get involved as well, which carry the emotions because the chemicals of the body become molecules of emotion. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. We have a forest of trees and it's raining, if you look at the trees you'll see the raindrops on the trees, those drops of rain on the trees, that's what the emotions actually look like, literally. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default, and this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good

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decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. 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 brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. The stuff coming in from the outside is an external signal. Those signals in your brain activate the genetic expression. So the stuff coming in, your thinking, activates some existing memories, and then all that combination causes the proteins to grow and you start growing some brain cells. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. So you make the decision and you can operate at multiple levels at once, so at any one time you can have a bad thought coming in and a good thought coming up and you can control this process because you are brilliant. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. This week be conscious of the thoughts that move into your conscious mind. Be conscious of the emotions that now become feelings. Remember, in the non-conscious mind they're called emotions. When they move to the conscious mind they become feelings. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

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## HEALTH

Switch On Your Brain #010		28:30	28:30	REC	PA/O/E	03/11/2014	11:30 AM
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**Today on Switch on Your Brain Dr. Caroline Leaf** discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom, it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's

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who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

## HEALTH

Switch On Your Brain #011	28:30	28:30	REC	PA/O/E	03/18/2014	11:30 AM
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**Today on Switch on Your Brain Dr. Caroline Leaf** discusses the impact of toxic thinking on your mind and body and spirit 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. The distorted signal still causes genetic expression, but what we've found in science is that the proteins fold incorrectly, they look different, they function different, and they build a toxic thought. We can see negative activity in the brain. Our mind, which is our soul realm, has one foot in the door of the spirit and one foot in the door of the body. What happens is with our mind we make decisions and those decisions impact our body and impact our spirit. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so

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therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension, you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather, and you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Every single thought that you think is generating energy, impacting you, your body, spirit, soul and body, your loved ones, the people in your environment, the people in your life, and everyone in the world. Our decisions have consequences. We are an integrated triune being, spirit, soul, and body. When we make a decision of our mind, which is what the brain does, which is the soul realm, there will be a physical reaction inside of our brain. There will be a spiritual impact on how we function, and those physical things are distortions inside of our brain that cause and manifest in things like anxiety, depression, and illness. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

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

Switch #012	On Your Brain	28:30	28:30	REC	PA/O/E	03/25/2014	11:30 AM
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**Today on Switch On Your Brain Dr. Caroline Leaf** discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship; protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm and you are thinking with wisdom and clarity. Christians who are meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, not let any thought go unchecked through our mind that's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind that moves into the conscious mind and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot

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control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

## YOUTH

Joy in Our Town 586.1	28:30	13:30	L	PA/O	01/03/14	12:00 PM
					01/04/14	02:30 AM
					01/06/14	10:30 AM
					01/07/14	02:30 AM
					01/09/14	02:30 AM

Shaundra Stallworth and District Attorney Ashley Rich discussed Bullying. Bullying used to be a rite of passage but since the introduction of Cyber space, what used to be a 1 on 1 event, now it has becomes a 1 on 100 event. Once you place a nasty comment on Facebook or Twitter you have lost control of it, it is a permanent post. Most bullies have a problem within the school or home and they act it out on others. Talk to your children, make it a priority and they will discuss their problems with you. We are instructing the family to instruct their children to tell their friends about texting the Bully Hotline. If an incident is reported to the Hotline, we investigate it first and then we will talk to the parents and allow them the opportunity to handle the problem within the home. Then we instruct the parents to seek help, to the principal, high school counselor or [www.bully.org](http://www.bully.org) to get points on helping the young people in your home.

Joy in Our Town 586.2	28:30	13:30	L	PA/O	01/03/14	12:00 PM
					01/04/14	02:30 AM
					01/06/14	10:30 AM
					01/07/14	02:30 AM
					01/09/14	02:30 AM

LaTrynnda C. Hollins and Joy Logan from Crittenton Youth Services discussed bullying in the middle school. Bullying is different than just playing or fighting. It is defined as a behavior toward another which is continuous, purposeful and meant to hurt; usually done toward someone that doesn't have the power to stand up for themselves. The person doing the bullying knows the type of person that will not stand up. The bullying is normally done 3-4 times a month. It is important that the adults recognize the signs of bullying. Many are emulating what is going on around them. The loudness, assertiveness, aggression and power control are techniques and part of bullying. Bullying is growing past the argument in the playground, bus, and hallways and now is on the internet.

