

Trinity Broadcasting Network

WMWC-TV Galesburg, Illinois

January, February, March, 2015

Central Time

Leading Community Issues

Results of ascertainties from civic leaders, response by telephone from TBN viewers, printed media comprising newspaper and magazine publications whenever possible.

Education

Health

Public Safety

Civic

Seniors

Family

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

March 31, 2015

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2015-03	28:30	14:00	LOCAL	PA/O/E	1/12/2015	10:30 AM
					1/16/2015	12:00 PM
					1/17/2015	03:00 AM

Education

Host **Kit Evans-Ford** interviewed **Joy Kelly**, Associate Principal of Bettendorf High School and **Officer Bruce Schwarz** of the Bettendorf Police Department about responding to school violence. The increasing number of school violence incidents has underscored the need for schools to be prepared. In addition to the education of children, now the safety of students and staff in the learning environment are paramount. School safety has now become a component of overall school improvement processes. As educators have become more informed about critical incidents the response philosophy has changed. Where they once taught automatic lockdown, there is now an emphasis on providing students escape and survival skills. Several area schools have implemented the ALICE program. Alice stands for **A**lert, **L**ockdown, **I**nform, **C**ounter and **E**vacuate. Students are now encouraged to think about an exit strategy from the situation. The ALICE program empowers students to make decisions about their personal safety, in school and beyond. Because these incidents are often pre-meditated, it is important that students are engaged in the prevention process. Students are encouraged to challenge the culture against "snitching" and bond with adults they can trust. Developing empathy and sensitivity to mistreatment are also key components of reducing school violence.

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Joy In Our Town #2015-03	28:30	14:00	LOCAL	PA/O/E	1/12/2015	10:30 AM
					1/16/2015	12:00 PM
					1/17/2015	03:00 AM

Education

Host **Kit Evans-Ford** interviewed **Associate Principal Joy Kelly** and **Officer Bruce Schwarz** about what parents and students can do to prevent school violence. School violence is not always the result of bullying . . . the term tends to be overused, and most people won't put that label on themselves or their children. Unfair behavior or mistreatment is the important issue to address. Young people need a number of different interpersonal skills to cope with increasingly unstable environment. This includes building an adequate emotional vocabulary to express their feelings. They also need skills for diffusing situations, and avoiding or resolving conflicts. They also should be able to find adult allies. It is important not to underestimate the value of interdisciplinary teams. These partnerships allow kids to build relationships with law enforcement and community leaders in a non-crisis situation. Officer Schwarz noted some warning signs of potential violence. Those included dropping attendance, changing friends or increasing isolation. Parents can go to school guidance offices for help and suggestions for talking with their children. Parents should be mindful about the type of teasing and badgering allowed at home. Very often home cultures will be brought to school. Ms. Kelly closed by reminding us that violence prevention begins in the home. It is important to help children to feel comfortable having and setting boundaries. Parents should also encourage their children to listen to that inner voice that informs them when something is amiss.

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Education

Joy In Our Town #2015-04	28:30	14:00	LOCAL	PA/O/E	1/19/2015	10:30 AM
					1/23/2015	12:00 PM
					1/24/2015	03:00 AM

Host **Coach D. Robinson** interviewed **Casey Shutt**, Headmaster of Morning Star academy about Common Core educational standards. Common Core is a set of academic goals for middle and high school grades. It was developed in response to studies that showed that many American students were graduating without needed workplace skills. It is also a response to America's low rankings on the worldwide PISA test. Technological advances have also increased the need for transferrable critical thinking skills in the workforce. One common misconception is that common Core mandates certain curriculums. Common Core standards are not applicable to private or home schooled students – however if standardized tests become more aligned with Common Core, private schools may embrace it as well. It remains to be seen if college entrance exams will move toward Common Core benchmarks. Common Core may not be the only way to address educational discrepancies. School choice is another means of addressing some of the same issues. Common Core is receiving some resistance in educational and religious circles -- which is an indication that Common Core reforms may not be a permanent academic solution.

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Education

Joy In Our Town #2015-04	28:30	14:00	LOCAL	PA/O/E	1/19/2015	10:30 AM
					1/23/2015	12:00 PM
					1/24/2015	03:00 AM

Host **Coach D. Robinson** interviewed **Casey Shutt** about concerns parents may have about Common Core standards. Education is very connected to how a culture perceives its identity. Common Core was created because academic achievement has not improved in many decades. There are a number of objections to Common Core standards. Some people feel that school choice would be more effective. Some religious communities are not satisfied with the level of moral and character development offered under Common Core. Other parents are concerned because the new standards emphasize typing -- and has no requirement to learn cursive. Common Core also has a strong emphasis on non-fiction reading of informational text. Despite these concerns, there are some aspects of Common Core parents are pleased with: 1.) It addresses educational discrepancies between communities, and 2.) there is a renewed emphasis on critical thinking and job skills. Research shows American teenagers often grow up to mirror the attitudes and desires of their parents. That said, it is very important for family members to remain vigilant, take interest, and stay involved with their child's education. Casey closed by reminding us that the 13-year schooling period of a child's development has a huge impact on their ability to become a productive and ethical citizen.

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Education

Joy In Our Town #2015-14	28:30	14:00	LOCAL	PA/O/E	04/30/2015	10:30 AM
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Host **Kate McGovern** interviewed **Rev. Dwight Ford**, Executive Director of the Martin Luther King Center about the need for parental engagement with education. Studies have indicated that the more involved a parent is with their child's educational process, the better the academic outcomes. Rev. Ford encouraged parents to realize that they are the first and primary influencers motivating their children. There are many reasons parents are not as engaged as they should be – often the parent is simply overwhelmed. Other parents feel helpless dealing with systems. Parents may also fear alienation or retaliation on their child if they question decisions. To engage confidently, parents must learn how to navigate school systems, read policies, and receive electronic information. Parents should look for school communications via email or text and be open to dialogue. Any child has the capability to succeed. Regardless of race or socioeconomic class, it is important that parents not buy into the "bigotry of low expectations." Lack of involvement and low expectations can cause needed resources to be diverted elsewhere. C.A.R.E. is a local inter-disciplinary organization designed to empower parents and foster communications between families and school officials. Non-parents can also engage as mentors and advocates. Organizations like C.A.R.E and others are important to resolving conflicts and promoting positive dialogue. Rev. Ford closed by reminding viewers of the tight the relationship is between engagement and academic success.

