

Trinity Broadcasting Network

WMWC-TV Galesburg, Illinois

July, August, September 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.

Economy

Environment

Health

Public Safety

Transportation

Civic

| <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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Economy

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| Joy In Our Town #2015-32 | 28:30 | 14:00 | LOCAL | PA/O/E | 8/3/2015 | 10:30 AM |
| | | | | | 8/7/2015 | 12:00 PM |
| | | | | | 8/8/2015 | 03:00 AM |

Host **Kit Evans-Ford** interviewed **Kelly J. Davis** of Glory to God Ministries about financial stewardship. People need to learn how to handle their money to live their lives successfully. The first step to proper stewardship is to change our money mindset. Good stewardship begins by thinking of money as something you've been blessed to care for. Proper money management means prioritizing and setting goals. A budget is the tool most often used to help those goals come to fruition. It is very important that the budget be written. Your budget should include all major household items like food, housing and clothing. Communicating will with a spouse or family members is another key component for success. It can also be good to have an accountability partner to keep you on track. Once a budget has been created, Kelly recommended keeping track of expenditures to learn where your money goes. That awareness is key to making a realistic budget and keeping things on pace. It is not uncommon for households to discover their spending exceeds their income. If that occurs, re-examine your spending history with an eye for places to cut back. It often takes time to grow into effective financial stewardship -- mistakes happen. This is when an accountability partner is most helpful for encouragement. Sticking to it will pay off in the long run. Many churches and community organizations have money management classes available to help. Many additional resources can be found online to help viewers get on track financially. Kelly closed by encouraging viewers to take action, because the peace brought by the effort is well worth it.

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Economy

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| Joy In Our Town #2015-32 | 28:30 | 14:00 | LOCAL | PA/O/E | 8/3/2015 | 10:30 AM |
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| | | | | | 8/8/2015 | 03:00 AM |

Host **Kit Evans-Ford** interviewed **Kelly J. Davis** of Glory to God Ministries about the importance of an emergency fund. An emergency fund is a critical compliment to a budget. Having an emergency fund insulates your monthly budget from unexpected expenses that may derail progress. Those climbing out of debt or learning stewardship should start with a goal of \$1000. This is usually enough to stave off typical money emergencies -- like car repairs, a sickness or an injury. Once the \$1000 goal is met, the next step is to have 3-6 months of income in reserves. Building an emergency fund requires distinguishing between a "need" and "want." Tracking spending typically reveals areas of waste where savings can be found. Cutting back and applying those savings to an emergency fund can help it grow quickly. People can also sell unwanted items to build up their stash. Others may create a "debt snowball" and add to their emergency fund as debt is paid off. Unlike borrowing from a retirement plan, an emergency fund should be easily accessible and inexpensive. Once the resources have been used, it is important to replenish the money so it is always at the ready. Good communication with an accountability partner, spouse or family member helps everyone take ownership of the goal. Setting small rewards will help everyone stay on track. Kelly closed noting that while it may require sacrifice, the security and peace of mind that comes from having an emergency fund is definitely worth it.

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Economy

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| Joy In Our Town #2015-39 | 28:30 | 14:00 | LOCAL | PA/O/E | 9/21/2015 | 10:30 AM |
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Host **Kit Evans-Ford** interviewed **Alvaro Macias**, Community Development Manager of Ascentra Credit Union about raising financially savvy kids. It is very important to start early in making kids financially savvy. Children often pick up money habits and behavior of their parents in every day interactions. For that reason, it is important to not only teach financial responsibility, but model it as well. This begins by teaching the difference between “needs” and “wants.” It is important to communicate the link between actions and spending – for example, leaving lights on costs more and elevates the electric bill. Children need different skills at different ages. Under age 6, the primary focus should be on learning to save. From ages 6-12, children should learn about earnings, through activities like chores, crafts or a micro business. Over age 14 children should begin to understand credit, investing and large purchases. Children also need to develop some good money skills.

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| Joy In Our Town #2015-39B | 28:30 | 14:00 | LOCAL | PA/O/E | 9/25/2015 9/26/2015 | 12:00 PM 03:00 AM |
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Host **Lori Pearce** interviewed **Alvaro C. Macias**, Community Development Manager of Ascentra Credit Union about money tips for young adults. It is very important to start early in teaching young people how to manage money. Several financial institutions supply education on finance, but it has to be put to use. Managing funds definitely has a great impact on the community especially at a young age. Alvaro suggests that children start with 401K as early as the age of 3 years old. Parents should find a trusted financial partner to help plan the future for their child. Teaching your kids delayed gratification will go a long way toward financial wellness. It is also important to teach them the basics of budgeting. Modeling good money habits, open communication, and experience with money will definitely help our children position themselves to be financially successful.

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Economy

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| | | | | | 9/26/2015 | 03:00 AM |

Host **Lori Pearce** interviewed **Alvaro C. Macias**, Community Development Manager of Ascentra Credit Union about credit and spending plans. Alvaro first made mention that Ascentra Credit Union is a nonprofit organization and is also owned by the members of the Union. So they are very much in tune to customer needs. He then explained what a credit score meant to consumers and how it could affect your interest rates when planning to purchase large items such as, a home, vehicle, etc. Alvaro says that most blue collar employees will most likely not manage money well due to layoffs and rapid job changing. The leading cause of uncontrollable debt is simply living beyond your means. Alvaro says there are several financial institutions that provide services to get you out of debt and get you on the right track. Lastly, Alvaro suggests to take an honest look at life to see where you are and where you need to be. Spending money on the wrong things will never allow you to prepare for the right things.