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**YOUTH**

	<b>Joy in Our Town 566.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/17/14</b>	<b>12:00 PM</b>
						<b>01/18/14</b>	<b>02:30 AM</b>
						<b>01/20/14</b>	<b>10:30 AM</b>
						<b>01/21/14</b>	<b>02:30 AM</b>
						<b>01/23/14</b>	<b>02:30 AM</b>

LaTrynnda Hollins and MaKinde Gbolahan, Director of Universal Childhood Enlightenment Council, Inc. discussed the impact of increased violence among the young people. Many young people are getting caught up in problems because they have complications with acquaintances that end in violence because they are not trained how to resolve issues nonviolently. Teaching resolution skills early could avert many problems among the youth. Young people don't trust the justice systems to resolve their problems. Many come from years of observing domestic problems in the home. It is very important that parents be parents and observe what the young person is looking at on television, what type of music they are listening to. The culture around them will impact their lives, when the only positive role model is a person on TV or radio. They are in need of a reason to inspire them. How do you get through to them - to redirect their lives? There is still inequality at the schools and there is no place for arts and crafts. There is a disparity in the community and the society needs to identify the lack. The churches and the fraternities play a role in bringing changes to the community. We have gifted young people that are not being nurtured. We must try to make a difference where we can. We may not reach all of them, but you can make a difference to that one you can reach. Sit down and tell the children about your mistakes and history and let them understand that you can overcome. The relationship of God and humanity is needed to reach the young men to inspire them that there is always hope. Give to others what you love to inspire them to go on.



<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**

Joy in Our Town Nikeland Nichols 596.1	28:30	13:30	L	PA/O	03/14/14	12:00 PM
					03/15/14	02:30 AM
					03/17/14	10:30 AM
					03/18/14	02:30 AM
					03/20/14	02:30 AM

LaTrynnda Hollins and Nikeland Nichols, founder of P.U.S.H. ((Perseverance under Sever Hindrances) discussed African American men and how they are being seen by others. We just wanted to be an avenue to empower, educate, mentor, tutor and assist in the everyday lives of the young people and their families. We want to bust the myth about young people. Our goal is to help those who did not have the family love of both parents in their household and to nurture them into being better adults. Changing the way African American men are being seen through behavior and character building. Big problem, how can you be something that you have no idea how to be, just because you are and adult does not make you a man. There are tools to evaluate yourself. Being a husband and a father of five, I face many challenges without having someone to look up to. What does the man of color face that other nationalities do not face? Sometime we can get stuck in a rut of the system and not know how to progress forward. Most men are imitators we want to be the next basketball star, the next football star, want to be like the guy standing on the corner, even thou you know that he could do you harm. Most young people will test your knowledge of right and wrong, and inform you that your way is not necessarily the right way; and that their way may be the best way and you do not have all the answers, how do you convince them to change. The media is changing their minds and we must plant seeds and cultivate them and not expect immediate response overnight. Time is needed to turn that light on in their heads. When we get through you, see the change. Once we empower them then you will see change. P.U.S.H. works with the parents and gives them information that they can use to better their parenting skills. Many people want to be valued and heard. Many know the right thing to do but they are seeking that attention. Many times the one who does wrong is the one who get the attention. Many children are raised in homes where the father ruled with an iron fist and he never gave words of encouragement. Many young people have trouble being touched or embraced. Not touching them, accept to spank them, must change. Teach them to love each other, allowing them to see that love from a man can build them up. Words have power.

