

Trinity Broadcasting Network

WMWC-TV Galesburg, Illinois

October, November, December 2016

Central Time

Leading Community Issues

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

Crime

Environment

Family

Health

Homeless

Substance Abuse

Youth

Crime

<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 #2016-44	28:30	14:00	LOCAL	PA/O/E	10/24/2016 10/25/2016	04:00 PM 02:00 AM

Host Kate McGovern interviews **Janet Wolfe** regarding Domestic Violence. Domestic Violence in the church is misunderstood. Domestic Violence is one of her passions and one of the things she does is Biblical counseling to Domestic Violence victims. Kate asked Janet, what is the thread that she sees in victims coming in for counseling? Janet responded that most people that come in just don't know what to do because they can't go to a specific chapter or verse in the Bible regarding Domestic Violence, so we go through the verses and figure out that marriage issues are not what domestic violence is all about. Marriage is about communication and those type of things but domestic violence is actually an addiction. The abuser is addicted to power and control and the victim is addicted to co-dependency. When clients come in they have a 20 week workbook that they go through along with counseling on how to become healthy from Co-dependency. Most people don't view domestic violence as an addiction, but it is stated Janet. Co-dependency is making sure everyone else around you is happy while they make themselves miserable" I like to share with the clients that come in, the scripture that tells us we are to "Love our neighbor as we Love ourselves". There's an implication there that if we love ourselves in a healthy way then we will be able to help others. It does not say that we are to do everything for everybody and lose our own identity. Janet said that one of the other things that she likes to teach clients is 1 Corinthians Chapter 7. As any addiction, a alcoholic can't hang out in the bars and expect to stay clean, a crack addict can't hang out in a crack house and expect to stay clean, it's the same thing with domestic violence situation. Grow ministries recommend that couples separate temporarily not permanently. Grow Ministries does not believe that domestic violence is a divorce issue, Grow Ministries uses 1 Corinthians 7; 1-10-11 because in these verses it says that the wife should not leave her husband but if she does she should be reconciled. Reconciliation, in the dictionary, means going back to something different not the same ole same ole. Most people, especially in the church, get a lot of wrong advice. They sit down with their abuser and go through marriage counseling, which is the most dangerous thing to do because, the abuser is hearing your complaints and will use them against you. Janet stated that education is the key to stopping domestic violence. Not just physical abuse, but verbal abuse, mental abuse, and even spiritual abuse. Spiritual abuse is using power and control though scripture. The world says that only 1% of domestic violence situations change, but I don't believe that said Janet because I was a victim for 10 years until I found God and then my husband found God. Now, we've been married for 39 years, 29 years domestic violence free. I'm only teaching other's what God has taught me. It's all Scripture.

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

Crime

<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 #2016-44	28:30	14:00	LOCAL	PA/O/E	10/24/2016 10/25/2016	04:00 PM 02:00 AM

Host **Kate McGovern** talks with guest **Janet Wolfe**, It is vital that the victim understands: DO NOT BE ASHAMED! A lot of times the victim 1) stays in the situation way to long. 2) Get the wrong advice. 3) are ashamed. They get ashamed because they become brainwashed, they start believing the negative things that are being told to them. The one thing I want to tell every person watching this is "If you think you are being abused, then you are" stated Janet. She goes on to say that it's very important that you get a counselor who is trained in domestic violence. Kate asked Janet to share some signs with our viewing audience that say you're in a domestic violence situation. Janet began to share that there's a brochure that has about 25 signs but the most important thing to remember is power and control. Some victim's share how their abuser always wants to look at their cell phone to see who they have called, or always wants to know how much money they have spent, they want control of everything. Some are over the top and won't let the victim leave the house unless the abuser is with them. The Bible teaches us that the man is to lead, but there is a difference between leading and controlling. Statistics show that 1 out of 4 women in any given church are being abused or have been abused, said Janet. That's a lot of women. 20 thousand phone calls are made daily to the domestic abuse hotline. The solutions is simple say's Janet, "Jesus Christ". Kate said the Bible say's "He makes a way of escape", what would be the first step to that escape? Janet replies, one of the most dangerous times for the victim is when they are getting ready to separate, we tell them to have a safety plan. If you are in danger that you should call the police. The Bible tells us to "Obey them that have rule over us", get an order of protection. We put together a safety plan for our clients stated Janet and that is, put somethings together and take them to a safe place, someone else's house of even our office. To some it sound cruel but Janet answers by saying in the book of Proverbs "If you rescue a fool you'll have to do it again." Kate stated that the bible also say's 'Be quick to listen but slow to speak, how does that apply? Janet answered by saying "don't answer a fool or he will turn on you. If the abuser is spouting off, don't Say Anything!

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Crime

700 Club NewsWatch #11022016	CBN	1:00:00	5:00	REC	PA/O/E	11/02/2016 12:00 PM
---------------------------------	-----	---------	------	-----	--------	---------------------

CBN News Reporter Heather Sells Reports: Pete Leonard first developed a love for fresh-roasted coffee during a missions trip to Brazil. The former Arthur Andersen business consultant returned home and made his own roaster in his Weber grill. Around the same time, he noticed that a relative who had recently been released from prison was unable to find work. Initially, Leonard thought it was an isolated incident, but he soon learned differently. He discovered that U.S. prisons release more than 600,000 people every year and that they face multiple obstacles in reentering society. Chief among these obstacles is employment. Dr. Karen Swanson, director of The Institute for Prison Ministries at Wheaton College, says that most employers simply don't want to hire anyone with a criminal background. Leonard's solution: Take advantage of America's obsession with coffee by creating a premium coffee-roasting company—and employ former felons to run it. It's a match made in coffee heaven. More than 70 million Americans have a criminal background and at the same time, Americans overall are drinking 400 million cups of coffee a day, driving specialty sales up 20 percent. One of Leonard's early hires, Louis Dooley, was released from prison after serving 15 years for armed robbery and attempted murder. Dooley told CBN News that getting out proved to be a huge challenge. Dooley became a believer and worked hard to turn his life around while behind bars. Still, no employer would take a chance. Another ex-felon, Amy, ran into similar dead-ends. In addition to a banking resume, her background included a white collar crime conviction. Neither she nor Dooley could get past a small box that's on most job applications and must be checked if an applicant has a criminal record. But at 'I Have a Bean.' Leonard's company, both Amy and Dooley found the door open. Leonard said that ultimately, he's not concerned with job seekers' pasts. Since starting the company nine years ago, Leonard has hired 35 people out of prison and says that today, all but two are the success stories he believed could happen. The positive result is no accident. Leonard carefully vets each potential employee before hiring. He finds out if they've worked to rebuild their lives while behind bars—and whether they've stuck to that path after getting out. He's also a stickler for quality. Leonard is more than a boss — he's a witness, watching his employees transform from down and discouraged to confident and marketable. Today, Dooley works as the regional director for Set Free Ministries in Illinois. The non-profit provides Bible study courses to inmates in prisons and jails in Missouri and Illinois. Amy manages the front office for I Have a Bean. Their stories speak clearly to the power of transformation and the hope that former prisoners can find once they're able to find a place in the job market. Dr. Swanson believes the concept could become a game-changer for millions who need a second chance. Such experiences can lead—not just to increased marketability—but to a shot at restoration and a new, productive life.