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Economy

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| Joy In Our Town #2015-40 | 28:30 | 14:00 | LOCAL | PA/O/E | 9/28/2015 | 10:30 AM |
| | | | | | 10/2/2015 | 12:00 PM |
| | | | | | 10/3/2015 | 03:00 AM |

Host **Kit Evans-Ford** interviewed **Joe Taylor**, President and CEO of the Quad Cities Convention and Visitors Bureau about the impact of visitors and tourism in the Quad Cities. Special events are a major short-term economic driver of the region. Twenty five years ago, a decision was made to merge the combined efforts of each city's tourism division to promote the Quad Cities as a region. This decision resulted in the formation of the Quad Cities Convention and Visitors Bureau. This new organization made it a point to market the Quad Cities marketed as a single destination. He discussed the need for visitors as an economic driver of jobs in the region. Millions of dollars come to our community because of the educational, recreational and sports events hosted here. While the river provides a significant level of tourism on its own, more education is needed to promote other noteworthy aspects of our community. It is also important to continue promoting local spending by community residents -- the bread and butter of the economy. Money locally turned in the region benefit our area as well. Initiatives like the "Be a Tourist in Your Own Backyard" campaign serve to keep those dollars re-circulating in our community.

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| Joy In Our Town #2015-40 | 28:30 | 14:00 | LOCAL | PA/O/E | 9/28/2015 | 10:30 AM |
| | | | | | 10/2/2015 | 12:00 PM |
| | | | | | 10/3/2015 | 03:00 AM |

Host **Kit Evans-Ford** interviewed **Joe Taylor**, President and CEO of the Quad Cities Convention and Visitors Bureau about economic growth. Visitors spend about 800 million dollars per year. That translates into about 8000 jobs. Visitor spending also drives tax revenue that can be used to improve infrastructure as a whole. The Quad Cities has a lot to offer people in our small geographic area. Flooding is one of the biggest challenges to development of this region. Our attractions have had to learn to flood-proof their developments. We must also work to change the perception that if the Mississippi River floods, the whole region is closed. The Quad Cities is also working to make transportation more accessible including plans with direct flights to DC, a new Interstate 74 bridge and improved methods for visitors to get around. As improvements are being implemented in the community, there are ample opportunities for residents to be engaged and provide feedback. Many of the region's growth ideas are generated by community members themselves. Joe closed by encouraging everyday citizens to share the love of their hometown with others and create a win-win situation for all.

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Economy

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| 700 Club NewsWatch #09212015 | 1:00:00 | 5:00 | REC | PA/O/E | 09/21/2015 | 2:00 PM |
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CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Financial advisor Robin Tull, founder of Tull Financial Group in Chesapeake, Virginia, said many people lack an overall plan. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBRI developed the program to help Americans determine how much they need for retirement. Choose To Save offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Married couple Amanda and Eddie Grizzard are two people who started saving early. They saved individually before marriage and began as a couple the month they married. The Grizzards used a financial planner to determine how much they needed for retirement. The Grizzards save a pre-determined amount every month that is automatically deducted from their paychecks. They add to it when there's overtime pay and they live frugally. The Grizzards have also kept saving even during bad times. Experts say holding off saving when the markets are down is a common retirement saving mistake. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips: Plan on living longer than you think you might as life spans continue to grow. Save extra for healthcare because those costs going forward are difficult to estimate. Maximize your employer's 401K match and look into a Roth retirement account. Know why you are saving. Paint a picture of your retirement. It will sharpen your focus and motivation. For Julia and Chris Williams, investing is part of living a godly life and saving as they start their family brings them peace. In fact, the Williams are thinking beyond retirement. They're following Proverbs 13:22 which says, "A good man leaves an inheritance to his children's children." That means not only planning for their retirement and for their son Anderson, but for his children as well.

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| Economy 700 Club NewsWatch #09212015 | CBN | 1:00:00 | 5:00 | REC | PA/O/E | 09/21/2015 2:00 PM |

CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Financial advisor Robin Tull, founder of Tull Financial Group in Chesapeake, Virginia, said many people lack an overall plan. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBRI developed the program to help Americans determine how much they need for retirement. Choose To Save offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Married couple Amanda and Eddie Grizzard are two people who started saving early. They saved individually before marriage and began as a couple the month they married. The Grizzards used a financial planner to determine how much they needed for retirement. The Grizzards save a pre-determined amount every month that is automatically deducted from their paychecks. They add to it when there's overtime pay and they live frugally. The Grizzards have also kept saving even during bad times. Experts say holding off saving when the markets are down is a common retirement saving mistake. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips: Plan on living longer than you think you might as life spans continue to grow. Save extra for healthcare because those costs going forward are difficult to estimate. Maximize your employer's 401K match and look into a Roth retirement account. Know why you are saving. Paint a picture of your retirement. It will sharpen your focus and motivation. For Julia and Chris Williams, investing is part of living a godly life and saving as they start their family brings them peace. In fact, the Williams are thinking beyond retirement. They're following Proverbs 13:22 which says, "A good man leaves an inheritance to his children's children." That means not only planning for their retirement and for their son Anderson, but for his children as well.