<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 596.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/14/14</b>	<b>12:00 PM</b>
						<b>03/15/14</b>	<b>02:30 AM</b>
						<b>03/17/14</b>	<b>10:30 AM</b>
						<b>03/18/14</b>	<b>02:30 AM</b>
						<b>03/20/14</b>	<b>02:30 AM</b>

LaTrynnda Hollins and Nikeland Nichols, founder of P.U.S.H. discuss mentorship and the aspects of mentoring. The definition of a true mentor is one that values a person and wants to develop a relationship and be dependable to that person. Destructive behavior is there and is not helped when we place labels on the youth; they respond to the label. Labels can damage. The unresolved anger issues coupled with negativity bring down self-esteem. The media plays a part in how they respond to each other and the music they listen to sounds angry and enraged. Many are just imitating what they see. Everyone can mentor, just be a leader. Everyone is leading someone just look around you. These young men are watching you and would love to have a true relationship with you. The child cannot find mentors if they don't ask, you will be surprised with what asking can do. If that child has been in trouble before and now they are asking after they have been let down many times before, then the parent or adult need to look at them and hear their heart. Parents need to think about the child and don't give up on them. Then look at the actions behind what they say. How they are studying and doing what they can do in excellence. These are sparks that tell you they are ready. The trends and lack of identity of the young men of color is sad but you must realize that you cannot help all. Let's reach those who want change. Like the 13 year old young man in and out of Strickland Center, who had dropped out of school and came to P.U.S.H and is now in higher education, when he remembers what gave him the PUSH to do better.

<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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**SENIOR**

	<b>Joy in Our Town 587.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/10/14</b>	<b>12:00 PM</b>
						<b>01/11/14</b>	<b>02:30 AM</b>
						<b>01/13/14</b>	<b>10:30 AM</b>
						<b>01/14/14</b>	<b>02:30 AM</b>
						<b>01/15/14</b>	<b>02:30 AM</b>
						<b>01/16/14</b>	<b>02:30 AM</b>

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

	<b>Joy in Our Town 587.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/10/14</b>	<b>12:00 PM</b>
						<b>01/11/14</b>	<b>02:30 AM</b>
						<b>01/13/14</b>	<b>10:30 AM</b>
						<b>01/14/14</b>	<b>02:30 AM</b>
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						<b>01/16/14</b>	<b>02:30 AM</b>

LaTrynnda Hollins and Della Sanchez, Coordinator Alabama Cares from South Alabama Regional Planning Commission & Area Agency on Aging discussed Legal and financial planning for seniors with Alzheimer. You need to have a truthful conversation about your finances and allow the family to prepare while they can still be part of the decision. Get a power of attorney to make these major decisions for them when they cannot make those decisions for themselves. When children began to see parents exhibit this behavior, they should guard their finances from scammers that prey on the elderly.

<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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Contact an elder law attorney to make sure decisions are made before there is a crisis. Once you perceive the threat take charge. Start early having the conversation with your parents. Press that conversation early to protect the rest of the family. Many services are available once they are officially diagnosed and pass the eligibility requirements. The fact is that they may talk fine, but their mind is wandering. They are not aware of what they are doing and this seems normal to them. You see it instantly when you come in the home. There are many that are out there with nobody caring for them.

**SENIORS**

<b>Joy in Our Town 598.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/21/14</b>	<b>12:00 PM</b>
					<b>03/22/14</b>	<b>02:30 AM</b>
					<b>03/24/14</b>	<b>10:30 AM</b>
					<b>03/25/14</b>	<b>02:30 AM</b>
					<b>03/27/14</b>	<b>02:30 AM</b>

LaTrynnda C. Hollins and Ruby McMillian, President from the Common Touch, Inc. discussed the seniors needing assistance. Many seniors are not able to take care of all of their daily needs and many have little or no family support to help them. Giving up your independence is not always easy, presenting options, giving them a choice aids in the transitioning into a life of assisted living. Having someone there for the A D L's (Bathing, dressing, transferring, toileting, eating) is sometimes overwhelming for the senior finding themselves in this situation. One way to prepare for your own retirement years is to secure Long Term Care Insurance and Reverse Mortgage. If you own your home use the reverse mortgage for your personal care. The mortgage is normally 70% of the value of the home. Take a portion of that money, invest in a few foreclosure homes, and put your family in them. Shop around Visit a few of the assisted living facilities and make certain that the activities directory and the owner of the center works with you. In assisted living you must be able to take care of your own ADL's. They vary by prices and amenities.

