

Trinity Broadcasting Network

Quarterly Report

October, November, December 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

SENIORS

YOUTH

CIVIC AFFAIRS

HOMELESS

EMPLOYMENT

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

Joy in Our Town 602.1	28:30	13:30	L	PA/O	10/03/14	12:00 PM
					10/04/14	02:30 AM
					10/06/14	10:30 AM
					10/07/14	02:30 AM

Host Ericka Byrd and guest Dr. Robert Lightfoot discussed health care for low income uninsured patients. Victory is a faith based medical clinic. There are more than 30,000 uninsured patients in South Alabama. We serve across the tri-state area. Since the economic downturn, we are getting 75 – 90 new patients each month. The new legislation is not helping, many are still unable to afford insurance. Children are covered well, but the adults are suffering the most. We provide wound care, eye care, and dental and chiropractic services. We also pray with our patients, and provide Christian counseling. A big part of your wellness is your spiritual health. We had over 60,000 hours provided by volunteers at our clinic last year. We need a bigger building, and we need to expand the idea of wellness.

Joy in Our Town 602.2	28:30	13:30	L	PA/O	10/03/14	12:00 PM
					10/04/14	02:30 AM
					10/06/14	10:30 AM
					10/07/14	02:30 AM

Host Ericka Byrd and guest Dr. Robert Lightfoot discussed, chronic conditions of the elderly, and diseases common among the elderly in the past now chronic in children. We attended the Brownsville revival in 1997, and then on a mission trip to Venezuela we believe the Lord touched our heart to come back and serve the uninsured here at home in Mobile. The clinic was modeled after one in Memphis, TN. We opened in January of 2003. We see seniors with chronic conditions such as high blood pressure, high cholesterol, and diabetes. We can help them manage their condition through diet and exercise. Providence Hospital provides free classes to educate patients about diabetes. Children can also be taught to eat healthy and increase activity. You have to keep your exercise up to burn off the calories you consume. The three major changes should be diet, exercise, and stop smoking.

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HEALTH

	Joy in Our Town 615.1	28:30	13:30	L	PA/O	10/10/14	12:00 PM
						10/11/14	02:30 AM
						10/13/14	10:30 AM
						10/14/14	02:30 AM
						10/16/14	02:30 AM

Alicia Williamson Garcia talked to Toni Jones about living with MS (Multiple Sclerosis). The mylan covering the nerves are exposed and this exposure causes pain. Multiple sclerosis (MS) is unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body MS is a chronic disease that damages the nerves in the spinal cord and brain, as well as the optic nerves. Sclerosis means scarring, and people with MS develop multiple areas of scar tissue in response to the nerve damage. Depending on where the damage occurs, symptoms may include problems with muscle control, balance, vision, or speech. First get the proper diagnosis from a physician who is familiar with the disease. The world of difference is to get rest, plenty of sleep and eating healthy. The disease will advance to the point that the person is no longer able to walk without assistance and will interrupt normal living including mental capacity.

	Joy in Our Town 615.2	28:30	13:30	L	PA/O	10/10/14	12:00 PM
						10/11/14	02:30 AM
						10/13/14	10:30 AM
						10/14/14	02:30 AM
						10/16/14	02:30 AM

Host Alicia Williamson Garcia talked to Toni Jones about MS and the generally population. That most people are diagnosed with MS between the ages of 20-25. There are 1.5 million people affected in the USA. MS Society offer educational programs where they meet with doctors and new patient how to deal with MS the meeting are held quarterly to discuss your fears and concerns. Surprisingly when a woman is pregnant there are no signs/symptoms of MS. MS in the past was thought to be normally found in people in colder regions of the country; lately that has changed now it is coming from all regions. There has been over 4000 people diagnosed who only lived in the South. Many non-treated cases of MS and some people are diagnosed but refuse assistance. MS Patients, can get assistance in paying utility bills and many don't have air conditioners, heat is an enemy to MS, it drains the energy out of you. We provide window air conditioners for those needing to keep cool. Mobile has educational programs being taught quarterly to those with the disease. Educational speakers comes to speak to the clients with MS and give them information about what is attacking their bodies. The event allows a Q & A session to answer all the Questions you may have. MS was treated indescribibly until the late 1990's, Patients were given anti-depressants and pain pills to keep comfortable. Now there are treatments

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that you can receive once a month through an IV drip and recently a new pill came out that can be taken weekly; but there are not cures but there are about seven to ten medications that can be taken to make you comfortable. Your life is altered but don't give up. Get connected through the website and join a local support group which meets every third Tuesday of the month.