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Education

700 Club NewsWatch #03262015	1:00:00	5:00	REC	PA/O/E	03/26/2015	02:00 PM
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CBN News Reporter Heather Sells Reports: More than 450,000 students attend colleges focused on Christ-centered learning. These schools often require students and faculty to sign a faith statement committing to certain beliefs and behaviors. In the past, society approved and even praised such acts, but today that affirmation has been replaced by charges of discrimination and threats over accreditation. At many schools, alumni and other stakeholders are questioning their college's views on sexuality. The criticism from outsiders goes even deeper. A June 30, 2014 commentary in the widely regarded Chronicle of Higher Education questioned accreditation for any Christian college. Dr. Gerson Moreno-Riano, executive vice president for Academic Affairs at Regent University, said it's a tough climate right now for Christian colleges. Shirley Hoogstra, the new president of the Council for Christian Colleges and Universities (CCCU), acknowledged the cultural attacks in her January address to the 39th Annual Presidents Conference for CCCU presidents. Dr. Russell Moore, president of the Southern Baptists' Ethics & Religious Liberty Commission, believes the First Amendment will ultimately protect Christian colleges. He wants the culture to recognize a diversity of viewpoints and says that different faiths should stand together. Moreno-Riano would like an entire redefinition of higher education. In our changing culture, however, the burden is still on Christian schools to defend just why and how they exist.

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Health

Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	1/05/2015	10:30 AM
#2015-02					1/09/2015	12:00 PM
					1/10/2015	03:00 AM

Host **Kit Evans-Ford** interviewed **Mateo Tiry-Ortiz**, Outreach and Enrollment Coordinator of Community Health Care Inc. about updates on the Affordable Care Act. After one year of the ACA being in place, the program has mixed reviews. So far there has been a positive change in the number of uninsured who now have coverage. This year will focus outreach to the people who haven't necessarily engaged yet. In this episode Mateo explains some of the nuances with enrolling for affordable care – including the 10 essential benefits required under the ACA, income guidelines, and system for determining subsidies. The details of each plan are very important to each individual's situation, so some may want assistance with enrollment process. While most often consumers are concerned about the price of such health care plans, Mateo explained why other factors, like network access and service availability should play an important role in determining selections. Enrollment help is available for anyone with questions or concerns.

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Health

Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	1/05/2015	10:30 AM
#2015-02					1/09/2015	12:00 PM
					1/10/2015	03:00 AM

Host **Kit Evans-Ford** interviewed **Mateo Tiry-Ortiz**, Outreach and Enrollment Coordinator of Community Health Care Inc. about changes under the Affordable Care Act. The most noticeable change is that the premium is going to adjust upward. The government subsidy is being adjusted upward as well to compensate. In Iowa, as of December 2015 Co-Opportunity is no longer providing services for the Marketplace Choice Plans. All those clients will need to choose a different program this year. Mateo also explained the Shared Responsibility Payment – a legal penalty for not having the health care coverage by the allotted deadline. This year the SRP will increase for those who chose not to have insurance. This is the first full reporting year under the ACA, so consumers may notice changes in their tax paperwork. Seniors may be confused about whether they need a marketplace plan – but in most cases they don't. Because health care needs are so personal, viewers may need assistance selecting the most appropriate plan for their situation. Individuals can get help with enrollment from Community Health Care, or several other health care organizations. General information for all states can be found on the federal website, Healthcare.gov.

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Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	2/09/2015	10:30 AM
#2015-07					2/13/2015	12:00 PM
					2/14/2015	03:00 AM

Host **Kit Evans-Ford** interviewed **Erin Williams**, Program Outreach Manager of Gilda's Club Quad Cities about the need to support cancer patients in our community. Cancer is more prevalent in our community than one might think. The most common kinds diagnosed in our area include breast cancer, colon / prostate cancer and several types of blood cancers. While cancer is scary, it is no longer assumed to be a death sentence as it once was. Cancer is now considered a chronic illness, and many patients now emphasize quality of life over the possibility of death. A cancer diagnosis can impact entire family dynamics, as well as the patient's physical and financial wellbeing. Because the diagnosis can be so overwhelming, there is a great need for the community to support people living with cancer. Employers can be supportive by being patient, understanding the effects of treatment, and making accommodations. Workplace support is helpful because often working can help patients retain a sense of normalcy. Laypersons can be supportive by being a good listener, helping with childcare or daily activities, and connecting patients with local resources.

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Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	2/09/2015	10:30 AM
#2015-07					2/13/2015	12:00 PM
					2/14/2015	03:00 AM

Host **Kit Evans-Ford** interviewed **Erin Williams**, Program Outreach Manager of Gilda's Club Quad Cities about the need to support family members and caregivers of those living with cancer. Because of its scope of impact, cancer is considered to be a family diagnosis. Coping with it can be especially difficult for caregivers and children. Family conflicts can appear surrounding treatment decisions the patient is making about their care. Quantity vs. Quality of life may be another contentious issue within families. Families should recognize that estate planning or being prepared for death is not necessarily a sign of hopelessness. If the patient does pass away, often survivors need support coping with grief and learning to readjust to daily activities. Continuity of care is important for the well-being of the family. Doctors, support organizations and clergy can all be a part of a holistic support team. Frequently, volunteering to help is a therapeutic way that families handle the journey while being a blessing to others. People in the family's circle of influence can also be supportive by helping loved ones connect with community resources.

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Health

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Joy In Our Town #2015-08	28:30	14:00	LOCAL	PA/O/E	2/16/2015	10:30 AM
					2/20/2015	12:00 PM
					2/21/2015	03:00 PM

Host **Kit Evans-Ford** interviewed **RaeAnn Tucker**, Director of Health Promotion with the Henry and Stark County Health Department about stopping the spread of influenza. It is often difficult to tell the flu from typical cold symptoms. The flu does not always include stomach symptoms as many people think. Unlike a cold, the flu often includes a high fever and severe body aches. Though common, the flu can be very dangerous to high risk groups like young children and senior citizens. Infection control is essential for protecting these two groups. Coughing into the elbow and frequent hand washing are good protection techniques. School-age children should not return from a bout with the flu until they have been fever-free for 24 hours. Vaccines are also available to stop the spread of the flu. Viewers can visit their local health department or the CDC website for more information about stopping this virus.