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

Crime

<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	CBN	1:00:00	5:00	REC	PA/O/E	11/04/2016 12:00 PM
#11042016						

CBN News Reporter Mark Martin Reports: From hacked emails to major data breaches, cyber attacks could potentially cripple our economy and threaten national security. Hackers shut down half of America's Internet on Oct. 21 by targeting Dyn, a company that manages key parts of the Web's infrastructure. Within minutes, the cyber attack took major websites like Twitter and Spotify offline. It was just the latest example of cyber warfare. Other major cyber hacks garnering national attention recently include the Yahoo data breach in September, WikiLeaks emails relating to Hillary Clinton's campaign and the Clinton Foundation, and the leak of roughly 20,000 emails involving the Democratic National Committee in July. Hayman believes today's worst offenders in this computer espionage are China, Russia, and North Korea. FBI special agent Robert Cochran tries to spread the word about cybersecurity danger to companies like Eastern Data in Virginia Beach, Virginia. Cochran said that of the 14,000 agents in the FBI, 1,500 fight cybercrime -- a 60 percent increase in just the last five years. He says for now, the United States is focusing on defense in this new form of warfare. While cyber warfare between nation-states may sound far removed, it's clearly happening each day on a smaller scale. How do you protect yourself at home and on the job? One practice can work for all kinds of viruses — good hygiene. In addition to computer hygiene, Kaiser urges people to lock down the log-in. In other words, add an extra layer of protection beyond your password. There are a number of options such as fingerprint scans currently available on many smartphones and tablets. Kaiser also wants people to be cyberaware. Experts also advise not to forget to back up critical information. Hayman believes education is the best defense. The National Consumers League also helps educate consumers on cybersecurity. So what kinds of laws are on the books to fight cyber crime? Breyault says on the federal level, the protection is surprisingly minimal, and his organization is lobbying to change that.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Environment

Joy In Our Town #2016-40,41	28:30	14:00	LOCAL	PA/O/E	09/26/2016	04:00 PM
					09/27/2016	02:00 AM
					10/03/2016	04:00 PM
					10/04/2016	02:00 AM

Host Kit Evans Ford interviewed **Brandi Welvaert** of the **Waste Commission of Scott County** regarding **recycling changes in Rock Island and Scott Counties**. Recycling started in 1995 and there are many programs under the recycling umbrellas say's Brandi. In 1995 when recycling started, we had what was called "Dual Stream Recycling", which means the consumer had to separate recycling items at home. We've gotten away from that now and have what we now call "Industry Steaming Recycling" meaning the consumer can put everything together. Brandi stated that there are some new changes coming and the new changes are to make recycling easier. The consumer will still have to separate the trash from the recyclables but now will have a trash cart and a recycling cart. We did a survey and found that people are really avid recyclers. There are several benefits of recycling some examples are: It makes it easier, it removes a lot more from the landfill, and when you recycle you're ending the need for raw materials, such as trees, etc., the consumer is able to wheel the cart to the curb as opposed to carrying it. There's a host of benefits, I could go on and on said Brandi. We like to use the phrase Reduce, Reuse, Recycle. The new cart will be a blue portable cart with "Go All in" on the side, on the lid will have information to tell you what's recyclable and what's not.

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Environment

Joy In Our Town #2016-40,41	28:30	14:00	LOCAL	PA/O/E	09/26/2016	04:00 PM
					09/27/2016	02:00 AM
					10/03/2016	04:00 PM
					10/04/2016	02:00 AM

Host Kit Evans Ford interviews **Brandi Welvaert** of the **Waste Commission Scott County about the Waste Commission of Scott County**. The Waste Commission is a commission formed by the county to serve the county. Scott Count Waste Commission was formed to help the county with their solid waste, so everything from trash to computers we help with. The Scott County Waste Commission was formed by the County in 1972 and we serve all 17 municipalities as well as some of Rock Island County. We operate the landfill which is located in Buffalo Iowa. We have a lot of programs stated Brandi, one of which is our Diversion program, and for residents we have our household hazardous material program, all the stuff that can potentially be hazardous in your house. Programs such as these are formed to keep items or junk out of the landfill. They also have a electronic manufacturing facility, that's where all your electronics go, anything with a screen or a board. Many people don't understand our landfill said Brandi, tis a misconception that it's a dump but it's really not. The landfill is specifically designed by scientists. We make sure nothing seeps into the ground or water by having a plastic liner. It is a hole but it's a scientifically designed site.