HEALTH

Joy in Our Town 567.1	28:30	13:30	L	PA/O	10/27/14	10:30 A.M.
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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 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, 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.

Switch on your Brain 10	28:30	28:30	REC	PA/O/E	10/07/2014	12:00 P.M.
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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 is 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

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HEALTH

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 consequences 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, its 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 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 change 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.

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HEALTH

	Switch on your Brain	28:30	28:30	REC	PA/O/E	10/21/2014	12:00 P.M.
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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 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, and 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 control the

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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.

HEALTH

	Switch on your Brain	28:30	28:30	REC	PA/O/E	10/28/2014	12:00 P.M.
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Today on Switch on Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking, you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts, you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some nonevent. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is

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influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

HEALTH

	Switch on your Brain	28:30	28:30	REC	PA/O/E	11/04/2014	12:00 P.M.
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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 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.

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HEALTH

	Switch on your Brain #002	28:30	28:30	REC	PA/O/E	11/25/2014	12:00 P.M.
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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 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,

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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	28:30	28:30	REC	PA/O/E	12/03/2014	12:00 P.M.
	#003						

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 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

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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.

SENIORS

Joy in Our Town	28:30	13:30	L	PA/O	10/27/14	10:30 A.M.
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558.2

Host LaTrynnda Hollins, talked with guests Minnie Walker and her son Ivan Walker about how blindness affects the elderly. Diabetes is one of the leading causes of blindness among the senior adults. Once their vision is lost it is very shocking and hard for them to deal with, they feel like it is the end of the world, but they have to learn how to accept it and live with it and get the necessary help. Seniors receive training on how to excel in their new reality. They are taught brail and how to use a cane or Seeing Eye dog. The main need of a blind senior is the support of their family.

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SENIORS

Joy in Our Town 587.1	28:30	13:30	L	PA/O	11/03/14	10:30 AM
					11/04/14	02:30 AM
					11/06/14	02:30 AM

LaTrynnda Hollins and Della Sanchez, Coordinator from Alabama Cares from South Alabama Regional Planning Commission & Area Agency on Aging discussed the 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. 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.

Joy in Our Town 587.2	28:30	13:30	L	PA/O	11/03/14	10:30 AM
					11/04/14	02:30 AM
					11/06/14	02:30 AM

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 parent 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. 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 to care for them.

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

Joy in Our Town 631.1	28:30	13:30	L	PA/O	11/14/14	12:00 PM
					11/17/14	10:30 AM
					11/18/14	02:30 AM
					11/20/14	02:30 AM

Host Shaundra Brown and James Roberson, S.H.I.P. Coordinator discussed seniors being clueless to open in enrollment. Open enrollment time is basically information overload time. There are several plans available to seniors and the selection process involves what you need. Some programs are only available in certain areas. The most misconception is that one shoe fits all. Seniors sign up for an insurance and they was ill informed and it didn't fit, but they stayed with the program. It is possible for husband and wife to be on two separate plans. A different medical diagnosis and medication need can change your plan. All seniors should get a health plan checkup as your needs changes the plan may also need to change. Medicare now offer preventive treatment plans with zero cost to the patient and other plans offering 55% savings.

Joy in Our Town 631.2	28:30	13:30	L	PA/O	11/14/14	12:00 PM
					11/17/14	10:30 AM
					11/18/14	02:30 AM
					11/20/14	02:30 AM

Host Shaundra Brown and James Roberson, S.H.I.P. Coordinator discussed the cost not covered by Medicare. Medicare is not like an employer offered group insurance; group insurance may offer things that your Medicare plan cannot. Medicare don't offer dental, cosmetic, hearing aids and longtime care. Areas not covered by Medicare unless deemed by the physician. Medicare Advantage "o" premium and how can you save money. Cost saving program that can help with expenses and some even pay Medicare part "B" premiums for the patient if they meet the qualifications that could be over one hundred dollars added back to their check each month. The approval process looks at all your expenses that affects your monthly income. Extra help, on prescription drugs, the cost could go to two dollars each if you qualify for the program, don't let anyone force you into making a decision regarding health care. The S.H.I.P. office can help the seniors navigate through what the plans cover and how to use the plans that are available to get the maximum benefit from your Health Care Plans.