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Environment

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| Joy In Our Town #2015-27B | 28:30 | 14:00 | LOCAL | PA/O/E | 06/29/2015 | 10:30 AM |
| | | | | | 07/03/2015 | 12:30 PM |
| | | | | | 07/04/2015 | 03:00 AM |

Host **Madison Logan** interviewed **Cindy Kuhn of the Habitat for Humanity ReStore about a new concept -- reusing** durable medical equipment (DME). Durable medical equipment includes walkers, wheelchairs, bath benches, beds, CPAP machines and other items used by people with declining health. While health care costs are rising, insurance companies and Medicare are paying less for DME. At the same time patient incomes and needs have not changed. This leaves patients often having to choose between multiple needed items. The Health and Home division of the Habitat ReStore is able to provide most recycled durable medical equipment for about 25% of the retail cost. Most of the items come from medical supply stores, nursing homes, hospice facilities and, families. All merchandise is cleaned and professionally checked. The donated items can then be matched with people who are in the most at need. Recycling these items reduce landfill waste, and help people remain home longer before being institutionalized. As healthcare costs continue to expand, reuse of durable medical equipment is expected to boom. Reusing DME creates a win-win by reducing waste of the donor and saving costs for the consumer. Drop off equipment donations are available during business hours. Cindy closed by reminding us that the reuse of home medical equipment is a fairly new trend, and more people need to become aware of it as a disposal or acquisition option.

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Environment

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| | | | | | 07/04/2015 | 03:00 AM |

Host **Madison Logan** interviewed **Cindy Kuhn** of the **Habitat for Humanity ReStore** about recycling construction and building materials. Because available landfills have space constraints it becomes problematic when landfill space is occupied by large construction items. Many times usable items like cabinets, fixtures and doors end up in a landfill simply because styles have changed. Often building materials end up in the trash long before those items have worn out. Cindy offered a much different approach with a focus on re-use. By employing re-use principles Habitat Re-Store has saved 10 million pounds of waste saved from area landfills. Cindy encouraged people to think more critically about what to do with waste—efforts to recycle can save the natural resources of producing something new. The effort often only takes a bit more coordination. In the long run, throwing things away is more expensive than the time saved by trashing them. Many do not realize that it is possible to “harvest” materials from buildings that are about to be demolished. The more materials that can be removed from waste stream and transferred to the product stream the better it is. Educating people about donation opportunities is very important. Cindy closed reminding us that “one man’s trash is another man’s treasure” and many things can have a renewed life. The Habitat for Humanity Re-Store encourages people to donate unused items for repurposing. Volunteers are always needed to help process materials and improve our environment.

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| <i>Environment</i> Joy In Our Town #2015-34 & 37 | 28:30 | 14:00 | LOCAL | PA/O/E | 08/21/2015 | 12:00 PM |
| | | | | | 08/22/2015 | 03:00 AM |
| | | | | | 09/07/2015 | 10:30 AM |
| | | | | | 09/11/2015 | 12:30 PM |
| | | | | | 09/12/2015 | 03:00 AM |

Host **Kate McGovern** interviewed **Dr. Peter Schwartzman** of Growing Together Inc. about urban farming. There are many different types of urban farmers. Urban gardening can manifest as container garden, community garden, or crops and livestock and fish grown inside the city limits. It can also be healthier --the closer we are to our food sources, the more nutrients remain in the food. A benefit of growing our own food is knowing exactly where the food came from and how it was produced. Urban farming can make productive use of open lots, teach valuable skills and foster connectivity. Urban farming can also be a potential solution to food deserts. A food desert is an area where healthy food is not readily accessible. Urban farming can also uplift a local economy. In Galesburg there is over 170 million dollars spent on food annually. Surprisingly, only 1% of the food in Galesburg is spent on locally grown food. If that number increased to only 10%, it would inject millions of dollars into Galesburg's economy. There are many online resources to learn more about urban farming. Dr. Schwartzman emphasized that people do not have to own huge tracts of land to grow their own food. The first step of a small garden can produce great benefits for the environment, your community and your health.

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| <i>Environment</i> Joy In Our Town #2015-34 & 37 | 28:30 | 14:00 | LOCAL | PA/O/E | 08/21/2015 | 12:00 PM |
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| | | | | | 09/11/2015 | 12:30 PM |
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Host **Kate McGovern** interviewed **Dr. Peter Schwartzman** about sustainable farming techniques. Sustainable farming is growing food in a way that is respectful of the land, the people and the ecosystem. It means farming in a way that will perpetually provide food for years to come. Traditional farming practices can pollute the land, contaminate the water, and destabilize the economy in certain communities. Crop rotation is a sustainable technique helps to prevent the land from being overworked. Crop rotation also helps prevent pests and disease by changing the balance in the soil that hosts them. Cover crops have a similar function. They protect soil from erosion and runoff. Some cover crops actually add nitrogen and improve the soil quality. Local growers are becoming more open to alternative farming methods. Composting is becoming more popular as a win-win way of handling food waste and improving the soil. Permaculture is another growing sustainable farming technique. Learning sustainable farming techniques does not have to be overwhelming. Starting small can help growers learn the required skills. Government grants are often available for larger projects. Farmer's markets are a great way to learn about sustainable farming. They can also be very valuable to communities by promoting local food, improving the economy and providing healthy choices. Anecdotal evidence suggests that exposing children to healthy food and sustainable farming techniques may encourage better eating habits.

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| 700 Club NewsWatch #07162015 | CBN | 1:00:00 | 5:00 | REC | PA/O/E | 07/16/2015 2:00 PM |