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

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 #2016-46	28:30	14:00	LOCAL	PA/O/E	11/03/2016 11/04/2016	04:00 PM 02:00 AM

Host **Kate McGovern** has a conversation with **Amy Rowell, Director of World Relief Moline**, regarding immigrants coming to America. We as Christians need to offer them hope, Kate added that she thinks about the story of the good Samaritan, how does that fit in to what you do asked Kate. Amy replied, we've always had wars, etc. But we as Christians have a choice, we have a choice to drive by the person on the side of the street holding a sign, and we have that same choice when it comes to refugees. We have the choice to help them, it's up to the Christian to choose to help. Amy believes the biblical solution, after being asked by Kate, is as believers come alongside the foreigners, not only does the foreigner feel welcome but we grow as believers. It is the greatest commandment Christ has put on us "To Love". If the church engages and loves then the world will be a better place. That's what Jesus did with the woman at the well. As a community member in the QC community Amy sees the community diverse. When you have a diverse community crime goes down and people stand up. It creates an opportunity to lean of each other. Amy shared a story of how years ago an Asian family moved into the neighborhood her and her husband went down to welcome them and learned they were refugees. The refugee process is a very intense process, stated Amy. You have to go through screening, background checks and even retina checks in some cases. The immigrant's process is not as intense, they can come here on a visa, or for school, etc. Amy says she was reminded of the book of Acts and believes immigrants and refugees are coming to this country to learn more of him. Kate replied by saying in Exodus it says "we should not suppress the sojourner. Amy stated that the most exciting part of the process is welcoming them in the U.S.

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 #2016-46	28:30	14:00	LOCAL	PA/O/E	11/03/2016	04:00 PM
					11/04/2016	02:00 AM

Family

Kate McGovern talks to **Amy Rowell, Director of World Relief Moline**, regarding refugees. There are 3 ways of transformation for refugees. 1) Socially 2) Economically 3) Spiritually, we address all 3. Socially means your welcomed in the community, economically means their self-sufficient, their able to pay their own bills, they have an income and spiritually means they come to know Jesus Christ as their personal savior, they learn that by our walk and our examples we show them. Amy shared a story of a refugee who came to the US from Semolina. They learned she was coming only 2 weeks prior to her arrival. Amy began to scramble and got members of a church to help the Single mother of 4. Amy did the background checks of everyone and got them ready. The young lady arrived with her small 4 children and they noticed that she had a limp. Two days later she was hospitalized and surgery had to be performed on her. The young lady was in the hospital for one week and was on complete bed rest for 2 months. The church took care of the small children, took turns spending the night, and fixed the meals for her and her children. The young lady now catches the bus everywhere she goes, goes to English class every day, her young son goes with her and the rest of the children are thriving. She is a non-believer said Amy but she sees Christ through those who've helped her. The Holy Spirit is going to get on the inside of her, whew! Amy then stated that we can't forget that everybody has a story. We represent hope to the refugees and immigrants. The refugees first year is like a honeymoon, but by the second year they begin to miss home and things they were accustomed to, but can't go back, but if we support and love them they can work through it. Amy say's there are 3 ways to success. 1) Learn English 2) have a job and 3) Have friends that will show them Christ.

<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 #2016-47	28:30	14:00	LOCAL	PA/O/E	11/14/2016	04:00 PM
					11/15/2016	02:00 AM

Family

Host **Pastor Nathan Hurst** talks with **Pastor Aloran of Roots QC Church** on parenting. Kids weren't born with a manual. He then stated that Jesus came so that family can be family again. The idea that God comes down and meets (broken) sinners he meets them where they're at so that he can mend the relationship and bring them back to him. That is the model of parenting. If God dreams he dreams that we be conformed in the image of Him Romans 8. God comes that everyone is different and we have to meet them where they are, as far as discipline for our children. Pastor Aloran shared that he grew up without a father so his model of a father was the other "idiot males" on the block. So his perception of being a man was how much money he could get, how many women he could get. It wasn't until he got around "Godly men" and they showed him how to be a parent through the bible. Pastor Aloran stated that society today is the churches reflection on the world, but, on a smaller perspective our churches are a reflection of the family. He believes if parents began to develop disciples, it would impact the church and ultimately the world. We have two trees growing inside of us said Pastor Aloran, hypothetically, 1) The Fruit of the spirit, patience, love, etc. and 2) the fruit of the flesh, immorality, etc. Kids don't see the tree they only see the fruit we bear.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Family

Joy In Our Town #2016-47	28:30	14:00	LOCAL	PA/O/E	11/14/2016	04:00 PM
					11/15/2016	02:00 AM

Host Pastor Nathan Hurst talks with **Pastor Aloran of Roots QC Church** on parenting; specifically discipline. I like to use two separate concepts; Coaching and Counseling. If coaching you concentrate on their strengths. An example would be a major league baseball player that gets coaching on their batting. Now, one might ask they're in the major league why do they need a coach? They use the coach to strengthen their strengths. Counseling is dealing with someone's weakness. The idea of discipline is correction. Correction of path, thinking, and movement. Coaching is correcting their way of thinking. You must have an ultimate goal and that goal is leading them to Christ and walk accordingly. You're growing the kids God entrusted you with to disciple in His image. There is a difference between goals oriented parenting and reactionary parenting. Pastor Aloran then stated that behaviors of a child are just "Heart issues" in one sense you're keeping the child from danger. But you need to directly deal with the "heart issue". Paul talks about the heart and correcting the heart. So parents need to take a step back and look at why the child did what they did through the heart. Take them from the immediate danger and talk with them. If your heart is really driven by the flesh then you're always going to have flesh fruits. What churches do sometimes is cover up the flesh fruit and put up the spirit fruit "faking it". What's going to happen is the flesh fruit will come out? People have to be transformed in your heart by Jesus. It will transform who you are and your parenting. A different way of looking at parenting is that you're making disciples for Jesus Christ.

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Family

Joy In Our Town #2016-48	28:30	14:00	LOCAL	PA/O/E	11/21/2016	04:00 PM
					11/22/2016	02:00 AM

Host Kate McGovern talks with **Duane & Bonnie Marburger, of United Marriage Encounter**, on marriage. Next to God, marriage is the most important relationship. Duane said that communication is the key. You have to communicate with your spouse. Bonnie says that she encourages. No matter what they are working on, a sermon, or something around the house, tell them they are doing a good job. Kate asked; what are some of the key ingredients to keeping the marriage together? Bonnie answered by saying the first and main key is Christ. Sometimes people don't realize that they have invited Christ into their lives personally but haven't asked Christ into their marriage. The other key would be to use "What would Jesus Do?" as a model. Some of the biggest struggles in marriage can be the family, getting so wrapped up in the kid's activities or other activities that the marriage starts to suffer. It is so important to give each other time and just talk about what's important that day. Duane shared that one key to transformation is forgiveness and learning how to accept that forgiveness. One of the biggest things Bonnie has learned over the years that you have to learn to love your spouse. You might not be their best friend all the time but you love them in spite of all.