<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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**SENIORS**

<b>Joy in Our Town 598.2 Seniors</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/21/14</b>	<b>12:00 PM</b>
					<b>03/22/14</b>	<b>02:30 AM</b>
					<b>03/24/14</b>	<b>10:30 AM</b>
					<b>03/25/14</b>	<b>02:30 AM</b>
					<b>03/27/14</b>	<b>02:30 AM</b>

LaTrynnda C. Hollins and Ruby McMillian, President from the Common Touch empowerment center, Inc. discussed seniors after 60. What are seniors needing that they are not getting? We are not appreciating the value that they have to give to our lives. We should be sitting down and embracing our seniors and embracing their wisdom. Many people are saying that 60 is the new 40. That is true, unless a tragedy changes their mindset. Then it is the time to be a social butterfly. Spend time with them and go to some of the senior citizens centers with them and get involved, make the first step. Stop watching others get involved. Call the area agency on aging and other senior agencies. They will set up a companion person to match like people together. There are resources for people without family. Alabama Companion Care is run by seniors 55 and older, to take you shopping, and to doctors' appointments. They want to be involved in the lives of others. The faith based community teaches you that giving yourself to others will enrich your time. Take time, don't rush them - give them time. Only 50% of the aging population is ready for their senior years and ready for retirement. Stay active, get involved, watch your diet, build muscles, and prepare for those years, now. Now is the time to prepare your mind for change. Know what your cholesterol levels are, what your blood pressure is, and what it takes to produce a vibrant life. We live in such a fast paced life, we forget to take time to take care of ourselves.

<b>Joy in Our Town 566.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/17/14</b>	<b>12:00 PM</b>
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					<b>01/21/14</b>	<b>02:30 AM</b>
					<b>01/23/14</b>	<b>02:30 AM</b>

LaTrynnda Hollins and Elder MaKinde Gbolahan, Director of Universal Childhood Enlightenment Council, Inc. discussed the challenges of seniors and their care givers. Families of the past kept their family members at home with them and they remained in their own home. Today, many times that is not possible. One family member is tasked with the responsibility of taking care of the senior family member and in turn that person's health deteriorates. The caregiver can become abusive if not given a break. The care giver is trying to work, take care of their own families, and the senior family members. The care giver needs to understand that they cannot do it on their own. Present a detailed

<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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care plan that includes a nutritional plan. Be prepared for insomnia and over medicating. Don't be afraid to ask for help. Families need to seek outside help. Let them help, get adequate meals, and a break. Seniors need to plan for their retirement, and seek other ways to prepare for aging instead of relying on their social security. Many children are returning home due to financial down turns in the economy; the combined income would work if the children and the parents can work together.

## **DRUGS & ALCOHOL**

<b>Joy in Our Town 589.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/14/14</b>	<b>12:00 PM</b>
					<b>02/15/14</b>	<b>02:30 AM</b>
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					<b>02/18/14</b>	<b>02:30 AM</b>
					<b>02/20/14</b>	<b>02:30 AM</b>

LaTrynnda and Melvin Richardson from Serenity Care, Inc. talked about the problem of substance abuse. Melvin has been shot twice, left homeless, and is a recovering alcoholic. That explains the passion that he has for the center and the guest that comes within their walls. It varies as to how and why some people receive the recovery and it works. For others it does not work because they are trying to survive, believing that they can carry on day to day and keep it under control. In fact, you have to change your ways and sometimes your friends, to kick substance abuse. The one that can do drugs and function is the worst because they are in some form of denial. They need to take a serious look at their life and see the real problem. Allowing children to watch Reality shows is highlighting the person with their drink in their hand, appearing cool and in control. Alcohol has been accepted as a sociable experience, and treated as if there is no problem. This is not reality because the reality show doesn't show you what happens after the cameras are turned off. Once an addict always an addict; is a fair label, if you don't make a change. God gives us each day and one drink can put you back into that cycle because we are human and we think that we are in control. After that lack of judgment you will find yourself back in the midst of an old habit; because we are addicted to what makes us feel good. The only way to conquer this is through God. Legalizing marijuana in Colorado has only heightened our need to find our secret closet and pray. Pray regarding the mixture of the United States and the cartel from Mexico, sending drugs to the USA. All levels of life will change. People are walking around high, driving high, waiting on their next high on marijuana. Just like the prescription pills we are asking for trouble.