CBN News Washington Senior Correspondent Paul Strand Reports: Climate change is one of the most contentious issues of our time. Many conservative Christians don't agree that humans help cause it or that people can affect the Earth's warming or cooling. They might be surprised to find, however, that two of the more respected believers in climate change are evangelical Christians with conservative leanings. Pastor Andrew Farley leads Ecclesia: Church Without Religion in Lubbock, Texas, and heads up Network 220, a national association of counseling, discipleship, and training ministries. His wife, associate professor Katharine Hayhoe, is a climate scientist that in 2014 TIME magazine named one of the most influential people in the world. And that influence is growing with audiences both religious and secular because Hayhoe's job adds weight to her contention there's overwhelming evidence of climate change. When Farley married his climate scientist wife he thought global warming was just one more environmental fad. Farley and his bride fought over climate science for about two years. The evidence Hayhoe and others had of a definite radical spike in temperature and carbon dioxide finally got to Farley. This July some 400 moms and their kids travelled to Capitol Hill for what they called a "play-in protest" against climate change and carbon pollution. It was a play-in because the mothers acknowledge most kids are too rambunctious to sit still for a sit-in protest. The moms believe reasonable energy restrictions could reduce about 150,000 asthma attacks a year among children and prevent up to 6,600 premature deaths. It's concern for children like those and their own that has Hayhoe and Farley anxious to see the world do something. But she warned global warming is hurting, even killing, thousands of people now - like causing stronger, longer heat waves. Stronger rainfalls hitting with more frequency are leading to more flooding. And in the future, Hayhoe sees trouble coming for hundreds of millions more people -- for instance, those on coastlines. Hayhoe's frequent public appearances, reasonable-sounding arguments and down-to-earth style have led some to say she's the best communicator about climate change in the world. When it comes to this recent spike in global temperatures and carbon dioxide, Hayhoe works to rule out natural suspects that could warm the Earth, like the sun has done in the past. How about the natural cycles that take place over vast numbers of centuries? As she points to her number one suspect, you see the evangelical in this scientist and child of missionaries come alive. Hayhoe suggested fighting globally for practices and methods that reduce carbon emissions and then reducing one's own carbon footprint. She said it's easy and simple to start and gave one example. There's a long list of other actions one can take. For instance, when it comes to commuting to work, people can mix it up by occasionally carpooling, sometimes taking public transport, biking, and tele-commuting. In addition, people can buy things locally grown or made. They can eat less meat, recycle, insulate, compost, weatherize - the list goes on and on. Even if Hayhoe and Farley turn out to be wrong about global warming, those who take such actions will at least help make Earth a healthier, cleaner planet.

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Health

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| Joy In Our Town #2015-30 & 31 | 28:30 | 14:00 | LOCAL | PA/O/E | 07/20/2015 07/24/2015 07/25/2015 07/27/2015 07/31/2015 08/01/2015 | 10:30 AM 12:00 PM 03:00 PM 10:30 AM 12:00 PM 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 well-being. 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.

Health

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| Joy In Our Town #2015-30 & 31 | 28:30 | 14:00 | LOCAL | PA/O/E | 07/20/2015 07/24/2015 07/25/2015 07/27/2015 07/31/2015 08/01/2015 | 10:30 AM 12:00 PM 03:00 PM 10:30 AM 12:00 PM 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

| <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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| Joy In Our Town | 28:30 | 14:00 | REC | PA/O/E | 08/24/2015 | 10:30 AM |
| #2015-35 | | | | | 08/28/2015 | 12:30 PM |
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Host **Madison Logan** interviewed **Chris McCormick Pries** – Clinical Director of Vera French Community Mental Health Center about the state of mental health services in our area. Chris first defined psychiatric disorders as illnesses exhibited in thinking, feeling, or behavior patterns. Due to severe cuts in funding for mental health services, we are seeing more people with mental health issues, showing more severe symptoms with even less treatment than before. These challenges are compounded by a shortage of professionals in the mental health field, and entire communities lacking services. Supportive services are also lacking for people with mental issues that also have related financial and housing concerns. The Affordable Care Act has changed the dynamics of mental health care in two positive ways. 1.) It provided resources to those who previously had no money for treatment, and 2.) It allowed more integration of services and coordination of care. Solving some of these challenges will require more recruitment of professionals and continued dedication of resources. Laypeople can be influential in solving this problem by becoming educated about mental illness, talking to legislators, and volunteering to help with programs targeting the mentally ill.

Health

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| Joy In Our Town | 28:30 | 14:00 | REC | PA/O/E | 08/24/2015 | 10:30 AM |
| #2015-35 | | | | | 08/28/2015 | 12:30 PM |
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Host **Madison Logan** interviewed **Joyce Morrison**, Director of Program Development at Vera French Community Mental Health Center about suicide prevention. Our region has recently seen a rapid increase in suicides, in both the adult and youth populations. The increase has been even more significant among teens and pre-teens particularly with increased consumption of social media. Outward signs of suicidal thoughts may not be easily recognizable. Warning signs of suicide and depression include going silent, isolation from activities, heavy sighing, a flat affect and efforts to get affairs in order. Among youth, the contemplation period before suicidal action can be much shorter than that of adults. It is also important to monitor senior citizens closely for signs of depression. Prevention of suicide often begins at home, by teaching children problem solving and coping skills. It is increasingly important to tell teens they are loved and supported during difficult times. If you suspect someone is suicidal be sure to keep checking on them, asking about their well-being repeatedly if needed. Try to connect them to help. Law enforcement can also do wellness checks. Joyce closed by reminding us that depression is an illness, and it is important to treat a depressed person with love and support just as you would anyone else who is suffering.

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| Joy In Our Town #2015- 36 | 28:30 | 14:00 | LOCAL | PA/O/E | 08/31/2015 | 10:30 AM |
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Health

Host **Erinn Hartwell** interviewed **Jodie Kavensky**, Executive Director of the Norma Leah Foundation about ovarian cancer. Ovarian cancer is a silent killer. On average 1 in 7 women will be diagnosed with this disease and 1 in 100 will die from it. Ovarian cancer is difficult to detect because the symptoms mimic those of many other diseases. Unfortunately, there is no early detection test. Risk factors include advancing age, relatives with a history of cancer, never having children, and a high fat diet. The best way to test for ovarian cancer is for women to request a rectal/pelvic exam during annual checkup. Jodie debunked several common myths about the disease that including; that ovarian cancer has no symptoms; that an ordinary pap test will detect the disease, and that women without ovaries are immune from it. The symptoms can be remembered using the B.E.A.T. acronym: **B**loating, **E**ating less, **A**bdominal pain and **T**rouble with your bowels or bladder. 75% of women diagnosed with this disease don't discover it until the late stages. This makes early detection key to prevention. When caught early, this cancer has a 92% treatment success rate. Jodie closed by reminding viewers to know ovarian cancer symptoms, pay attention to your body, and request the right tests.