Health

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Joy In Our Town #2015-08	28:30	14:00	LOCAL	PA/O/E	2/16/2015	10:30 AM
					2/20/2015	12:00 PM
					2/21/2015	03:00 AM

Host **Kit Evans-Ford** interviewed **RaeAnn Tucker**, Director of Health Promotion with the Henry and Stark County Health Department about fostering healthy resolutions. While many people are enthusiastic about lifestyle changes at the beginning of the year, they often take on too much. RaeAnn suggested to start by focusing on one key area to improve. Setting realistic goals is very important for success. Often health resolutions fail because people do not set realistic goals at the outset. It can also be beneficial to enlist a buddy or partner to hold you accountable for your goals. To make lasting improvements, people should focus on lifestyle changes and medical screenings. Good areas of focus are smoking cessation, activity level and diet. In these areas, fine tuning of everyday habits can yield a lot of success. It is also important to make sure any program aides are not too extreme and come from reputable sources. Early in the year is also a good time to take advantage of medical screenings. Being proactive with your health care provider can be beneficial to your health. It is a great time to schedule checkups, baseline bloodwork and age-related screenings. RaeAnn closed reminding viewers that to make successful changes, new behaviors should be a realistic fit with your current lifestyle and goals. Viewers can get more information about making lifestyle changes from their health care provider or local health department.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	01/27/2015	12:00 PM

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 laid 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. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. 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. 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. Your thoughts are real. 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. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. 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. 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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Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	03/03/2015	12:00 PM

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

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Health

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	03/10/2015	12:00 PM
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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. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for 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.

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Health

Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	03/17/2015	12:00 PM
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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. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will 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. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #01162015	1:00:00	5:00	REC	PA/O/E	01/16/2015	02:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Inflammation is a serious health problem you can't even feel, but it does tremendous damage, especially over a long period of time. Scientists say inflammation could be behind heart disease, arthritis, cancer, ADD/ADHD, diabetes, stroke, migraines, thyroid issues, dental issues, and more. Although inflammation is caused by toxins like cigarette smoke and environmental pollutants, the biggest factor is an inflammatory diet. Many of the foods we eat cause inflammation and simply avoiding them can lead to immediate and dramatic improvements. Then on top of avoiding the bad foods, adding anti-inflammatory foods to your diet creates an even healthier you. Many people who follow an anti-inflammatory diet also lose weight. Mark Sisson is a leading expert on an anti-inflammatory diet. At age 60 he is the picture of health: He has the body of a man half his age, inside and out. He does not suffer from any diseases or chronic conditions and doesn't take any medications. But he hasn't always been this healthy. His anti-inflammatory diet changed everything. Sisson follows the Paleo Diet. Last year the Paleo Diet was the number one searched diet on the Internet and Sisson's is the top Paleo Diet website. He's been studying nutrition research for the last 25 years and writes about his findings on "Mark's Daily Apple." The Paleo Diet is about avoiding foods that cause inflammation. That means no sugar, no wheat, no trans fats or industrialized Omega-6 fats, and very little or no dairy. Sugar weakens your immune system and causes insulin problems. Wheat treats your body much the same way. In fact, many people who follow the Paleo Diet stop eating all grains, such as rice, corn and oats, in addition to wheat. Sisson didn't even know wheat was causing him problems until he stopped eating it. Highly inflammatory trans fats and industrialized Omega-6 fats are Paleo no-nos. Trans fats are man-made oils that have been hydrogenated, meaning they have been infused with hydrogen for the primary purpose of prolonging the shelf-life of a processed food. Therefore, most trans fats are in packaged foods. You can recognize whether a product contains a trans fat by looking at the list of ingredients. If you see the word "hydrogenated," it's in there. Vegetable shortening and margarine are also trans fats. Industrialized Omega-6 fats are also highly inflammatory. Theoretically they could be considered safe if consumed in equal amounts as Omega-3 fats, such as fish oil. But the average American consumes 20 times the amount of Omega-6 fats as Omega-3 fats, and this imbalance causes inflammation. Industrialized Omega-6 fats are the vegetable and seed oils. These oils are on many grocery store shelves in the form of vegetable oil, corn oil, peanut oil, safflower oil, sunflower oil, and soybean oil. The Paleo Diet advises followers to steer clear from these oils as well as canola oil. The Paleo Diet also eschews dairy that can cause inflammation, allergic reactions, and stomach problems. People considering the Paleo Diet may wonder, after giving up sugar, grains, trans fats, industrialized Omega-6 fats and dairy, what's left to eat? As it turns out, a lot! Healthy fats include things like avocados, nuts and seeds, olive oil, fish oil, and coconut oil. Coconut oil is one of many saturated fats that the Paleo Diet encourages. Saturated fat from beef and pork are also encouraged. The endorsement of saturated fat is controversial. Some health professionals believe saturated fat leads to heart disease and should not be consumed. However, many recent studies, which are very reliable in that they are large and exhaustive, find no evidence that eating saturated fat is bad for your heart. Nevertheless, much of the medical community still relies on industry standards from the past that condemn the consumption of saturated fat, though the number of people holding to that belief is reducing every year. Of course, any diet is best when combined with exercise. Sisson combines the Paleo Diet with what he says research proves is the best exercise: a three-fold plan of slow, steady movement, occasionally lifting weight, and a series of all-out sprints. Most of us know a sedentary lifestyle is hazardous to our health. But that doesn't mean we have to overdo it in the opposite direction by killing ourselves at the gym. Sisson said his research shows simple movement, such as walking, and very slow movement at that, not even breaking a sweat, is what's best for our health. But the key is to do it a lot. For those of us who have desk jobs, this can be a challenge. Sisson points out that walking before and after work, and taking several walking breaks throughout the day can make a huge difference. Sisson also recommends lifting some weight about twice a week. This does not mean you must purchase a gym membership and lift dumbbells twice a week. In fact, he uses his own body weight as resistance, and so can you, by doing push-ups, lunges, sit-ups, pull-ups, and so on, and just by lifting heavy objects in your daily life. Sisson said the latest research in sports medicine proves the value of sprinting. Sprints are short bursts of aerobic activity, such as running, biking and swimming, where you exert 100 percent of your total energy. Sprints typically last only 30 seconds or so. Sisson said only a few sprints once a week will yield results. In addition to a good diet and exercise plan, a healthy lifestyle relies on proper sleep. Your body repairs itself when you sleep. Without enough sleep, our immune system suffers and we increase the secretion of hormones that make us hungry. If you have trouble getting to sleep at night, go without any caffeine after noon and avoid all electronics at least one hour before bedtime. So for an anti-inflammatory diet, try the Paleo eating plan. It's known for what it's missing: sugar, grains, trans fats, industrialized Omega-6 fats and dairy. That way you'll be left eating foods that keep you thin and healthy.