<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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**DRUGS & ALCOHOL**

	<b>Joy in Our Town 589.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/14/14</b>	<b>12:00 PM</b>
						<b>02/15/14</b>	<b>02:30 AM</b>
						<b>02/17/14</b>	<b>10:30 AM</b>
						<b>02/18/14</b>	<b>02:30 AM</b>
						<b>02/20/14</b>	<b>02:30 AM</b>

LaTrynnda and Melvin Richardson from Serenity Care, Inc. talked about the changing faces of drugs. Drugs are evolving. There is an influx of crystal meth, synthetic marijuana, and spice. The user are learning to prepare their own drugs and the easy access of these items has caused it to branch to younger people. There is a behavior that is associated with what drug you are taking. The choice of drugs runs by age groups. Older people are more likely to abuse alcohol than the younger person. The war on drugs is just a saying but the problem is getting worse. The police are trying but as much money as the drug dealer makes it is hard to control. You arrest one dealer and another will pop up and take his place. The success of the center is based on a harder approach to the client. There is only so much can be done. If you want to stay on the bottom then there is nothing anyone can do to help. There are actions and attitudes in some that want to humble themselves, to take this structured behavior and allow someone else to direct your life for the next 60-90 days. Once you want to do better then you will. There are 20-30 other people that want that same bed and will try harder. The focus is to remove the drug dealers off the street and allocate money to get these people help until they are able to support themselves again.

<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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**DRUGS & ALCOHOL**

	<b>Joy in Our Town 593.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/28/14</b>	<b>12:00 PM</b>
						<b>03/01/14</b>	<b>02:30 AM</b>
						<b>03/03/14</b>	<b>10:30 AM</b>
						<b>03/04/14</b>	<b>02:30 AM</b>
						<b>03/06/14</b>	<b>02:30 AM</b>

LaTrynnda host and Jim Jordan, Executive Director Mission of Hope and Brittany Ezell, Public Relations Director discussed the Impact of Drugs on Society. There is a war, and it is not just a war on drugs, it is a war over the devil and his kingdom. We wrestle not against flesh and blood, but against principalities, powers, and spiritual wickedness in high places. It is a problem of the human heart. Heroin is making a comeback, Hollywood is glamorizing drug use. Striving to get right down where people are, where people are robbed, beaten up; we have to reach them at that level, touching the real battle on the streets. Marijuana use leads to more addictive and dangerous drugs. A few decades ago, America thought legalizing alcohol was the answer, but you see how that turned out there are more DUI's, more drunk driving, more people killed by drunk drivers than ever in the history of the nation. Legalization is not the answer, the answer is Jesus. There is not a medical solution to the problem. Any substance abuse is a gateway to more dangerous and addictive drugs. You will build up a tolerance to what you are using, and then you will want something stronger. My understanding is that people who use crack cocaine are addicted after the first use. Seven out of ten of our clients recover. Men and women are delivered almost on a daily basis. The Biblical approach, with the word of God has an effect on their lives. Jesus gets a hold of their hearts and break the chains of addiction.



<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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**DRUGS & ALCOHOL**

	<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/28/14</b>	<b>12:00 PM</b>
	<b>593.2</b>					<b>03/01/14</b>	<b>02:30 AM</b>
						<b>03/03/14</b>	<b>10:30 AM</b>
						<b>03/04/14</b>	<b>02:30 AM</b>
						<b>03/06/14</b>	<b>02:30 AM</b>

LaTrynnda Hollins host interviewed Jim Jordan, Executive Director Mission of Hope and Michael Cooper, Operations Manager discussed the grueling times from Substance Abuse to Recovery. Drugs today are more powerful, and more accessible than they have ever been. The first week, they are usually detoxing off of the substances they had been using. The detox is rough, but we encourage them to trust the Lord and if they can get thru the first seven days they will feel better. Very seldom do we encounter anything more serious than seizures, during the detox process. Clients are assigned jobs, to teach them about the Lord, given Bible classes, and church services twice a day. The men are assigned jobs to do every day. We have a paint and body shop, a wood working shop, etc. When they come in to the mission, they go through a ninety day program, they graduate, and receive a certificate. We have a burden to start a prevention ministry. People do not realize that when these drugs were smuggled into the states, there may have been a DEA agent who lost their life. The devil is very crafty, and he is always finding ways to get the drugs into the hands of people at younger and younger ages. If we would get into elementary and middle schools, we would make them knowledgeable of the devastating results of drug use. They are exposed from their friends at school, even from their grandparents. It has been found that many times one spouse will be responsible for introducing drugs to the other spouse, getting them started with drug abuse. Mission of Hope now ministers to men and women. Now we can minister to the whole family. Many husbands and wives come through the program and graduate together. They are finding out what issues led to the drug abuse, and dealing with it. Each client receives over 300 hours of Bible instruction, teaching, and preaching while they are in our facilities. Reading the Bible addresses every issue a person will face. The signs of addiction are selfishness, becoming withdrawn, stealing to support the addiction, and depression. Call a ministry for help, and do a family intervention.