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| Joy In Our Town #2015- 36 | 28:30 | 14:00 | LOCAL | PA/O/E | 08/31/2015 | 10:30 AM |
| | | | | | 09/04/2015 | 12:00 PM |
| | | | | | 09/05/2015 | 03:00 AM |

Health

Host **Erinn Hartwell** welcomed back **Jodie Kavensky**, Executive Director of the Norma Leah Foundation about ovarian cancer testing and support. Jodie reviewed that there is no early detection test for the disease. Doctors also need more education about the specifics of ovarian cancer. Many believe that a pap test will find it, or erroneously tell patients that women without ovaries cannot get it. The best way to diagnose it is by a combination of a rectal pelvic floor exam combined with a CA125 test that measures chemicals of the cancer cells. Frequently the annual pap exam a woman has tests for cervical cancer, but not ovarian cancer. For the best results, women should seek out a gynecological oncologist. These doctors are specialize in pelvic floor surgery. When detected early, ovarian cancer has a 92% treatment success rate. If a positive diagnosis is made, it is recommended that patients seek treatment at a National Cancer Institute approved facility. Treatment usually consists of surgery combined with several rounds of chemotherapy. While treatment is not available in our area, there are several support services available for ovarian cancer survivors, including local support groups. Jodie closed by noting that since September is Ovarian Cancer Awareness Month, it is a great time to get tested, learn more about the disease, or volunteer to educate others in our community.

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| Switch On Your Brain #006 | 28:30 | 28:30 | REC | PA/O/E | 07/07/2015 | 12:00 PM |

Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside of our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this is who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific, science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remodeling chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. You're capable of changing the "I can't" into the "I can."

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Health

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| Switch On Your Brain #007 | 28:30 | 28:30 | REC | PA/O/E | 07/14/2015 | 12:00 PM |
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Today on Switch On Your Brain Dr. Caroline Leaf asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. You are in life processing. In the events and circumstances of life those things are coming in through your five senses. You are thinking these things through and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. You are a triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. What science quantum physics tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an incredibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your of head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewire that; that will start freeing you. That realization that this is not who you are, that you can rewire it; that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain. If you start thinking about it more, you then act upon that because whatever we do is coming from these thoughts that we've built in our non-conscious mind. The more you think about it the bigger it gets. The more you meditate the bigger it gets. If you're in a crisis situation, what are you going to revert to? The thing you're thinking about the most. Hebrews 11:1 in reverse. Faith is substance. When you are building your faith in something you are building a physical network. Your brain is following the structure of your mind. Genesis 11:6 Faith. Substance. Imagination. All of it is building substance. Substance is stuff; something physical. As you are thinking, you are creating thoughts. You first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. How do we know what is truth in terms of making decisions about whether something is good or something is bad? First of all, you are wired for love. It's the scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline, that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating "Is this thought in alignment with God or is it in alignment with the worldly way of

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thinking." We can train ourselves to discern because our basic nature is one of knowing good from evil. A lie cannot be measured. Light is what we measure. Darkness is the absence of light. A lie is the absence of truth. We measure truth. Your mind controls your body even down to the subatomic level. That is why when you pray your words influence the subatomic level. Your thoughts change the C-reactive proteins in your body. Your thoughts, your words, change everything right down to the DNA level.

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| Switch On Your Brain #008 | 27:30 | 27:30 | REC | PA/O/E | 07/21/2015 | 12:00 PM |

Health

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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Health

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| Switch On Your Brain #009 | 27:30 | 27:30 | REC | PA/O/E | 07/28/2015 | 12:00 PM |
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Today on Switch On Your Brain Dr. Caroline Leaf discusses emotions and feelings and if can we control them. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default; this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can

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control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

| <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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| Switch On Your Brain #010 | 27:30 | 27:30 | REC | PA/O/E | 08/04/2015 | 12:00 PM |

Health

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

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

| <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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| Switch On Your Brain #011 | 27:30 | 27:30 | REC | PA/O/E | 08/11/2015 | 12:00 PM |

Health

Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit. 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually, the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension; you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you,

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but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. And you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

| <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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| Switch On Your Brain #012 | 27:30 | 27:30 | REC | PA/O/E | 08/18/2015 | 12:00 PM |

Health

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

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making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind; that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

| <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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| Switch On Your Brain #013 | 27:30 | 27:30 | REC | PA/O/E | 08/25/2015 | 12:00 PM |

Health

Today on Switch On Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain; literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some non-event. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and

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your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

| <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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| Switch On Your Brain #001 | 28:30 | 28:30 | REC | PA/O/E | 09/01/2015 | 12:00 PM |

Health

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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| Switch On Your Brain #002 | 28:30 | 28:30 | REC | PA/O/E | 09/08/2015 | 12:00 PM |

Health

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

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what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for loved. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

| <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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| Switch On Your Brain #003 | 28:30 | 28:30 | REC | PA/O/E | 09/15/2015 | 12:00 PM |

Health

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.