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

700 Club NewsWatch #02172015	CBN	1:00:00	5:00	REC	PA/O/E	02/17/2015 02:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: February is American Heart Month. Heart disease kills more Americans than any other cause of death. Most doctors tell people high cholesterol is responsible for heart disease. But not all doctors see it that way. Cardiologist Dr. Stephen Sinatra, author of the book "The Great Cholesterol Myth," says the real cause of heart disease is inflammation, not cholesterol. Sinatra used to believe high cholesterol was responsible for heart disease until he saw with his own eyes, in his own patients, that wasn't true. He noticed many of his heart patients had low cholesterol and saw that many people with high cholesterol did not have heart problems. Sinatra is among a growing number of physicians who actually tout the benefits of high cholesterol in most cases. He said high HDL cholesterol is good for you and says even LDL cholesterol is good for you as long as it's the large, fluffy particles. He admits the small, dense LDL particles are harmful. Therefore, he recommends, instead of getting your overall LDL cholesterol checked, you get it further broken down into particle size. Since Dr. Sinatra does not think high cholesterol is responsible for heart disease, he does not think cholesterol-lowering statin drugs are helpful to most of the people taking them. Instead, he believes only a very small percentage of people who are taking statins actually need them. For example, he usually only prescribes statins to middle-aged men who have coronary heart disease. He also says a small number of women need statins, but mostly because they benefit from the statin's anti-inflammatory properties, not its ability to lower cholesterol. On the other hand, by and large, Sinatra believes statins are far too over-prescribed. Although drug companies sell \$30 billion worth of statins every year, Sinatra said the people who take them are paying a price with their health as well as their wallet. In other words, for many statin users, the risks outweigh the gains. Muscle pain and fatigue are two of the key complaints he hears from statin users. Sinatra said the reason for these symptoms is often misdiagnosed. Patients over 70 years old are especially vulnerable, he said. Sinatra says one of the best things about statins are their ability to reduce inflammation. But since statins have so many side-effects, most people are better off ditching the statin and reducing inflammation the natural way, by reducing the amount of sugar they eat. Sinatra looked at the evidence and concluded, instead of cholesterol, it's inflammation that causes heart disease. Inflammation is caused by a number of things. Eating too much sugar is at the top of the list. Sugar damages arteries, increases blood pressure, and ages your organs. Of course, we all know that sugar is the white, granular stuff we put in our coffee. But sugar comes in many, many other forms. For example, high fructose corn syrup is a sugar. It is the primary ingredient in soda and candy and is found in the list of ingredients in a huge number of other products, many that you probably don't even consider a "sweet," such as bread or pasta sauce. Many other syrups and ingredients that end in "-ose" are also sugars. In addition to avoiding foods that contain sugar, reducing inflammation also involves avoiding foods that turn into sugar once you eat them. These are called refined carbohydrates, and are grains that have been stripped of the healthiest part, leaving only the starchy portion of the grain. Refined carbohydrates are the "white" foods, such as white bread, white bagels, white hot dog or hamburger buns, white pasta, white rice, white tortillas, and so forth. Sinatra recommends replacing sugars with vegetables and healthy fats, such as nuts, avocados, fish, and olive oil. He also touts saturated fats like butter, unprocessed meat, and coconut oil. He encourages people to put aside their fears that saturated fats cause heart disease. Although they may raise your cholesterol, he believes that will not hurt you, and in fact, will probably improve your health. However, Sinatra points out that it's very important not to confuse good fats with trans fats. Trans fats, which are also called "hydrogenated" oils, are extremely harmful to the heart. Trans fats are man-made fats and are found in processed foods.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #02202015	1:00:00	5:00	REC	PA/O/E	02/20/2015	02:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Most of our health problems are said to be the result of three things: bad food choices, inactivity, and unmanaged stress. Therefore, it's no surprise Seventh Day Adventists live an average of 10 years longer than most Americans. They don't do any of that. Take for example Benita Welebir. At age 100 she still enjoys a healthy mind, body, and spirit. She's not alone. There is an unusually high concentration of centenarians in her hometown of Loma Linda, California. It's one of only five "blue zones" worldwide. Researcher Dan Buettner found these zones when he searched for where people live the longest. The others are Okinawa, Japan; Kria, Greece; Sardinia, Italy; and Nicoya, Costa Rica. Loma Linda is an hour east of Los Angeles where about a quarter-million people live. The reason they're so healthy is because most of them are Seventh Day Adventists. On average they live 10 years longer than most Americans. Dr. Larry Beeson, an epidemiologist at Loma Linda University, has been involved in researching the health of Seventh Day Adventists for the last 50 years. They strongly adhere to the belief of respecting the human body as the temple of the Holy Spirit. That means no alcohol, no tobacco, and following a plant-based diet. Welebir said her primary food source throughout her entire life has been vegetables. Many Loma Linda residents, like Welebir, are total vegetarians. Others will eat eggs and some have dairy such as cheese and milk. There is a group that eats fish, and there are those who eat small amounts of poultry and beef. Beeson said different dietary choices result in varying health outcomes. Diet isn't the only factor in these longer lives. Seventh Day Adventists strictly observe the Sabbath. Every week, beginning with sundown on Friday, they rest for an entire day. This allows them to recuperate from the week and recharge for the one ahead. They also use it to spend time with friends, family, and God. Stuart Harty is one of the pastors of Loma Linda University Church of Seventh Day Adventists, one of the largest Adventist congregations. He said resting on the Sabbath includes abstaining from electronics. Likewise, when Welebir is asked what she feels are the keys to her longevity she emphasizes down-time. Medical research confirms one of the greatest killers is stress. Observing the Sabbath is a way to de-stress. Exercise is also a priority. Throughout her life, Welebir was extremely active, running and horseback riding. These days she makes it a point to walk every day. She does what she can, even though her strength isn't what it used to be. Seventh Day Adventists are able to stick to their healthy lifestyle because they're surrounded by others living the same way. Josiah said human behavior, good or bad, is contagious. Science proved her right. Studies show that if your three best friends are obese, you have a fifty-percent likelihood of also being obese. Seventh Day Adventists place a high priority of treating the human body as the temple of the Holy Spirit, which means on the whole, they don't drink, don't smoke, eat very little meat, exercise, and observe the Sabbath. As a result they live an average of 10 years longer than most Americans.