<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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**DRUGS & ALCOHOL**

	<b>Joy in Our Town 599.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/28/14 03/29/14 03/31/14</b>	<b>12:00 PM 02:30 AM 10:30 AM</b>
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Host LaTrynnda C Hollins talked to Pastor Chris Patrick, CEO and Minister Brandon Sanders, Outreach director of Wings of Life drug Rehab center. They talked about the impact of drugs on society. At the Wings of Life you get the opportunity to look at your heart and overcome the addiction by coping with your problems, changing your life. The hope is that they will become a new creation, because they have a hunger and thirst for change. If you really want to change then you will. Some are there due to court orders. These did not come to this decision on their own and usually it doesn't help them. With the legalization of marijuana we are going to encounter more problems. This is not God's will because marijuana is a gate way drug to other drugs. The children are already experimenting with spice, crack, heroin and cocaine. There is also a problem with prescription drugs. Many people take the prescription for back problems or other injuries and end up addicted to their prescription medicine and then began to seek drugs on the street. They are trying to fulfil that pain relief. They are unable to break the habit because they have a belief that they can control the drug. The drug no longer eases the pain. Then they take the drug for pleasure. Pleasure doesn't have a season – so they relapse, the emotional turmoil will resurface, and the addiction reappears. The number of addictions has increased because there are new drugs that keep the hooks there for the next generation. They are starting younger. The process is degenerating among the younger parents and the older adults. The solution is to repent and seek the changes and allow the word of God to fill the void and help them find their purpose in life.

<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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**FAMILY**

<b>Joy in Our Town 588.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/24/14</b>	<b>12:00 PM</b>
					<b>01/25/14</b>	<b>02:30 AM</b>
					<b>01/27/14</b>	<b>10:30 AM</b>
					<b>01/28/14</b>	<b>02:30 AM</b>
					<b>01/30/14</b>	<b>02:30 AM</b>

LaTrynnda C Hollins and Dave Reaney, Executive Director of The Bay Area Food Bank works year round to help individuals and families have sufficient food for good nutrition. It is especially important during holidays when many homes have more people to serve and feed than usual. The economy today makes it harder for everyone to budget, and the grocery budget usually gets cut back in order to pay utility bills. The Bay Area Food Bank depends on contributions, and volunteers, year round, but especially during the holidays. Supporting 24 counties with food to over 400 churches food ministries non-profit organizations, and are a part of the national program called "Feeding America". The Bay Area Food Bank is the warehouse that supplies the churches and local organizations. In 2011 Alabama was ranked 2<sup>nd</sup> (behind Mississippi) in states suffering from food hardship. In 2012 we were ranked 4<sup>th</sup>. The department of agriculture now uses the term 'food insecurity'. It remains a fact that Alabama and Mississippi have some of the most serious problems in the nation. The Bay Area Food Bank serves lower, coastal Alabama and lower, coastal Mississippi. In our area we have hundreds of thousands of 'food insecure' families. That means that sometime during the year, that family has a time when they are not certain where that next meal will come from. The 'working poor', who are only earning an average wage, or less, and after minimum living expenses, they do not have a consistent allowance for their food budget. But if they are earning at least \$42,000.00 annually, they do not qualify for any government assistance programs. The recession of the past few years brought many more individuals in the 40 – 50 year old age range into unemployment. For the first time, these individuals found themselves unable to provide for their families food and nutrition. The reality is that many working people make enough money to disqualify them for government assistance, but they do not make enough money to have a consistent and healthy food budget. One unexpected expense, like a transmission going out on their car, causes their budget to fail. The Bay Area Food Bank combines many resources, such as the U.S. government commodity foods, local grocers, and national donations to supplement what the local church pantries can do. Approximately two-thirds of the people who seek help from the pantries are eligible to receive SNAP benefits. However, many of these are working people who cannot afford to take the time off from their jobs to go through the application process. One of the services the churches and non-profits can give is to see these individuals and families through the qualifying process. The other one-third can be served through the pantries.