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Health

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| Switch On Your Brain #004 | 28:30 | 28:30 | REC | PA/O/E | 09/22/2015 | 12:00 PM |
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Today on Switch On Your Brain Dr. Caroline Leaf discusses stress. There is good and bad stress. Stress is how your brain and your body reacts to how you're thinking. When you are in a positive state of stress, which is stage one, your neurons are lining up and everything is happening like it should. Stage two and three of stress is considered negative stress. Your body goes into negative stress when you build toxic thoughts. Every cell in your body is subject to every toxic thought that you keep, increasing vulnerability to illness and disease. When we make a negative choice we throw our body into a state of toxicity. Science tells us that seventy-five to ninety-eight percent of current mental, physical, and behavioral illnesses come from our thought life. There are three stages of stress. Stress stage one is actually good. It is normal and is the natural flow of the brain in helping us as humans to focus and deal with life. When we make a bad choice, we actually upset the natural cycle of stress and upset the natural flow of chemicals and cause an imbalance in our thinking. So good stress becomes bad stress and we move into stage two of stress where we have neurochemical chaos. As we're thinking and processing information, we have about 30 neurotransmitters and 1,400 different chemical reactions happening while we are just living. But as we enter stage two of stress, which is caused by a bad decision, which is caused by a toxic thought that we physically build in our brain, we cause neurochemical chaos, upsetting those 1,400 chemical reactions and 30 neurotransmitters. Stage three of stress is when we stay in stage two of stress for a long time; when we've kept those bad habits, when we've kept those toxic thoughts, and we just don't move beyond and nurse those things and suppress them in our subconscious mind. When it's there for too long, eventually, the damage becomes greater and greater, and we shift over into stage three of stress, which is a good thing gone really bad and doctor's generally talk about that as the death zone. Stress is the body's reaction to the foreign invasion of a toxic thought. Your choice, which is your reaction, determines if stress will make or break you. Every single cell in our body has like little doorways on it. Every single cell has multiple receptors for a specific purpose, little doors and windows, each letting in certain chemicals, certain substances, at certain times, in certain amounts. It is called cell specificity. When it's all going like it should, when you are in stress stage one, which is the good stress, when you're thinking correctly and making right choices, when you are in line with your wired for love natural design, then the receptors work correctly. The minute we think and choose and make a toxic decision, when we move into the wrong way of thinking, out of alignment with our natural way of thinking that causes neurochemical chaos in the body. When we have neurochemical chaos in the body that literally causes the doorways to be ripped off the hinges, causing the windows to be shattered, removing protection from the cells. Now whatever is flowing through the bloodstream, whether it's chemicals that you've inhaled from a perfume that you've sprayed, or food that you've eaten, the incorrect balance of chemical signals from a toxic reaction. All of that is actually reality inside of our blood flow. Now that can enter into the cell and into the heart of the cell, which is the DNA, and affect the way in which the genes express and effect the way in which you hold thoughts. Your spirit is the true you. It's who you've really been created to be. Your soul is your intellect, your will and your emotions, so your soul is your mind realm. Your physical body houses your spirit and your soul, so your brain is part of your physical body. The way we are designed is that the Holy Spirit guides your spirit. Your spirit guides your soul. Your soul dominates your body. Your thinking mind controls matter. Your thinking is changing the structure of your brain and your body. The Holy Spirit lays down in your spirit what you know to be the correct thing, but it is with your mind that you must appropriate that. It is with your mind that you understand what the spirit knows. We've all been at the place where we know what we're supposed to do and can even quote the scripture, but our mind is still not really believing what is true. This is called in scientific terms: cognitive dissonance or lies. You are getting input through stimulus or signals from the external to the internal part of your mind through your five senses, so your five senses are the contact between the external world and the internal world of your mind. When these signals move into your mind they're moving as electromagnetic impulses, waves, and all kinds of fantastic things, and they are in a temporary state and they move through the hundred structures of your brain. You're in the events and circumstances of life and the enemy comes and distorts those events and circumstances. When someone speaks you receive those signals, you process and think about it with your mind. As you're thinking, you cause your brain to genetically express, which means your brain has a physical reaction to your thinking. Thinking is an electromagnetic wave, which is a signal that causes your brain to make proteins. Those proteins group together into little branches that hold information that you are hearing. The stuff from outside becomes a physical reality inside. You receive it, but you have a choice. You, with your mind, have to choose whether you are going to appropriate the truth of God and step into His grace, and the signal that changes your brain is your mind. What you are thinking changes your brain. Your brain then controls your body. Your brain then receives either a negative signal or a positive signal. The lie of the enemy has no strength, no substance, until you take it and make it physical substance. Whatever you think about will produce an action and words. Everything that you say and do in your life is first a thought that you have built inside of your head. Your thoughts are the source. As a man thinks in his heart so is he. You don't have stress chemicals in your body, you have chemicals that flow in the wrong quantities. Everything inside your brain and your body is designed for perfection. When we make bad choices we disrupt the natural rhythm of the physical body that we live in. There have been thousands of studies showing how the physical heart is linked to the brain. In the heart there is a mini little brain that has about 40,000 nerve cells. This little mini-brain inside your heart is connected to your brain and what happens is that as you are processing the events and circumstances of life, as you are reacting to the events

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and circumstances of life, as you the observer outside of the system are observing the events and circumstances of life, as you're intellectualizing through the events and circumstances of life, you are then going to make a choice. You will always make a choice. This is how you are designed. Thinking leads to a choice. Put your past behind you. Acknowledge, confess and repent to rewire your thinking. It's time to stand up and take responsibility for our thought life. Stress literally causes brain damage. We cause our own brain damage every time we make a toxic choice and throw our body into negative stress. Positive stress is good, that happens as you're thinking and making good choices. Negative stress stage two and three is when you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

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September 30, 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> |
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Health