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Health

700 Club NewsWatch #03022015	CBN	1:00:00	5:00	REC	PA/O/E	03/02/2015 02:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Do foods like skim milk and balsamic vinegar seem healthy? The amount of sugar in these foods may surprise you. Many so-called health foods are loaded with sugar. These hidden sugars are part of why so many people are unhealthy. Americans consume a shocking amount of sugar. Many people eat and drink the equivalent of an entire cup of sugar every day! That's double the amount of sugar average Americans consumed 100 years ago. All of that sugar can be deadly. Dr. Gerald Edelman, a Dallas oncologist and author of the book, "Sugar Rehab," has seen firsthand the damaging effects of too much sugar. He says sugar stimulates cancer cells directly and indirectly. He adds cancer survivors who are also diabetic have a much higher chance of their cancer coming back than people with low blood sugar. Edelman points out that too much sugar can cause obesity, a known risk factor for many health problems, from heart disease to high blood pressure as well as the common cold. John Speanburg is one of Edelman's patients. He has Hodgkin's lymphoma, cancer of the blood. After following Edelman's advice to slash the sugar, he lost weight and has been cancer-free for nine years. Edelman suggests an easy way to curtail sugar intake. He recommends looking at a product's nutrition facts panel on the label. He said if an item contains more than two grams of sugars per serving, don't eat or drink it. He warns not to be fooled by healthy-looking foods. As an example, he pointed to a popular protein shake that contained 44 grams of sugar per serving. Sugar is highly addictive. Brain imaging shows the pleasure and reward centers light up the same way when a person eats sugar as they do when a person takes cocaine. Also, it is difficult to get off the roller-coaster ride consisting of the sugar "high" followed by the sugar "crash." Most people who try to cut back on the amount of sugar they consume stop eating the obvious offenders such as desserts like cakes, cookies, ice cream. Unfortunately, that's only the beginning. Many foods that appear healthy are just as sweet as dessert. For instance, those little packages of oatmeal can contain as many as 12 grams of sugar per serving. A low-sugar alternative are the old-fashioned, slow-cook oats or steel-cut oats, which contain only one gram of sugar per serving. These types of substitutions are the foundation of nutritionist and best-selling author J.J. Virgin's latest book, "J.J. Virgin's Sugar Impact Diet." She shows how to choose lower-sugar alternatives to foods with high sugar impact. Sugars hidden in foods being marketed as health foods are why so many people have difficulty losing weight. Virgin says low-fat and fat-free foods often contain far more sugar than people realize. For example, many fat-free salad dressings are one-third sugar. She said a good diet contains a large percentage of healthful fats, the same ones that have been unfairly demonized. Virgin attributes her svelte figure and glowing hair and skin to a diet high in healthy fat. She said a good way to crush sugar cravings is to replace sweets with healthy fats. Perhaps the biggest sugar scam are the words "fruit" and "juice" on the labels of processed foods. These items are made of the super-sweet concentrated fructose that's left over after the healthy fruit fiber and nutrients have been removed. Some examples are fruit leathers, fruit snacks, and fruit juice. Dried fruits are also misleading because they often contain more sugar than candy. Virgin warns about falling for the "no sugar added" claim. Refined carbohydrates are deceptive because, while not tasting sweet, they turn into sugar after you eat them because the grains have been stripped of the good stuff, leaving only the starch. Refined carbohydrates are foods like white bread, bagels, buns, and pizza crust, white rice, white pasta, waffles, pancakes, and tortillas. Even whole grains can be a poor choice because of added sugars. Two slices of whole wheat bread can contain six teaspoons of sugar. Therefore, don't blindly choose to eat a food simply because it's whole grain. First check the list of ingredients for added sugar. A red flag is any ingredient containing the word "syrup." Other seemingly healthful foods that often contain staggering amounts of sugar include muffins, breakfast or energy bars, sports drinks, and energy drinks. Don't rely on the manufacturer's description of the product. Read the nutrition facts and the list of ingredients. In "Sugar Impact Diet," foods are divided into high, medium, and low sugar impact. For example, white potatoes are high sugar impact, sweet potatoes are medium sugar impact, and pumpkin is low sugar impact. White rice is high sugar impact, brown rice is medium sugar impact, and wild rice is low sugar impact. A pasta sauce with sugar added is high sugar impact, with no sugar added is medium impact, and crushed tomatoes, olive oil and basil is low sugar impact. Virgin advises steering clear of artificial sweeteners. Research shows people who consume a lot of them actually tend to gain more weight because they continue to fuel the craving for sweet foods. Edelman said sometimes artificial sweeteners can be helpful when people are trying to break their addiction to sugar. However, he admits they should be used with caution. The best advice is to be aware and "just say no" to sugar... in obvious places like desserts, as well as the hidden ones.