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

	Joy in Our Town 622.1	28:30	13:30	L	PA/O	11/07/14 11/10/14 11/13/14	12:00 PM 10:30 AM 02:30 AM
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Alicia Williams Garcia and Jennifer Lopes talked about teen pregnancy. Teenage Pregnancy, today have been declining, but sexually transmitted disease has increased in teenagers. The whole family can be in crisis when a teenager is active sexually. Parents are caught unaware, and become angry or hopeless. Teens often make bad decisions because of crisis, and lack of knowledge about abortion. There are consequences that will affect the rest of their lives. P.U.L.S.E. is an acronym for: Protecting Unborn Leaders Seeking Eternity. They hold meetings in churches, schools, and other civic organizations to educate teenagers and parents about choosing life, adoption, and abstinence from sexual activity. The male leaders of PULSE hold ‘champ night’ meetings, where they help disciple young men. They have a baseball team to raise awareness, they hold scavenger hunts and other activities to get parents and teens involved.

	Joy in Our Town 622.2	28:30	13:30	L	PA/O	11/07/14 11/10/14 11/13/14	12100 PM 10:30 AM 02:30 AM
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Alicia Williams Garcia and Jennifer Lopes talked about abortions. The State of Alabama statistics show abortions and teen pregnancies are lower, they also show a higher rate of sexually transmitted diseases in teens. Courts have ruled that teenager’s records can be sealed and kept secret even from the parents. Women who have abortions are victims too. Statistics show 80% become addicted to drugs, alcohol, and other substance abuse. They also suffer from depression. Some women, even older, married women choose abortion because of financial fears. Abortions can be obtained for as little as \$300.00. One boy left the money in his girlfriend’s car, but that day PULSE had a meeting at that school, and the young girl made a decision to have the baby for adoption. Educating teens and older women about what happens after abortion. Teaching that children are a blessing. Giving pregnant women the choice of adoption, contacting the agencies and potential adoptive families. Teach young people how to handle social situations that can lead up to sexual promiscuity. Some young people grow up with two sets of friends: church friends and non-church friends; we counsel girls to be accountable to family and friends who can be good influences.

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YOUTH

	Joy in Our Town 630.1	28:30	13:30	L	PA/O	11/21/14	12:00 PM
						11/22/14	02:30 AM
						11/24/14	10:30 AM

Host Shaundra Brown and Julie James, Promises of Life Prison Ministry and Benjamin Goodwin of Wings of Life discussed the negative effect jail has on children and their ability to cope with life. The children sometime face emotional problems and problems in school when a parent is incarcerated. All children will show the effect of parents not being there doing their formative years. The ministry aids the children in showing them positive directions to take in life. The ministry also assist after the release through job training education, housing anything to aid in them going forward after their release. Just because a parent is in jail it does not mean that they stop loving their children. The program keeps the parent in touch with their child with little love gifts at Christmas. Each gift has a hand written note from the parent to their child. The program doesn't stop there but tries to instill character into the children and motivate them not to follow in the footsteps of their parents. Previously released inmates are giving back and partnering with the newly released by staying connected and helping them to stay focused.

	Joy in Our Town 626.1	28:30	13:30	L	PA/O	12/01/14	10:30 AM
						12/02/14	02:30 AM
						12/04/14	02:30 AM

Host Shaundra Brown and Theresa McPherson, director of Light of Empowerment, discussed Poor Self Esteem. Light of empowerment started, from devastating news from her own daughter getting pregnant at an early age. The discussion afterwards revealed that her daughter had a low self-esteem problem and sought validation from others and the pregnancy was the result of seeking validation in the wrong place. This started a program in the church that spreaded to the community centers to speak on unprotected sex. The talk with the young girls revealed that the girls had poor self-image and this started by mimicking what they saw at home, many of the girl's parents had poor self-image and past this on to their daughters. The child with low self-esteem will always project themselves to the back and will not attempt to excel. Those kids who committed suicide, self-esteem was the number one reason, this negative attitude increased to the point of defeat causing death without drive or confidence. It was also revealed that bullies will bully other children because of low self-esteem. When a child is taught that they can rise above their current conditions and today's state is not permanent

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they will grow. Working with more than 100 girls this year and seeing the results, teaching them that they can complement each other and grow from being strong within. Virtuous self-image start at home and spreads through others not accepting the critical view of others as truth. The girls are taught to break that cycle by shining a LIGHT on their accomplishments and giving them something to look forward too. Teach them they are Beautiful.