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 #2016-48	28:30	14:00	LOCAL	PA/O/E	11/21/2016 11/22/2016	04:00 PM 02:00 AM

Family

Host Kate McGovern talks with **Bonnie and Duane Marburger, United Marriage Encounter**, about Marriage. Commitment is the biggest key to keeping the marriage together. When you have spiritual intimacy your marriage will be strong, much like a 3 fold cord, not easily broken. Host Kate asked Bonnie for an explanation of spiritual intimacy. Bonnie responded by saying that Spiritual intimacy is praying together, starting and ending your day praying together, Pray for your spouse that will draw you close, knowing you have someone praying for you. Duane added about not being selfish; don't have the "what's in it for me" attitude to make a strong marriage. It's okay if you're in the store and pass the floral department, to pick up some flowers. It's not saying you've done anything wrong, you were just thinking about them. When watching TV, watch something that will put positive in your mind. Try to watch shows that portray a Godly marriage. Duane stated that a friend once gave him some really simple advice. "Guard your heart" he said.

<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 #2016-52	28:30	14:00	LOCAL	PA/O/E	12/19/2016 12/20/2016	04:00 PM 02:00 AM

Family

Host Kate McGovern talks with **Lisa Turner, Owner/Director of Beautifully Blended**, about Blended Families. Blended family has nothing to do with race, however, it's when you have a step parent in the home and the step parent has kids as well as the partner, they are blended into one family. Beautifully Blended was formed after her and her husband married, said Lisa. Lisa had one daughter and her husband had 3 children from a previous marriage. Lisa stated, after going through the different legal situations and trials in the beginning of their marriage, it was then that God put on her heart "Beautifully Blended". Some of the issues that blended families face that a traditional family wouldn't face can be as simple as, where are the children going to spend Thanksgiving. That becomes a calendar situation. Another example would be; if the other parent got a better job opportunity out of state or across country, how do you work it out so the kids can still spend the same quality time with the parent that has to move? Lisa comes from a blended family and she was able to learn from her experience. The one thing that was instilled in her was that her sisters were her sisters, not step sisters or half-sisters. On the other hand she also learned what not to do. Lisa stated when she thinks of Beautifully Blended she thinks of Romans 12:2. In verse 2 it says we are transformed by the renewing of the mind. What that means to her is the old language we use to use we don't use anymore, such as step father, step mother, etc. We can now use the term "Bonus Parent". The power of Life and Death is in the tongue stated Kate, and so is the Power of unity and broken in the tongue. The key to making the blended family whole is; making sure you involve the other parent. Don't over step the other parents boundaries and make sure you don't initiate hurt. As with some divorces comes hurt or bitter feelings "hurting people hurt others". Try to keep the ill feelings away from the children stated Lisa.

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

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 #2016-52	28:30	14:00	LOCAL	PA/O/E	12/19/2016	04:00 PM
					12/20/2016	02:00 AM

Host Kate McGovern talks with Lisa Turner, Director/Founder of Beautifully Blended. Lisa says, use court as a preventative measure. It might be something as simple as mediation. Communication is the key. You have to start the communication early otherwise when the kids get older it allows them to play both ends against the middle. Counseling isn't for something that's broken, but can be awesome, stated Lisa. She also stated that her family went from her daughter being the only child to having three siblings in two weeks, so family counseling was awesome for them. Boundaries need to be set. When dating, they need to understand that this is your family dynamic. Some steps that can be taken when coming into the blended family; Step 1, write the vision and make it plain as stated in the bible. Step 2. Have faith, if I could give any advice to anyone going into a blended family it would be to "hang in there". It's not going to happen overnight. There will be resentment in the beginning. The child/children may fight you and say they want to go with the other parent or they don't like the new parent. Phrases like "You're not my mother/father" may come up, but try not to get discouraged.

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>
Joy In Our Town #2016-53	28:30	14:00	LOCAL	PA/O/E	12/26/2016	04:00 PM
					12/27/2016	02:00 AM

Host Kate McGovern talks with guests Erin Williams of JDRF for Life, Development Coordinator and Alysa Goethe, Miss Eastern Iowa Outstanding Teen. There are two types of diabetes; Type 1 or better known as Juvenile Diabetes and Type 2 which can be hereditary. Alysa stated that her dad and grandma have diabetes. One night she wasn't feeling well and something told her mom to test her sugar, after testing her sugar her and her mom realized that he sugar was high, higher than a normal teen. She then went to the doctor the next day where it was confirmed that she had diabetes. The question was asked, how young have you seen diabetes in children? Erin replied by saying, I have seen diabetes in children as early as six months and up to the age of 30. One typical myth regarding diabetes is; there is something you did to cause it. In reality, Diabetes is an autoimmune disease. Alysa added, "I love sweets, I am a chocoholic". Alysa takes about 4 shots a day. She stated that she has to be careful with her carbohydrates, because that determines her insulin intake. Diabetes is on the rise 23% stated Erin.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Health

Dr. Leaf Show	26:50	26:50	REC	PA/O/E	10/05/2016	2:00 AM
#0003					12/14/2016	3:30 PM
					12/21/2016	2:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices. Brain research and memory research shows you build memory about food. Information enters through the five senses and goes into the brain. What you put in your body is going to change the way your body reacts and functions. Be mindfully aware and have conscious consumerism. Ask yourself: What is on my plate? What is it going to do to my body? Where did it come from? What has this done to the earth? Research shows that 80% of an eating decision is in the mind. We need to be healthy mentally and physically. Research has shown that it takes twenty-one days to build a long-term memory. Then it's another two cycles of twenty-one days, which comes to around sixty-three to stabilize or automatize, which is the scientific word for building a habit The Modern American Diet is more addictive than heroin and cocaine. We have to recognize that what you are thinking about is having a physiological effect. Your mind is your soul; it's your intellect, your will, and your emotions. Then you have your physical body, of which your brain is a part. So, your mind is changing your brain, which is changing your body. We need to be very conscious of what we are thinking about when it comes to food and everything in life.