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Public Safety

Joy In Our Town #2015-06	28:30	14:00	LOCAL	PA/O/E	2/02/2015	10:30 AM
					2/06/2015	12:00 PM
					2/07/2015	03:00 AM

Host **Kit Evans-Ford** interviewed **Dan Foley**, Fire Marshal of the Galesburg Fire Department about winter fire prevention. According Marshal Foley, there has been an increase of electrically-related fires in Galesburg. Many of those are related to the method of knob-and-tube wiring in older homes. He warned against updating this type of wiring without checking the potential amperage load. If your home has this type of wiring, it is beneficial to have it evaluated by an electrical professional. Other primary causes of winter home fires include unattended cooking, and smoking carelessly. This is the reason why smoke detectors are important. There should be working smoke detectors on every level of a home. It is also important to keep those detectors maintained, tested and properly placed. In the event of a small kitchen fire, baking soda can be very effective -- but residents should feel comfortable exiting quickly and calling the fire department instead. Marshal Foley closed with a reminder about the importance of keeping smoke alarms tested and ready.

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

Joy In Our Town #2015-06	28:30	14:00	LOCAL	PA/O/E	2/02/2015	10:30 AM
					2/06/2015	12:00 PM
					2/07/2015	03:00 AM

Host **Kit Evans-Ford** interviewed **Dan Foley**, Fire Marshal of the Galesburg Fire Department about fire safety for kids and pets. First and foremost, make sure smoke detectors are operational and change the batteries every six months. Also make sure the smoke detectors are current. There are sensors in the device that wear out over time. Many fires are started annually by children playing with matches or lighters. Parents should make a concentrated effort to keep those items out of reach. It also is important to prevent burns, because burns are much more devastating on children. Marshal Foley recommended testing children's bath water and keeping pot handles turned away from the front of the stove. It can also help to practice fire drills and safety plan with your children. Many of the same safety tips apply to pets. Some people may assume that newer homes with sprinklers are safer, but this can be a misnomer. New homes may be built with foundation woods that fail much more quickly when exposed to fire. Marshall Foley dispelled the myth that a small fire in an area with sprinklers would soak the entire home. Sprinklers systems are very effective at containing fires -- but they can be more expensive to retrofit in older homes. More information about fire prevention and safety planning with children is available on the National Fire Protection Association website.

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

Joy In Our Town #2015-09	28:30	14:00	LOCAL	PA/O/E	2/23/2015	10:30 AM
					2/27/2015	12:00 PM
					2/28/2015	03:00 AM

Host **Kit Evans-Ford** interviewed **RaeAnn Tucker**, Director of Health Promotion for the Henry and Stark County Health Departments about hypothermia and frostbite. Exposure to frigid temperatures along with cold winds and precipitation make these conditions more likely to occur. RaeAnn defined the terms. Hypothermia is the lowering of the core body temperature, whereas frostbite is the actual freezing of a body part --usually the extremities. Frostbite usually includes the destruction of body tissue. Thankfully, both conditions are preventable. Paying attention to the forecast is the first step. Dressing in layers is often more effective than wearing a single heavy coat. It's important to make sure that base layers and external garments are waterproof, because dampness facilitates heat loss, and water acts as a conductor of the cold. It is also important to keep track of the amount of time spent outdoors. When coping with cold, people should avoid smoking and alcohol because the both constrict circulation. Where hypothermia or frostbite is suspected, the person should be warmed gradually. Discoloration or severe or unusual pains are signs that the person needs immediate medical attention.

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

Joy In Our Town #2015-09	28:30	14:00	LOCAL	PA/O/E	2/23/2015	10:30 AM
					2/27/2015	12:00 PM
					2/28/2015	03:00 AM

Host **Kate McGovern** interviewed **Trooper Jason Wilson**, Safety Education Officer of the Illinois State Police about winter driving hazards. There are many causes of winter driving accidents, but the leading cause is excessive speed. During the winter, the most common citations are failure to reduce speed or driving too fast for conditions. Other problems include the inability to stop, and secondary accidents with responding vehicles. Drivers often fail to consider that in poor weather regular commutes may take extra time. Living in the Midwest, it is important to be prepared for rapidly changing conditions. Drivers should keep more than a quarter tank of gas, and check the condition of the tires and wipers. Other preparation tips included keeping blankets, clothes, dry foods and hydrating drinks in the car. Sand or litter may help with traction, and an old cell phone can dial 911 in a jam. Drivers should realize that ANYTIME a car is in a ditch it is a 911 situation. Trooper Wilson noted that in an emergency, it is better to stay with the vehicle than wander away for help. Despite innovations in car technology, drivers should stay within their own driving ability, and not rely on the ability of the vehicle. Trooper Wilson closed with tips on sharing the road with snow plows – reminding us that these too are safety vehicles that deserve respect accordingly.

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<i>Public Safety</i> Joy In Our Town #2015-14	28:30	14:00	LOCAL	PA/O/E	03/30/2015	10:30 AM

Host **Kate McGovern** interviewed **Rev. Dwight Ford**, Executive Director of the Martin Luther King Center about the need for safe spaces for families -- specifically the revitalization of Douglas Park in Rock Island. Safe community spaces are important for youth development. If there are no safe spaces for children, they can quickly become involved in unproductive activities. Safe spaces mean more than just physical places, but the caring, and engaged adults that make those places inviting. Douglas Park has a rich and storied history in the community. After some perceived crimes nearby, most activities were pulled from the park and parents abandoned it. This led to deterioration. A grassroots movement has been launched to restore the reputation of Douglas Park as a safe place for kids. Efforts to revitalize the park have been initiated by the Martin Luther King Center, City of Rock Island, Park District and the business community. While these new efforts have brought life to the youth of this urban community, but much work is still needed. Parents and community members need to engage and support efforts to update the park to keep progress going. Updates to Douglas Park may also have beneficial community and economic impact. Rev. Ford encouraged residents to use the park, share intergenerational wisdom and re-create the sense of community that belongs there, for the sake of our youth.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2015-05	28:30	14:00	LOCAL	PA/O/E	1/26/2015	10:30 AM
					1/30/2015	12:00 PM
					1/31/2015	03:00 AM