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| Switch On Your Brain #005 | 28:30 | 28:30 | REC | PA/O/E | 09/29/2015 | 12:00 PM |
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the ability to change and renew your mind. You can rewire your brain. You can change and get rid of those toxic thoughts. As a man thinks in his heart so is he. What we have wired into our brain very much determines what we say and what we do. If it's a toxic thought it produces toxic words and actions. You don't have to get stuck in that. We're not a victim of our biology. We can change that. We can rewire and get rid of it. In science we call this neuroplasticity. Neuro means brain and plastic means to change. You are designed to change your brain. It takes time. It takes a full twenty-one days according to the science to breakdown a thought. You are in control. You can break those thoughts down. Renewing our mind means that we change our thoughts. You are a thinking being. Thoughts are real things and they occupy mental real estate. If you have a toxic thought it causes physical change in our body, which is toxic. If you have a healthy thought it brings health to our bodies. This is what science has found: that when you have a healthy thought you have health in your body. Toxic thinking brings a lack of health to your body. You have a non-conscious mind and you have a conscious mind. Your non-conscious mind operates twenty-four hours a day. Your non-conscious mind operates at four hundred billion actions per second and that non-conscious mind drives the conscious mind. Your conscious mind is what you do when you're awake. The conscious mind only operates when you're awake but it is driven and controlled by the non-conscious mind. At any one time around about four to seven thoughts are in the conscious mind. As a thought moves from the non-conscious to the conscious, it becomes malleable, plastic, changeable, and this is when we start doing brain surgery. This is a massive breakthrough in brain science, and psychiatry and the world of psychology. It was once thought that the brain could not be changed because it is fixed and immutable; it's a machine. Research now shows that your brain does re-grow; it is neuroplastic. Every day you get new brain cells. When you bring a thought into the conscious mind, there's a massive change that occurs inside the networks of our brain. We see a physical change in the brain. In the mind realm there is a massive change and in the spiritual realm there is a massive change. As soon as we bravely take the initiative of acknowledging our wrong doing, our sin, our stronghold, our toxic thought, whatever you want to call it, then immediately we see the work of the cross coming into action. This is really, I believe, where the Grace of God hits us because when we see this is who I've become but the truth is that I'm wired for love, Jesus died on the cross, and He rose again on the third day. I can believe this. That is knowledge you have built in as a tree. That is something you had to process and build in as a tree and as you are using this healthy thought you look at the negative so you start talking about the situation and you start acknowledging, repenting; all that is a process that takes a minimum of twenty-one days. This thing that you thought up is filled with emotion. Every thought that you've built has got emotion and information. The information of the event plus the emotion attached to that event. When it's in the non-conscious the emotions are operative, but when it moves to the conscious mind those emotions become feelings, so we experience the emotion. So as you talk through you redesign this whole thing, meltdown the toxicity, eliminate and get rid of all the negative toxic emotion, and toxic feelings, and you rebuild a healthy truth that says this is how I used to be. This is the negative reaction I used to have. You have these lights going on in your head. You suddenly get this insight and awareness because as you're going through this process the Holy Spirit is laying down in your spirit what you actually know to be truth, and then with your mind you're starting to understand truth, and as you start doing this conscious work of understanding the truth and rebuilding a healthy thought, you overcome. When you make bad choices the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God, you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline, you have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. On day three or day four, most people just stop. When you just stop and give up that is a decision of your mind. You chose to stop and give up. You could have chosen to push through with diligence and perseverance. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. It takes at least sixty-three days to make a major change in your life. In science what we have found is that in order to build a stable memory, that means that something is there and they're not going to go away unless you change it, which you can do, you have to go through a process of up to twenty-one days to build a basic new little memory. It also takes twenty-one days to break down a memory. You may have been thinking in a negative pattern for the last thirty years. In just twenty-one days, you can get rid of that toxic tree and at the same time rebuild a healthy tree. You have to push through. Awareness is the signal that starts breaking down the toxic tree. You have to push through because the first two days there are a lot of chemicals flowing that will give you a lot of motivation. Day three and day four those chemicals stabilize. You have to push through beyond day three and day four, because even though you may not feel it, major change is occurring in your brain on the nonconscious level. If you think of a tree and you think of the branches on the tree, the branches have to get stuck to the tree. By day seven the branch is stuck with like a little bump. By day fourteen the connection between the branch and the branch that it is growing from has become like a lollipop. It's only on day twenty-one that the connection has become like a mushroom or an umbrella. What that means is that when it is in that shape the protein has become self-sustaining. The memory has become stabilized. It will then move into an unconscious mind and it becomes something that you have worked through. So we need to push through to twenty-

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one days. Work on one toxic area at a time, one toxic habit at a time, one by one. If you're working twenty-one days; that means in one year you can fix seventeen areas that need fixing in your life. Most people are the same now as they were five years ago. Five times seventeen imagine what you could do! It takes seven to ten minutes a day of the exercise and five steps that are all scientific. You are your own base brain surgeon. This means that you are designed with your mind to change your thoughts. You can get rid of those thoughts. You can wire them out It's a process. It is not going to happen overnight. Most people are very motivated to change and forgive and get rid of a toxic habit in the first couple of days and that's because of chemical reactions and the motivation that occurs around that whole state. But day three, day four, historically, and statistically, people tend to give up. We've got to push through. Science shows us that once we're aware of a toxic thought, we need to focus in on working on one toxic thought, which has a whole lot of branches growing out of it like a tree trunk which is the root with all the toxic branches and manifestations growing out of it. Science shows us that twenty-one days is the minimum that it takes to break down a toxic thought, and as you're popping off those branches and rewiring, you are also building up at the same time a healthy new thought.