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Health

Dr. Leaf Show	27:05	27:05	REC	PA/O/E	10/05/2016	3:30 PM
#0001					10/12/2016	2:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet, shortened to the "MAD" Diet. Real food is nutritious, has very few ingredients, is organically grown from the ground, is sustainable, and picked when it is ripe. A happy animal is allowed to do what it does the way God designed it to do; roam freely and eat things as it's roaming around, which produces happy food. When you've had sufficient nutrition for your body, you stop eating. However, on the MAD diet the opposite happens. The MAD diet contains conventional-processed, food-like, products. An unhappy animal is restricted, force-fed, fattened up with hormones, full of antibiotics, and stressed. We have to eat food to survive, but the problem is what man has done to food. If we eat for health and not for losing weight, we will naturally get the correct weight. It's real food that you should be eating.

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Health

Dr. Leaf Show	26:55	26:55	REC	PA/O/E	10/12/2016	3:30 PM
#0002					10/19/2016	2:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food. Real food is made the way God designed it, without chemicals, herbicides, pesticides, or Genetically Modified Organisms (GMO). Biomimicry is looking at the intelligence of nature. The ecosystem is completely diverse. Going from diversity to monoculture is very dangerous. We need the variability. Learn how to eat properly. Find out what it's doing for and to your body - the good and the bad stuff. Get the knowledge to change your diet and lifestyle.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Health

Dr. Leaf Show	27:30	27:30	REC	PA/O/E	10/26/2016	3:30 PM
#0005					11/02/2016	2:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss living under a sense of urgency. With the advances of technology, we're just rushing from one thing to the next and we're constantly living under this directorate of time instead of going through life calmly and peacefully. Rushing from one thing to the next impacts our choice of food, when we eat, our physiology, our brain, and our brain functioning, which is called, literally, hurry sickness. The hurry sickness puts us in toxic stress. Stress is good to help us focus. Toxic stress takes that away, and then you have the opposite reaction. It pushes you into that zone where you're not thinking straight, where you make wrong choices. If you lead a disciplined lifestyle and you learn to renew and discipline your mind, you can apply that kind of thinking to your everyday life, including eating. Be intentional about your eating process. Try to separate your mealtime from your work. Don't eat standing up. Make eating your relaxation. Eat when you are calm to get more benefit from that food.

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Health

Dr. Leaf Show	27:30	27:30	REC	PA/O/E	11/09/2016	3:30 PM
#0007					11/16/2016	2:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist; Dr. Avery M. Jackson III, a neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the gut-brain connection. Brain tissue that we find in the brain is also in the gut. That gut-brain connection is a two-way connection and it's controlled by the enteric nervous system that contains 200-600 million neurons, which is more neurons than in the spine. In the Blue Zones of the world is where you find centenarians; people who live more than a hundred years of age. The underlying commonality is spirituality, community, attitude, and nutrition. And, the nutrition that they have is real food. When you decide to change the way you're thinking, you're going to change your physical status. Your brain and your whole body will respond. That's the eighty percent of the signal, and then the biology, the biological components of food, forms the other twenty percent of the signal. The thought that you are thinking right now at this moment is actually influencing all 75-1000 trillion of your cells, either positively or negatively. Fasting is important spiritually and physically. Some of the benefits of fasting are cardiovascular benefits, increased longevity and resistance to age-related diseases, enhanced mental and physical health, increased cellular energy, decreased inflammation, protects against the onset of illness, and protects against stroke and high blood pressure.

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Health

Dr. Leaf Show	27:30	27:30	REC	PA/O/E	11/23/2016	3:30 PM
#0009					11/30/2016	2:00 AM

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Dr. Irinel Stanciu, an endocrinologist, and Dr. Lillian Lockett Robertson, an OB/GYN, to explore the supermarket, how to cook, what to do, and how to shop. Eat real food. Buy real food. There is a definite engineered design in the supermarket. A lot of people have heard: avoid the center aisles and go to the outside, where your fresh produce is because everything down the center aisles are basically in boxes and containers. The Modern American Diet food-like products are industrially manufactured. When something is added, that means that something is being removed, so we should be wary of an added anything. Eating is eighty-percent dominated by our thought life and what we've built memories of. Eat real food. Read the labels. Buy local. You can find community-supported agriculture. Real food makes physiological changes in your brain. So, your mind, the thinking to choose to eat well, the intellectual stimulation, the being happy, and then choosing to eat the real food, and eating the real food, satisfies you. Eating real food is the way God designed us to eat.

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>
Dr. Leaf Show #0011	27:50	27:30	REC	PA/O/E	12/07/2016 12/14/2016	3:30 PM 2:00 AM

Health

Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by Esther Houston to discuss postpartum depression, also known as the baby blues. Suffering exists in life and we are here to learn through our suffering with the help of others. Something like postpartum depression is a very real thing that actually needs to be addressed as a very complex process unique to each individual. We can't just say it's a disease, label it, medicate it, and think that it's over and blame the mother. We've got to recognize the whole person. Who is this mum? What is she going through? What are her life circumstances? What is her past? What is her support system? What are the physical needs in her body and diet? We have to look at the whole person in a very loving and very supportive way. The more loving and supportive we are, the more we will actually help each other be better mothers.