Civic

Host **Kit Evans-Ford** interviewed **Lauren Yates**, a health care lawyer about child medical ID theft. Medical identity theft is when someone steals another person's identity to obtain medical services. They may use someone's insurance, social security numbers or medical accounts to do so. This fraudulent activity leaves the victim stuck with high medical bills and inaccurate medical records. Children are often targeted because they are typically in good health without much prior history. Children also make prime victims because most will not realize anything is amiss for many years. Unfortunately, if the theft is not discovered before the child turns 18, they will automatically assume the debts. The most common perpetrators are usually the parents of a child. Medical identity theft is egregious because the core of the victim's existence has been stolen. Victims of this crime can suffer in many ways -- including legal action, denial of medical care, or being given hazardous medical advice. Systematic issues in the medical community also contribute to the problem. Unfortunately, many solutions to this problem require the cooperation of the perpetrators. In most cases, parents are responsible for verifying the very records in question. An alternate method for the child to be made whole is needed. Right now the FTC advocates that parents review their child's identity and credit status regularly. If medical ID theft is suspected, guardians can report it to the FBI. They may also obtain help from area social service agencies, or acquire an attorney.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2015-05	28:30	14:00	LOCAL	PA/O/E	1/26/2015	10:30 AM
					1/30/2015	12:00 PM
					1/31/2015	03:00 AM

Civic

Host **Kit Evans-Ford** interviewed **Lauren Yates** about challenges for juveniles in the justice system. The criminal system is not always necessarily friendly to the juveniles they serve. In the family law world, things are a bit friendlier than in the justice system, especially when it comes to dealing with violent crimes. Children with a lower socioeconomic status tend to fare worse in the justice system, and preconceived notions about ethnic minorities can also play a role in sentencing. Frequently, youth between the ages of 16 to 17 ½ are "waived up" into the adult justice system. Thankfully, minors can no longer receive life in prison. It is now considered a violation of the 8th Amendment to give life-without-parole to a child. Lack of access to quality attorneys is another component to the problem. More research is needed on outcomes for juveniles and minorities. Recruiting more diverse lawyers and judges may help case dispositions to become more equitable. Lauren also provided specific information for parents. Parents should educate their children on how to exercise their right to remain silent and request a lawyer. Unless a child asks specifically for a lawyer, police can continue to question them unrepresented. Having a competent lawyer who really understands the nature of the case is also key to keeping a child out of jail. Locally, Prairie State Legal Services will refer attorneys when appropriate. The Iowa Department of Human Services and other agencies can also help.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2015-11	28:30	28:30	LOCAL	PA/O/E	3/09/2015	10:30 AM
					3/13/2015	12:00 PM
					3/14/2015	03:00 AM

Civic

Host **Kate McGovern** interviewed **Latrice Lacey**, Director of the Davenport Civil Rights Commission, about discrimination in our area. For our region, most complaints are seen in the employment arena. Many of these cases are race or disability related. Much like the situations in New York and Ferguson, Missouri, racial profiling is another relevant concern -- specifically in Davenport. When dealing with discrimination, for many it is difficult to realize a problem exists. Many uncomfortable situations are caused by unseen biases or social perceptions. Unpacking those biases and their roots can be difficult to understand and navigate. Frequently, misunderstandings can lead to hurt feelings. Some entities resist engaging in diversity training for fear that doing so is an admission of a problem. Fortunately, there are avenues to formally address these concerns. If someone has experienced discrimination they can file a complaint in person or online. Latrice explained the Civil Rights Commission's investigative process. Depending on the outcome, remedies may include injunctions, monetary or punitive damages. Public education can be very effective in reducing the number of complaints. Latrice closed by reminding viewers that the Civil Rights Commission can provide education and training in this field, and discrimination is not something that must be tolerated.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2015-11	28:30	28:30	LOCAL	PA/O/E	3/09/2015	10:30 AM
					3/13/2015	12:00 PM
					3/14/2015	03:00 AM

Civic

Host **Kate McGovern** interviewed **Latrice Lacy**, Director of the Davenport Civil Rights Commission, about discrimination housing, employment and racial profiling. Housing discrimination is frequently felt with people with disabilities and minorities. Some landlords are reluctant to make reasonable accommodations, while others do not want to rent to certain ethnic groups. Frequently, these violations include illegal questioning in the screening process. On the employment side, illegal questions include any inquiry where the answer will reveal ones age, disability, marital status, or parenting situation. A new growing problem is criminal background discrimination. Often employers will use arrest records from Iowa Courts Online as an informal background check. This practice is not legal, because background checks require permission of the applicant. There are many ways to approach these kinds of problems. Plaintiffs can address an issue directly with an employer, or file with the Civil Rights Commission. Latrice emphasized that individuals do not need to be separated from their company to file a complaint. The Davenport Civil Rights Commission has also been working with the Davenport Police Department to reduce the number of racial profiling incidents. Steps are being taken to foster good community relationships and build trust between law enforcement and the communities they serve. Police awareness of citizen perceptions can help to prevent misunderstandings that lead to tragedy. Community members are encouraged to participate in forums to facilitate that trust. Latrice closed by reminding viewers that they should not feel afraid to exercise their rights -- the law requires people to be treated equally. Being shunned is not a fact of life that has to be tolerated. To the contrary, speaking up is one of the most powerful ways to combat this problem.

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

Joy In Our Town #2015-12	28:30	14:00	LOCAL	PA/O/E	3/16/2015 3/21/2015	10:30 AM 03:00 AM
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Host **Kit Evans-Ford** interviewed **Jerry Schroeder**, Senior Program Specialist for the Alzheimer's Association about Alzheimer's disease. This disease facilitates the breakdown of brain communication at a microbiological level. Jerry explained that Alzheimer's disease is biological condition and a type of dementia. Symptoms usually develop between 70 and 85 years of age. Some of the warning signs include short term memory loss and a loss of the ability to communicate. Iowa has an older population. As our generation of the baby boomer ages, this condition will become more prevalent. Currently there are no medications that prevent or cure Alzheimer's completely. Some Alzheimer's symptoms can be treated, however, the benefits appear to be short term. Frequently, after a few months of improvement the decline returns. Effective communication is key to interacting with an Alzheimer's patient. Arguing and reasoning with the person often doesn't work. It is more beneficial to embrace the person and reinforce that they are loved. Jerry also emphasized that when Alzheimer's is suspected, it is important to get properly tested and diagnosed. Many treatable conditions can mimic the symptoms of Alzheimer's -- and an early diagnosis can help family members create an action plan. Early detection also gives people time to participate in research trials.