YOUTH

Joy in Our Town	28:30	13:30	L	PA/O	12/01/14	10:30 AM
626.2					12/02/14	02:30 AM
					12/04/14	02:30 AM

Host Shaundra Brown and Theresa McPherson, director of Light of Empowerment, discussed kids not having a clear goal for their lives. Goal setting should start at home but it does not; inspiring our youth to dream and advert negative situation is all we can hope for. A child without a vision is more than likely to follow than lead. Many follow without thinking of the consequences of their actions. Seek their input into their lives allow them to discuss their thoughts and visions without your input. When their vision is clear then seek out other children from surrounding colleges and churches who have the same vision and watch the growth. Change is hard but teaching the girls to ease into their comfort zone may take time, but the journey is worth it. One Saturday a month we bring students from University of South Alabama to talk to the girls about having a dream and they enjoy giving back to the community. Having a goal for the future comes with loving yourself, they need to be able to look in the mirror and love that girl looking back.

CIVIC AFFAIRS

Joy in Our Town	28:30	13:30	L	PA/O	11/21/14	12:00 PM
633.2					11/22/14	02:30 AM
					11/24/14	10:30 AM

Host Latasha Moore and guest Lorenzo A. Martin, Prichard Councilman District 1 discussed needy families. We must redefine “needy” to include working families, they are poor, and who are often overlooked because they are not ‘on the streets’. They are still struggling to put food on the table. Balancing daily living expenses does not leave room for extras on holidays like Thanksgiving. Parents feel the pressure from society to try to raise the level of the Thanksgiving meal. The meal is costly and the dinner conflicts with the household needs, utility bills, or medicine. The city of Prichard is

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feeding Thanksgiving dinner at the community center and giving out food boxes before Thanksgiving. The President and the state of Alabama has adopted the program that every student will get a chance to eat free food at school. Some churches are offering summer school programs to meet the needs of the community all year long. One church offered breakfast to the homeless every Sunday morning. Many local organizations like Bike Angels gather goods to give out for the Holidays.

CIVIC AFFAIRS

Joy in Our Town 620.1	28:30	13:30	L	PA/O	12/15/14	12:00 PM 02:30 AM
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Host LaTrynnda Cunningham-Hollins and guest Al Hutchinson discussed growing our economy in Mobile. We have wonderful assets here, life on the water, golfing, great attractions like Bellingrath Gardens, USS Alabama, the focus in re-developing our downtown, and historical sites. We need to grow our tourism. We can solicit new industries and conventions. Faith-based organizations are not as affected by economic downturns, they have to comply with annual meetings according to their by-laws. We need to partner with the Chamber, and local businesses. Step up our advertising in magazines and at trade shows. Sell our quality of life, our sports attractions. We can host organizations as small as 50 - 100, or as many as 5,000 attendees. They want to know how much we can help with transportation, banners, rental fees, etc. We need to development a new and exciting 'brand' for Mobile. We must work together with the Airport authorities, the city councilmembers, county commissioners, and faith-based agencies.

Joy in Our Town 620.2	28:30	13:30	L	PA/O	12/15/14	12:00 PM 02:30 AM
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Host LaTrynnda Cunningham-Hollins and guest Al Hutchinson discussed Bringing in new visitors to Mobile. Our Airport Authority needs to grow and bring a low cost carrier to our area. We are a great stay-over destination, not just a drive-through. We have to tell our story better. We need to do more research and compile the data on new markets. Increase

ISSUES/PROBLEMS	PROGRAM TITLE	PROGRAM DURATION	TOPIC DURATION	SEGEMENT SOURCE	TYPE	AIR-DATE	TIME
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our presence with public relations, trade shows, and the electronic sites. Face to face selling is the trump card. Mobile has spent the last 10 years building up our infrastructure, we need to collaborate with the mayor’s office, the downtown alliance, and the Airport authority. Having a passion for Mobile is the best selling point. We have a walk-able city now, which should be featured in our ads.