<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 #11162016	1:00:00	5:00	REC	PA/O/E	11/16/2016	12:00 PM

Health

CBN News Reporter Lorie Johnson Reports: Busy, sleep-deprived, and stressed-out. These are the terms that describe most young parents. That roller-coaster lifestyle rocks your blood sugar and hormones, creating the perfect storm for weight gain. Even Mark Macdonald, the nutrition expert and bestselling author, gained 35 pounds after becoming a father. Mark and his wife, Abbi, didn't like the direction in which they were going — so they learned to gain control instead of gaining weight. Mark shares their secrets to success in the book, "Why Kids Make you Fat. . . And How to Get Your Body Back." He explained that when it comes to managing weight, new parents fall into four traps: lack of sleep, stress, lack of exercise and poor diet. While all those factors need to be addressed, Mark notes that diet is the most important. He says the secret to losing weight and keeping it off is what he calls "Eating in Threes," which means eat a protein, a fat and a carbohydrate every three hours. Abbi said she's noticed in her own life the importance of eating frequent, balanced meals. The key to "Eating in Threes" is understanding which foods are proteins, fats and carbohydrates. Most animal products are proteins. This includes meats like beef, pork, chicken and turkey, also yogurt (Greek yogurt is higher in protein than regular) and cheese. Seafood also qualifies as protein. There are also plant-based proteins, like tofu, a soy product. Fats include foods like olive, coconut and soybean oils. These are often the main ingredient in mayonnaise and salad dressing. Butter is also a fat, as are nuts like pecans and walnuts, as well as nut butters, such as almond butter. Avocados are also considered fats. Carbohydrates cover a lot of ground. Typically the healthiest carbs are vegetables. Fruits are also carbohydrates. Grains are carbohydrates as well, such as wheat, corn and rice and all the many products that come from them such as all breads and tortillas. Perhaps the unhealthiest carbohydrate is sugar. Some foods fit into more than one category. For instance, cheese is a protein, but because it contains a lot of fat, can also be considered a fat. Mark says if you can, eat your protein, fat and carbs in a certain order. Most Americans eat way too many carbohydrates and too few proteins. Her other grab-and-go favorites include nitrate-free turkey jerky, protein bars, nuts, vegetables and fruit. Although packing your food and taking it with you is usually healthier and cheaper, you can still "Eat in Threes" at restaurants, even fast food establishments. A good choice is grilled chicken as the protein, lettuce as the carb and salad dressing as the fat. Another option is an open faced sandwich using grilled chicken as the protein, half a bun as the carb and mayonnaise the fat. Less sleep, which goes hand-in-hand with parenthood, delivers a one-two hormone punch for weight gain. This is because not getting enough sleep increases the hunger-stimulating hormone ghrelin and lowers the appetite-suppressing hormone leptin. Mark advises parents to try to get more sleep. If that's not possible, he says at least they can learn to get better quality sleep, which pays dividends. This can be accomplished by avoiding the snooze button. Replace 30 minutes of useless sleep with quality sleep. For instance, instead of setting your alarm for 6:30 a.m. and hitting the snooze until 7:00, set your alarm for 7:00 and don't hit the snooze. Too many busy parents are dehydrated, which can lead to weight gain. Believe it or not, our brain sometimes tricks us into thinking we're hungry, when we're actually thirsty. How many ounces should we drink a day? A good rule of thumb is our body weight divided by two. For example, a person who weighs 120 pounds should drink 60 ounces of water a day. Parents know all too well the pre-kid days of spending an hour a day at the

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

gym are long gone. But with a little creativity, you can work-out while getting more family time. Family walks, especially for dog owners, can be a daily or even twice-daily routine. Mark straps on a weighted vest to make his walks a bit more challenging. Even time in front of the screen doubles as core strength training if you sit on a stability balls instead of a chair. Finally, letting go of those little annoyances that accompany parenthood goes a long way towards losing weight. The Macdonalds say following their prescribed guidelines will help shed the pounds and create new, sustainable habits that keep it from coming back.

<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 #12272016	1:00:00	5:00	REC	PA/O/E	12/27/2016	12:00 PM

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

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	CBN	1:00:00	5:00	REC	PA/O/E	12/29/2016 12:00 PM
#12292016						

CBN News Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called Our Journey of Hope. Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. LaWanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Homeless

Joy In Our Town #2016-42,43	28:30	14:00	LOCAL	PA/O/E	10/10/2016	04:00 PM
					10/11/2016	02:00 AM
					10/17/2016	04:00 PM
					10/18/2016	02:00 AM

Host **Pastor Nathan Hurst** interviews **Lynda Sargent** with Heart of Hope Ministries about Service in Our Community. What does it take to serve the community and others like Jesus did asked Nathan. Lynda replied, the footsteps are ordered by God and for her and her ministry. We not only serve others but other agencies in the community just like the book of John Chapter 13 where Jesus gave this example to the disciples, by taking off his own clothes and wrapped himself in a towel, then got down on his knees and washed the disciples' feet. Jesus told them: what did I just do? He answered to the disciples and told them I just gave you an example of how to serve each other. Jesus tells us in Matthew 25 he is separating the sheep and the goats stated Lynda, Jesus said when I was hungry you fed me, when I was naked you clothed me, and the disciples asked when did we do these things, Jesus answered it for the least of these you did it for me. Lynda said that gives us who we are to serve. Pastor Hurst asked, how do we make the first step? Lynda replied, see out the homeless shelters, the men's shelters, the women shelters and see where they need help and volunteer. It does much more for you than them, because you realize "But by the Grace of God there go I" It helped her realize that she too had a prejudice in her heart. She divorced and went from a house on the hill with custom drapes etc. to moving in with her mother on the west end of Rock Island. Lynda stated that she really means it when she say's "But by the Grace of God there go I". She said she was a product of 2 parents that were alcoholics, she's a product of dysfunctional family. Pastor Hurst asked; how do others identify us as Christians and Lynda replied by "Love". We are to demonstrate "Love".

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Homeless

Joy In Our Town #2016-42,43	28:30	14:00	LOCAL	PA/O/E	10/10/2016	04:00 PM
					10/11/2016	02:00 AM
					10/17/2016	04:00 PM
					10/18/2016	02:00 AM

Host **Pastor Nathan Hurst** interviews **Lynda Sargent** of Heart of Hope Ministries. "How do we actively engage into serving the community? Lynda's response was people begin to see us demonstrate our Love and want to come along side and join our efforts. There is always room for volunteers to serve. When they come in we are able to do more than just give them food, we also pray for them when they ask, engage them in conversation, and then ask them if they would like to volunteer. Don't do the volunteering alone, bring others with you to experience what you're experiencing. This is Kingdom business, stated Lynda, so we have people from other churches and other ministries that work alongside. We first want to demonstrate "Love" that's our front line of defense and it opens up the heart to that person where situations in life or whatever has taken them away from the church, but now they're able to see the church in action, the church of Jesus Christ. Then they will come and ask what church to we attend and that's your opportunity to invite them.