<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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**FAMILY**

	<b>Joy in Our Town 588.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>01/24/14</b>	<b>12:00 PM</b>
						<b>01/25/14</b>	<b>02:30 AM</b>
						<b>01/27/14</b>	<b>10:30 AM</b>
						<b>01/28/14</b>	<b>02:30 AM</b>
						<b>01/30/14</b>	<b>02:30 AM</b>

LaTrynnda Hollins and Dave Reaney from the Bay Area Food Bank discussed the problem of Child hunger. One in four children in our area are determined to be 'food insecure', meaning they will have events during the year when they do not get regular meals. This affects their health, and also their ability to learn. Mobile County Public Schools have instituted a new program called 'Universal Free Breakfast'. This provides a healthy breakfast including juice, cereals, and fruits to all school age children. This is especially important in rural communities, where the children must catch bus transportation much earlier to arrive at school before classes begin. In some cases, the parents are unable to provide a breakfast because of time constraints. The Universal Free Breakfast insures those children will have a nutritious meal to see them through until lunch. Child hunger is such a big issue because the majority of people living below the poverty levels are children. In our area 17 to 19 percent of the people are food insecure and 25 to 33 percent of those are children. It is significantly higher in single parent families. The President set a goal to end child hunger by 2015, it is a laudable goal, but since we are only one year away, it remains to be seen if we can reach it. I don't know if the President could have foreseen the impact of the current recession.

<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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**FAMILY**

	<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/07/14</b>	<b>12:00 PM</b>
	<b>592.1</b>					<b>03/08/14</b>	<b>02:30 AM</b>
						<b>03/10/14</b>	<b>10:30 AM</b>
						<b>03/11/14</b>	<b>02:30 AM</b>
						<b>03/13/14</b>	<b>02:30 AM</b>

LaTrynnda Hollins, Linda Smith and Ivan Walker discussed coping with blindness. Ms. Smith was not born blind, her blindness was a result of her mom having measles/rubella. She had cataracts removed at an early age and developed Glaucoma which progressed rapidly and lost her sight after the birth of her third child and woke up one morning totally blind. There was nothing that could have been done to correct the diagnoses. What have you done to inspire the individuals that are now finding themselves in the same situation? Being a very independent person and very high strung, not believing the doctors, you should now except the information and train early to be prepared to take advantage of all the opportunities that you may have and not let it defeat you. See everything as a challenge and adventure. I went to school and got a degree in psychology and now I am able to help others. There is nothing that takes the place of sight. You miss seeing your children and grandchildren grow. It is remarkable to see things through other people’s eyes. Having friends to describe what they see and share their vision with you. Is blindness on the rise, or are more people being treated for it? More people are coming back from the wars with the loss of vision, which caused more people to be aware of the challenges for those with impaired visions. The biggest challenge is interacting with society, with people talking to your sighted companion and acting as if you are not there. We really want the public to see us. I’m blind, not deaf - don’t label me as mentally challenged. We want the public to gain knowledge on how to handle those different than you. If a sighted person interacts with a blind person, many cannot understand the daily challenges. Respect them and treat them the way they want to be treated. Are you more comfortable in your own circle, or interacting with others? If the individuals has been able to grow up with the sighted family allow them to grow, fall, and get up like any other child then they will become a stronger person. Learn the computer, learn braille, and react to the best of your ability. Learn things that will help you function day to day. Remove the comment/summary at the end of the program.