CIVIC AFFAIRS

Joy in Our Town 633.1	28:30	13:30	L	PA/O	12/22/14	10:30 AM
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Host Latasha Moore and guest Lorenzo A. Martin, Prichard Councilman District 1 discussed kid safety. We are increasing the police presence during school hours. We are able to identify local sex offenders/child predators in the area more quickly. We alert parents to instruct their children to come directly home after school, and after they get off the school bus. Children are more informed than in the past, but we must continue to educate them not to talk to strangers, and be mindful of their surroundings. When a child is reported missing, an alert will go out immediately to the community and social media. We can never allow children to roam unattended. Many parents do not like the idea of “it takes a village to raise a child”, but we must be more actively involved in our communities, knowing our neighbors reduces the possibility of predators hiding. Citizens should be more actively involved, reporting street lights that are out, report seeing a stranger, a strange vehicle, etc.

Joy in Our Town 583.2	28:30	13:30	L	PA/O	12/22/14	10:30 AM
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LaTrynnda Hollins and City of Mobile District 1 Councilman Fredrick Richardson, discussed the impact of the new businesses on the city of Mobile. Just one Airbus “**A320**” airplane will cost 100 million dollars to purchase. They are going to build 96 airplanes which adds up to 9.6 billion dollars in one year. All the businesses in the city of Mobile currently generate 8 billion dollars a year. Airbus will generate more revenue than all the businesses combined. The new banks are coming to Mobile because they understand the impact that this will have on the economy. The suppliers are coming to service Airbus to build in Mobile, AL. The government shutdown will affect the debt. Mobile voted the Zoghby Act that states that the city cannot operate in the red. Airbus Human relation director was brought to a District 1 community meeting to take applications on the premises. We also brought Austal to the meeting, but not one person showed up looking for a job. We can make the information available but you must be able to apply yourself to get the jobs. Some do not apply because they are on drugs and will not come because they cannot take the drug test. The key thing is that the businesses we are getting are technology driven. They are no longer jobs that you cannot go in the door and understand how to work the equipment. Mobile is on the right track to get the next group ready for employment. There are facilities at the Brookley Complex ready to train and prepare them for the jobs.

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

Joy in Our Town 617.1	28:30	13:30	L	PA/O	10/17/14	12:00 PM
					10/18/14	02:30 AM
					10/20/14	10:30 AM
					10/23/14	02:30 AM

Host Gwendolyn McCann and guest Teresa Ramsey discussed circumstances that leave whole families without a place to live. The H.U.D. definition of homeless is the family has no place to stay. H.U.D. no longer participates in shelters, they now aid families to acquire permanent housing. The average age of the homeless in our nation is nine years old. Many of our cases are referred by public school workers. Over 5,800 children attending public schools were reported to have no stable home last year. Family Promise is the only local agency that offers housing for the whole family. Our agency serves over 50 families each year. We work with local churches to provide housing for the whole family unit, so that a family in crisis does not have to be separated in order to receive housing.

HOMELESS

Joy in Our Town 617.2	28:30	13:30	L	PA/O	10/17/14	12:00 PM
					10/18/14	02:30 AM
					10/20/14	10:30 AM
					10/23/14	02:30 AM

Host Gwendolyn McCann and guest Teresa Ramsey discussed facilities for the families in crisis. There is a growing need for other agencies to partner with us. We need more affordable housing. We need more volunteers to partner with our homeless families. The model for Family Promise originated 26 years ago in New Jersey. We have operated in Mobile for 11 years. We have become advocates on behalf of families in crisis with the city government. Local churches and volunteers make up the majority of help, over 1,000 volunteers each year, more than 26 local churches work with us.

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

	Joy in Our Town 624.1	28:30	13:30	L	PA/O	12/05/14	12:00 PM
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Host Pamela Ware and guest Bill Bru, Director of Waterfront Rescue Mission discussed the homeless population in Mobile. Large percentage of the homeless population are veterans. We have special programs for them. The fastest growing segment of homeless are women. This occurred with the downturn of the economy. Some of the homeless are 2nd or 3rd generation, from broken homes. Our programs help with food and housing, but a large portion of the homeless have substance abuse problems. There is a 7 month addiction program, we interview them to see if they want to do the program. In the program they have assigned chores, cooking, and cleaning. They go to class every day, and they attend bible studies and anger management classes. The participants share their stories. We have a new facility with class rooms that will sleep 135 men and feed 500 a day.