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>
<i>Homeless</i> Joy In Our Town #2016-45	28:30	14:00	LOCAL	PA/O/E	10/31/2016	04:00 PM
					11/01/2016	02:00 AM

Host **Kate McGovern** talks to **Rusty Boruff** regarding Homelessness. I am passionate about homelessness and one reason is because I know what it's like, because I have experienced that life, stated Rusty. It's scary, but he has also witnessed what it's like to come out of that situation. When we look at homelessness we have to look further than that. It's not just about homelessness but the contributing factors such as addiction, poverty, domestic violence, etc. These are examples that lead to homelessness, addiction and mental health are the leading causes to poverty. Rusty went on to say that there are two types of poverty, chronic poverty, and Crisis poverty. Chronic poverty is to throw money at the situation, but that's not fixing the problem, there's a bigger issue. When you look at Crisis poverty, sometimes money is what it takes to get them into a home. Kate asked Rusty what come to him while he was in the place of homelessness that brought about his transformation. Rusty replied, when he was homeless he remembers one specific scripture, Romans 12:2 where it talks about the renewing of your mind. When you're homeless you have a poverty mindset. Often times people will say, "if your homeless go get a job" well, it's hard to get a job when you're worried about what the kids are going to eat, where we are going to sleep? Rusty said when he was homeless he had to go from the defeated mindset to the victorious mindset. In Luke 15 where Jesus talks about the lost sheep, I believe that's how we should look at homelessness from the Christian perspective said Rusty. Rusty also said that we should define homelessness. Homelessness can mean your homeless and living on the street, or going from couch to couch, living in a hotel, and it can even mean incarceration. Kate said the bible say's we are to be the hands and feet of Jesus, what does that look like for you? Rusty responded, in Matthew 25 it talks about Jesus and in that chapter Jesus says if you want to know me more than go hang out with the sick, go hang out with the homeless, go hang out with those living in poverty and you'll find out who I really am.

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>
<i>Homeless</i>						
Joy In Our Town #2016-45	28:30	14:00	LOCAL	PA/O/E	10/31/2016	04:00 PM
					11/01/2016	02:00 AM

Host **Kate McGovern** talks with **Rusty Boruff** regarding homelessness. There are two sides to homelessness. What we don't realize is there are a lot of homes people within the church walls. What we need to realize, stated Rusty, is that homeless isn't just the grey bearded man on the corner anymore, it could be a mom or a dad, someone who was just released from incarceration. Statistics show that 1 out of 20 people are homeless. Rusty stated that from the church perspective we need to come around those people. The homeless person is going to walk in the church, not just on Sunday's but throughout the week and we as Christians need to know how to deal with them effectively and patiently. Kate then asked, how do you deal with them? Rusty replied, "Erroring on the side of Grace", you can't error too far on the other side. How did Jesus treat the homeless, the sick, etc.? Hopelessness is the worst feeling in the world so when someone offers hope that's what attracts the hopeless to Jesus. Once they are attracted to hope then they want to know who it is that gives them the hope. Rusty shared a testimony about a man named Arlin. Arlin was a homeless man who had lost everything and was staying in the shelter, he was battered and he would take a bag of frozen chicken and hide it under his bed at night because he was afraid that someone was going to steal it. Rusty went on to say that he talked to Arlin the other day and because he was offered hope, 4 years later he is no longer homeless, he is clean and sober, and he has reconciled with his family. But, if it hadn't been for God's Grace, said Rusty the story would have ended different. Kate asked Rusty does he see a lot of homeless youth. Rusty said Davenport School District has identified over 400 homeless youth. If we as a community don't reach out to them now, it will turn into Generational Poverty.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Homeless

Joy In Our Town #2016-49,50	28:30	14:00	LOCAL	PA/O/E	11/28/2016	04:00 PM
					11/29/2016	02:00 AM
					12/05/2016	04:00 PM
					12/06/2016	02:00 AM

Host Kate McGovern talks with **Kit Miller, Shelter Manager, Winnie’s Place**. A lot of times when we hear of someone going into a shelter we think it’s a “sad situation”. Once they enter in the shelter they are reassured and comforted that there is someone on your side and working for you. They’re not in isolation anymore. Kit also stated that the most they’ve seen come into the shelter is “tired people”. They are at their wits end. They have tried everything and every other resource available. This is especially true for single mothers. They often feel like they are being pulled in every direction. Kate stated “Jesus is the mender of the broken hearted”, how do you relate that to the clients? Kit replied, “By helping them feel accepted”. Some clients come from a faith based background and some don’t. Unfortunately, them that have the faith based background have a lot of shame. How that shame is overcome is the feeling of achievement or accomplishment, when they find that place to live for their family. We work with them to accomplish those goals. In our bible studies we teach non-denominational bible teachings, we teach the basics, we teach how to pray and how you can incorporate bible teachings with everyday living. We also deal with life skills. Some clients have been on their own since they were teens. They are not alone we work a long side of them. Kate asked, what is the spiritual transformation that you’ve seen? Kit replied, this is a loaded question, however, simply they are not dirty they are clean in Jesus.

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Homeless

Joy In Our Town #2016-49,50	28:30	14:00	LOCAL	PA/O/E	11/28/2016	04:00 PM
					11/29/2016	02:00 AM
					12/05/2016	04:00 PM
					12/06/2016	02:00 AM

Host Kate McGovern talks with **Kit Miller, Shelter Manager, Winnie’s Place**, There are a lot of resources and tools available to them and we also have resources and tools for them, but ultimately having the peace and Grace from Jesus. Often times client’s question, how can Jesus Love me with everything I’ve done or been through? We reassure them by saying “he already love you”. In the shelter we stress communication. We involve everyone and make it a community atmosphere. We like to have fun things to do for them as well. Kit stated that it’s not only about guarding your heart but guarding your body. That becomes difficult for those who have been violated. They feel they don’t have any control. Programs are also available for kids. Kids need the reinforcing presence. They have a lot of questions and some have lived in a lot of different places with a lot of different people. They need that joy back in their life. Kit also stated the difference between the kids that come in and the adults is; kids forgive easier. They haven’t developed the hard heart, in most cases. In closing Kit shared that she has worked in shelters for over 30 years and has seen some really sever cases, cases where the client was completely broken. It wasn’t until they accepted Jesus Christ in their hearts that they became whole.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Substance Abuse