<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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**FAMILY**

	<b>Joy in Our Town 592.2</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>03/07/14</b>	<b>12:00 PM</b>
						<b>03/08/14</b>	<b>02:30 AM</b>
						<b>03/10/14</b>	<b>10:30 AM</b>
						<b>03/11/14</b>	<b>02:30 AM</b>
						<b>03/13/14</b>	<b>02:30 AM</b>

LaTrynnda Hollins, Linda Smith from the Common Touch and Ivan Walker National Federation for the Blind discussed mobility, blindness and everyday life. Learning the proper way to respond to the blind in public. The blind person appreciates you when you treat them the same as you would the previous customer. In the home my family doesn't respond differently, the best thing is to ask questions and I appreciate the courtesy of addressing the issues with me rather than avoiding and talking over me. We are taught how to interact with the sighted public. Let's grow and learn how to interact with the unsighted public. When you instruct the new person that is recently blind, they can learn to read braille and you can interject your passion into their life. That will click in and motivate you to want to succeed. The only thing that a sightless person cannot do is drive. Running a successful business allows you to know that obstacles in life are there, just take the time and pursue your dream. Blindness is a characteristic of that person, it doesn't define them. The sighted public get the opportunity to see you are contributing to the economy and not being a burden on the economy.

<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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**CIVIC AFFAIRS**

<b>Joy in Our Town 590.1</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/21/14</b>	<b>12:00 PM</b>
					<b>02/22/14</b>	<b>02:30 AM</b>
					<b>02/24/14</b>	<b>10:30 AM</b>
					<b>02/25/14</b>	<b>02:30 AM</b>
					<b>02/27/14</b>	<b>02:30 AM</b>

LaTrynnda Hollins and the City of Semmes Mayor Judy Hale discussed the beginning of a new Municipality. Ms. Hale worked several years on the incorporation efforts and then the census. Mayor Hale is a working mayor - not a figure head. Wanting everything done hands on; wanting it to be right. The goal was not to let the people down. The state of Alabama – code of Alabama will allow a new municipality some slack for the first two years; continuing to maintain the roads and bridges giving the city two years to save some money and to plan. During those two years we focused on Public Safety and Fire Departments. We got a contract with the county to police the area until we secure a team. The sister cities in the area all called to congratulate us and offer support. The Mobile County Commissioner called to offer her support. I work hard at getting the information needed to project the city of Semmes forward on the right path. Citizens of Semmes are all coming together. We are a very conservative Christian base community. The city planner came down from Georgia to tour the city, and he commented that you have a church on every corner. When problems come across your desk how do you work it. One of our largest concerns is traffic. We are working with ALDOT (Alabama Department of Transportation) to correct one traffic light at Moffett and Schillinger. We have a large senior center brought together through a partnership with Mobile County and Connie Hudson. We also have a recreational area for the youth, two elementary schools, one middle school and one high school. We want to keep the mom and pop stores plus invite the larger stores, and yet keep the family type businesses in the area.

<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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**CIVIC AFFAIRS**

	<b>Joy in Our Town</b>	<b>28:30</b>	<b>13:30</b>	<b>L</b>	<b>PA/O</b>	<b>02/21/14</b>	<b>12:00 PM</b>
	<b>590.2</b>					<b>02/22/14</b>	<b>02:30 AM</b>
						<b>02/24/14</b>	<b>10:30 AM</b>
						<b>02/25/14</b>	<b>02:30 AM</b>
						<b>02/27/14</b>	<b>02:30 AM</b>

LaTrynnda Hollins and the City of Semmes Mayor Judy Hale discussed starting with a blank slate. We have a comprehensive plan that you must have for your city and create your own identity. As we go forward we envision the city with a downtown historic district at the original area off Wulff and Moffett Road. The area is open with a lot of land and possibilities. Working on the set back lines for the neighborhoods which allows them to grow. Subdivision regulations determine our lot width is 100 ft. with an additional 10 ft. set back. That makes Semmes different. With new businesses coming in we offer great schools and our schools rank the highest in Mobile County. Semmes Middle school is one of the largest in the state of Alabama. The city loves community involvement. We partner with the locals, and advertise with them showing unity. Moving to Semmes you need to know that the city's pace is slower, the character is good; inviting families to come to the area. The city of Semmes will have a burn tower and the local cities in the area along with volunteer fire departments will have a location to train. We have tax revenue that can apply to help the area grow. Currently five paid firemen per shift, seven deputies and one sergeant. Now we know that we have a voice to make the changes needed in our area. If you have a problem you are invited every Friday to "open door Friday" where you can voice your opinion. Now that we are a municipality we have the option and voice to make change.