	Joy in Our Town 624.2	28:30	13:30	L	PA/O	12/05/14	12:00 PM
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Host Pamela Ware and guest Bill Bru, Director of Waterfront Rescue Mission discussed getting the homeless re-acclimated into society. The Mission interviews each client after they complete the 7 month substance abuse/addiction program, to find out what they are interested in doing. We have a 3 month career development program. We help them re-enter society. They need structure. We have 8 full time chaplains assisting with the transition process. We have training in computers, welding, construction, and hospitality. We prepare them for their job interviews. If the client has a desire, the Waterfront Rescue Mission partners with the Pensacola Junior college with free scholarships. One successful participant finished the program, became a chef, and now has his own restaurant.

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

	700 CLUB 12122014	CBN	28:30	28:30	REC	PA/O/E	11/04/2014	12:00 P.M.
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CBN News Amber Strong and David Brody Reports: As the song goes, "It's the most wonderful time of the year," a time when giving becomes the priority and hearts turn toward the needy. But in Fort Lauderdale, Florida, a Scrooge of a law has led to protests and national attention, and the man in the middle is 90-year-old Arnold Abbott, lovingly referred to as "Santa Claus." The World War II veteran made headlines when police ticketed him not once, not twice — but four times for violating the city's public feeding ordinance. Video of Abbott defying the new law went viral and led to a national outcry. A judge has since placed a temporary suspension on the law until further mediation from both sides. When CBN News spoke with Abbott, he was preparing to hit the streets again with a fresh batch of meals. He has spent the last 23 years feeding and educating the city's homeless. Through a nonprofit called Love Thy Neighbor, he trains the homeless for jobs in the food business. For Abbott, it's not only a heart of compassion that motivates him, it's honoring the legacy of his late wife who also dedicated her life to the poor. Each week he heads to the beach to feed hundreds. But some say that public location has become a problem. Fort Lauderdale Mayor Jack Seiler landed in hot water over the law but says he's not the bad guy. He wants to set the record straight and reiterates that groups are welcome to feed the homeless as long as they follow a few guidelines. Abbott and his supporters say those guidelines make it difficult for smaller charities. He also believes public places should be open to everyone, including homeless men, women, and children. Growing Anti-Homeless Sentiment? Florida isn't the only state with "anti-homeless" laws on the books. They are actually popping up across the country. According to a report from the National Law Center on Homelessness and Poverty, anti-homeless laws have passed in more than 180 cities across the United States since 2009. Just a few hours north, Orlando restricts begging. In California, Santa Cruz bans sitting or lying down on public sidewalks. Overseas, cities have installed what some believe are "anti-homeless benches and underpasses" to cut down on loitering and sleeping in public places. As homeless populations grow, city leaders often find themselves torn between compassion and maintaining space for the general public. To Abbott, laws like the one in Fort Lauderdale are un-American.

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

Joy in Our Town 619.1	28:30	13:30	L	PA/O	10/24/14	12:00 PM
					10/25/14	02:30 AM
					10/28/14	02:30 AM
					10/30/14	02:30 AM

Alicia Williamson Garcia interviewed Sydney G. Raine, President and Pamela Ware, Public Relations Officer for Mobile Works, Inc. discussed the unemployment rates in Mobile. The employers are counting on Mobile Works, Inc. to have available workers for he jobs with the skills needed to complete the job. The prospect looks bright but soft skills are where we have the most problems, getting to work on time, being drug free being able to communicate with others employees. Beyond that we have a large majority that want to work but cannot pass the drug test. If you are interested in a training program one less make sure that you are drug free. Employers wants people able and prepared to do the job, by meeting all the requirements, if you are not trained we want you to seek out ways to get the training needed to be prepared. Training an many times talking about an high school education and those who are now out of work and needs to be retrained with a school, and college graduates with a degree that does not apply to the job they are applying for. If we get the students interest before they leave high school and allow them to work on their passion in a two year program which allows them to leave school prepared for a job the next week. Mobile market is seeking the medical, maritime an aerospace market.

Joy in Our Town 619.2	28:30	13:30	L	PA/O	10/24/14	12:00 PM
					10/25/14	02:30 AM
					10/28/14	02:30 AM
					10/30/14	02:30 AM

Alicia Williamson Garcia interviewed Sydney G. Raine, President and Pamela Ware, Public Relations Officer for Mobile Works, Inc. discussed being ill prepared for the job. Don't go to the office and say I need a job, I'll do anything. Come to the interview dressed for success with a knowledge about the company, and list of your skills that you are bring to the company. The employer will not be impressed with sagging and you drinking and drugs on your Facebook, Twitter, snapshot pages. Many companies are willing to train the right person.