700 Club NewsWatch #10202016	CBN	1:00:00	5:00	REC	PA/O/E	10/20/2016 12:00 PM
---------------------------------	-----	---------	------	-----	--------	---------------------

CBN News Reporter Caitlin Burke Reports: Alcoholism remains a leading cause of death in the United States. But even with all the research poured into the problem, it's a condition that's often misunderstood. When someone consistently drinks large amounts of alcohol it injures the brain, specifically the limbic system, or the brain's control center. When alcohol is consumed, it enters the blood stream and goes to this control center where it releases dopamine. While that chemical can make you feel good, it can also injure the brain as more of it is released overtime. The alcohol essentially causes the brain's control center to short circuit, overwhelming how you think, feel, and manage your emotions. Another misunderstood fact about alcoholism: females can become addicted more easily than their male counterparts. When a female drinks, her body absorbs 50 percent more alcohol per drink than a male. Because of this, Urschel says female alcoholics face more medical problems. This becomes even more of a concern as alcohol beverage companies spend millions appealing to women through television ads and social media. Hanna Fobare, 24, believed all the hype and turned to drugs and alcohol when the pressure to perform in college athletics got to be too much. As Fobare embraced her new lifestyle--the friends, parties and boys--the addiction quickly took over. When she started failing classes, Fobare realized she couldn't lie to her family any longer. Her parents stepped in and sent her to Enterhealth. There she received a dual diagnosis--as is common with many alcoholics. Fobare is now one year sober, but it hasn't been easy. Her first attempt led to a relapse, detox and time in a state-funded rehab facility. Both she and Urschel stress that the hardest thing for a recovering addict to understand is the need for constant maintenance. While the alcohol damage never goes away, Urschel says the brain contains an amazing ability to reboot and heal. With the right treatment, there's a 85 to 90 percent chance the brain will go back to its normal state.

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Youth

Joy In Our Town #2016-51	28:30	14:00	LOCAL	PA/O/E	12/12/2016 04:00 PM 12/13/2016 02:00 AM
-----------------------------	-------	-------	-------	--------	--

Host Kate McGovern talks with guest **Natalie Zook, Director of Children's Ministry, First United Methodist Church**, about Human Trafficking. Human Trafficking is a form of modern day slavery. Natalie became involved in Human Trafficking after she noticed the things around her, such as, magazines, television shows, commercials, etc. had become very suggestive. She then left her position as Children's Ministry Leader and went back to school. Natalie's focus was the media and how it plays a major part of sexual exploitation. After graduation she returned back to the church to use everything she learned. Natalie now brings awareness to parents and teens on sexual exploitation and what's seen in the media every day, through a Godly perspective. Natalie also works with leaders and other Children's Ministry Directors on being on the frontline of engaging the church community. Natalie stated the signs that sexual exploitation is present; attitude, demeanor, and dress are some sure signs to be aware of, but at the same time realize that some of these signs come with teenagers as well, but sexual exploitation signs are very noticeable. Natalie suggests that people be aware of their surroundings, if you see someone who is very intimidated by the person they're with or very scared, don't be afraid to tell. When Christians are ministering to victims of sexual exploitation we must let them know that they bare the image of God.

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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Youth

Joy In Our Town #2016-51	28:30	14:00	LOCAL	PA/O/E	12/12/2016	04:00 PM
					12/13/2016	02:00 AM

Host Kate McGovern talks with **guest Natalie Zook, Director of Children’s Ministry from First United Methodist Church.** First and foremost a break through must come from an understanding through a Christian and biblical perspective, regarding your human body, manhood, and womanhood. This statement came after Kate asked what a breakthrough looks like. Natalie stated that we are allowing society to tell youth what sex, manhood, and womanhood, look like and it’s “Quite disturbing”. The Church has to teach a Godly perspective on these type of things. For example: What does God use for sex? We as Christians need to offer aid and provide hope. The bible says, “We are new creatures” and we need to share that hope with victims. How Christians approach victims of human trafficking is very important. The bible is saturated with scriptures tell us to offer aid to the widow, the oppressed, and the broken hearted. Christians are to be that voice for them. There are steps for victims to re-establish their identity; first, remember it’s going to be a very slow process. Second, be careful how you approach the victim, for most victims terms like “daddy” have become sexual and have made them afraid, so when referring to Christ stay away from terms such as “daddy”, “father”, etc. Third, a daily reaffirming of who they are and who they are in Christ. It’s a long process. Currently in Natalie’s program is 6 months. This is where the church needs to pick up, stated Natalie. When the victim gets to the end of their 6 month program, it feels like they are just beginning.

<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>
----------------------	-------------------------	-----------------------	-----------------------	-------------	----------------	-------------

Youth

Joy In Our Town #2016-53	28:30	14:00	LOCAL	PA/O/E	12/26/2016	04:00 PM
					12/27/2016	02:00 AM

Pastor Nathan Hurst talks with **Ora Lampkin, Youth Minister about Youth.** My heart is for the youth and that they would hunger and thirst for righteousness, said Ora. When she was a child, before they started classes they were able to recite the Lord’s Prayer. Pastor Hurst and Ora referenced to the story of Paul, in the bible. Paul surrounded himself with young people like Timothy and Titus. Paul told Timothy to “Stir up the Gift”, the youth have to tap into their potential. Ora shared a story; when she was at church on Sunday a young man came to her and was feeling discouraged, she told him to get into his Word. He then said to Ora, I don’t have a Bible. She reached into her bag and gave him one of her bibles. Pastor Hurst then shared that the same young man comes from a broken home as well as a single parent home. Giving him a Bible put a smile on his face. Ora also shared that she has a grandson that she worked with and talked with him sharing the love of Christ and the Word of God but she lost him. He is now in jail where God can get his attention. The Children are the fruit of our womb; we have to pass Jesus on to them.

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