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

Joy In Our Town #2015-12	28:30	14:00	LOCAL	PA/O/E	3/16/2015 3/21/2015	10:30 AM 03:00 AM
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Host **Kit Evans-Ford** interviewed **Jerry Schroeder**, Senior Program Specialist of the Alzheimer's Association, about maintaining relationships and communicating with people who have Alzheimer's. After an Alzheimer's diagnosis, patients and their families should take a class to become educated about living and communicating with the disease. Family members should try to keep the emphasis on the person's heart rather than specific issues or facts that aren't remembered. This keeps the patient from feeling embarrassed or belittled. Because there is no cure, the primary responsibility of a caregiver is to keep the person happy and safe. Many people don't initially realize that caring for a person with Alzheimer's can be exhausting. It is important that friends and family members help one another, take respite, and take advantage of available community resources. Community awareness is a key aspect of addressing this disease. Jerry encouraged viewers to get involved by becoming educated about Alzheimer's symptoms, being supportive, and volunteering to help others. Jerry closed by reminding us of three key things: 1.) If you see signs of Alzheimer's disease: 1.) visit a qualified specialist right away. 2.) become educated and learn to communicate with the patient, and 3.) caregivers of a person with Alzheimer's shouldn't try to do it all alone.

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

Joy In Our Town #2015-413	28:30	14:00	LOCAL	PA/O/E	3/23/2015	10:30 AM
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Host **Kit Evans-Ford** interviewed **Scott Schluter**, Protective Services Supervisor of Alternatives for the Older Adult about elder abuse. Last year Alternatives received over 900 reports of suspected senior abuse in our region. There are seven main types of abuse that are seen in the senior population: physical, sexual, confinement, deprivation, financial and passive neglect. Passive neglect occurs when someone is trying to provide care above the level of which they are capable. Signs of passive neglect include dehydration, skin ulcers and depression. Emotional abuse can occur when caregivers are overwhelmed by their responsibilities. The first step in preventing senior abuse is to report it. There can be a difference between the civil and legal jurisdiction in these cases. Adult Protective Services handles abuse cases within the home environment, whereas the ombudsman program handles cases within nursing homes and care facilities. A number of support resources are available including adult day care and senior centers to provide relief for caregivers. These places also provide healthy interactions for the seniors. Seniors can protect themselves from abuse in several ways. The first is to make sure a trustworthy person is handling their finances. It is also important to consider who holds power of attorney. This is because in many cases of elder abuse there is a hidden financial motive. To stop senior abuse, Scott encouraged people to educate themselves about it and share what they've learned with others. Thinking ahead about support services is also very helpful. All seniors deserve to stay at home safely. With community efforts, we can make that possibility a reality.

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

Joy In Our Town #2015-13	28:30	14:00	LOCAL	PA/O/E	3/23/2015	10:30 AM
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Host **Kit Evans-Ford** interviewed **Scott Schluter**, Protective Services Supervisor of Alternatives for the Older Adult about the abuse of people with disabilities. Usually abuse occurs because offenders take advantage of the lack on independence by the victim. People with mental health or substance abuse problems are particularly susceptible to abuse. It is interesting to note that not all of the reported cases in our area the result of intentional abuse. Scott defined "passive neglect" and explained how it occurs. Frequently, caretakers are unaware of the resources available. Passive neglect cases may be easier to address because education and added support services can usually solve the problem. On the other hand, cases of intentional abuse can be malevolent and have and underlying financial motives. Signs of financial abuse can first manifest as missing funds, delinquent bills, or lost utilities. Scott explained the investigative process to viewers. It begins with an unannounced home visit, and includes an interview with the alleged victim without the caretaker present. This protects the victim from backlash or further abuse. If necessary, law enforcement will be involved to do everything possible to protect the complainant.

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Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2015-10	28:30	14:00	LOCAL	PA/O/E	3/02/2015	10:30 AM
					3/06/2015	12:00 PM
					3/07/2015	03:00 AM

Host **Kate McGovern** interviewed **Maureen "Mo" Hart**, the Executive Director of Project NOW, about the struggle for basic needs by low-income families. We may often see poverty on a regular basis but fail to recognize that is there. Poverty is an issue that people have very strong opinions about. Sometimes a lack of understanding can lead to judgmental attitudes about poverty, and blaming the victim for being poor. Low-income families can pay 20 to 30 percent of their income to energy costs -- while for average families this basic need accounts for 4-6 percent. LIHEAP (Low Income Energy Assistance Program) is a designed to assist struggling families with energy costs and prevent disconnection in the winter months. Providing assistance in this area frees up resources for other essentials like food or rent. Many times defined income guidelines do not match up with people's experiences of poverty. Many people are only one paycheck away from being in poverty. Low income families tend to also live in substandard housing – a factor which also drives up their energy costs. Weatherization programs are also available to address those concerns. Poverty success stories occur when a person is empowered to live independently. It takes many small steps to aggregate the climb out of poverty. Mo closed by reminding us that we can make a difference in the fight against poverty by becoming educated and getting involved.

Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2015-10	28:30	14:00	LOCAL	PA/O/E	3/02/2015	10:30 AM
					3/06/2015	12:00 PM
					3/07/2015	03:00 AM

Host **Kate McGovern** continued to talk to **Mo Hart**, the Executive Director of Project NOW about different challenges facing the poor – specifically those in rural areas, seniors and children. Low income families in rural areas face many of the same challenges as others – but because of their small communities, they may have additional challenges with privacy and become reluctant to ask for help. Being far away from community resources and a lack of transportation can leave the person isolated. Affordable housing is another primary concern. There is a great need for rental assistance in our communities, and many families live in fear of eviction. Senior citizens and children are especially vulnerable in poverty situations. Often seniors are at risk because they are not upwardly mobile and have fixed incomes. Poor health and isolation are big contributors to problems within this group. Problems associated with poverty can stunt a child’s physical and academic development. Despite these challenges, concerted community efforts can help turn the tide. Employers can help by raising wages and addressing problems. Others can participate by volunteering to ease suffering. Mo closed by reminding viewers that polarization does nothing to solve the problem. Alleviating poverty can happen if we choose to have empathy over believing rhetoric.

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