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September 30, 2015

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> |
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| 700 Club NewsWatch #08262015 | 1:00:00 | 5:00 | REC | PA/O/E | 08/26/2015 | 2:00 PM |

CBN News Medical Reporter Lorie Johnson Reports: More than 5 million people struggle with Alzheimer's disease. There is no cure. However, doctors can help some people slow down the disease's progression. It involves exercises for the brain. Alzheimer's patients undergo mind training at Dallas' Carrick Brain Center. For two weeks, they undergo exercises designed to reignite the brain's areas of memory and personality, according to Dr. Andre Fredieu, a neurologist and director of medicine at Carrick Brain Center. For example, a patient focusing on a dot while moving their head can improve connectivity in parts of the brain that have deteriorated. In another exercise called the axis rotation, patients experience different kinds of motion, which stimulates the vestibular area of the brain and reawakens memories. After her Alzheimer's diagnosis, Rosalie Kriesel gave up baking, although she loved it. After spending time at Carrick Brain Center, her husband David said Rosalie regained enough confidence and enthusiasm about life that she baked a cake and cookies. Jean Jones experienced terrible anxiety because she confused her nightmares with reality. According to her daughter Jolynn Hardon, that's gone now. While these stories are encouraging, doctors want families to be realistic about results. Brandon Brock, a clinician at Carrick Brain Center, said they are careful not to promise a cure. After patients leave Carrick Brain Center, Dr. Fredieu instructs the caregivers to make sure the patient keeps their mind working. Dr. Fredieu adds that the right diet can also play a key role in slowing down the progression of Alzheimer's. In addition to grains, patients should steer clear of packaged foods containing trans-fats. Research such as that from the University of Oregon shows that people who consume these hydrogenated oils performed worse on thinking and memory tests, plus had smaller brains, according to lead researcher Dr. Gene Bowman. Scientists discovered that the people with the larger brains ate diets high in vitamins B, C, D, E and fish oil. Some Alzheimer's patients experience symptom reversal by taking coconut oil. This discovery came when Dr. Marv Newport worked with her husband Steve, who has Alzheimer's. Before taking coconut oil, he was asked to draw a picture of a clock. He drew circles and several numbers just in a very random pattern that didn't look anything like a clock. Then Dr. Newport began feeding coconut oil to her husband. Two weeks later he was asked to draw a picture of a clock and demonstrated stunning improvement. And after three weeks came even more improvement. She included this and other research in her book, "The Coconut Oil And Low-Carb Solution For Alzheimer's, Parkinson's, And Other Diseases." Dr. Newport believes some patients have what she calls "Type 3 Diabetes." This entails an insulin problem that prevents brain cells from getting needed glucose. She said coconut oil provides an alternate energy source known as ketone bodies that feed the brain cells. In addition to mental stimulation and a healthy diet, Alzheimer's patients seem to benefit from a stable home life. That means minimizing chaos, keeping household items in the same place and sticking to routines, according to Dr. Fredieu. While lifestyle changes don't cure Alzheimer's, they can slow down the progression of the disease, which means more precious time with loved ones.

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| 700 Club NewsWatch #09112015 | 1:00:00 | 5:00 | REC | PA/O/E | 09/11/2015 | 2:00 PM |

CBN News Washington Senior Correspondent Paul Strand Reports: Experts are hoping recent national gatherings will help the country as a whole begin to recognize that pornography is -as they put it - a "public health crisis." Warnings from therapists to researchers to social workers focus on how porn takes violence to a frightening new level. And it's coming to America's kids. Dr. Sharon Cooper treats sexually exploited children. The fact that so much pornography is now omnipresent on the Internet severely magnifies the impact and damage porn can do. Dines pointed out how porn is an everyday presence now for many people. Dr. Melissa Farley of the organization Prostitution Research and Education has seen the damage done to children and women used in porn, which is increasingly blending in with the world of prostitution and sex trafficking. Farley told CBN News that pimps often use Internet porn as advertisements, but she considers the porn shoots themselves as acts of prostitution. People often face jail time for doing in private life what pornographers do professionally. These experts then point out the final insult: therapists like Anderson are hearing from more and more users that porn actually makes sex with a real person worse, not better. Organizers came to Capitol Hill for this particular symposium to convince Congress that stronger laws and more financial help can go a long way in fighting porn and illegal aspects of the sex industry. But Hawkins and her allies believe laws aren't enough to win this war. These porn-fighters are trying to spark a massive campaign like those that have stigmatized smoking and drunk driving. They want to shame major businesses that have aided the sex industry to stop that aid. They're encouraging families to put filters on all their computers and not give kids phones with Internet access. And these Americans are intrigued that British Prime Minister David Cameron was able to get United Kingdom Internet service providers to voluntarily take action. These ISPs automatically block all porn-related websites, and only make them available to adults who opt out of this "default filtering."

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| <i>Public Safety</i> Joy In Our Town #2015-29 | 28:30 | 14:00 | LOCAL | PA/O/E | 07/13/2015 | 10:30 AM |
| | | | | | 07/17/2015 | 12:30 PM |
| | | | | | 07/18/2015 | 03:00 AM |

Host **Erinn Hartwell** interviewed **Trooper Jason Wilson**, District 7 Safety Education Officer of the Illinois State Police about distracted driving. He opened by reminding viewers that the most important responsibility a driver has is to get themselves and their passengers to the destination safely. Distracted driving is defined as any action that removes attention from the roadway. Distractions can come from many sources, including passengers, food, or electronic devices. The number one distraction for teen drivers is other teenagers in the vehicle. Carnegie institute studies have shown that though many believe they can multitask, talking on the phone increases inattention blindness by up to 50%. Surprisingly, using hands free devices does NOT make driving less distracting or safer. In Illinois, if a motorist is involved in a fatal crash while on a device, it is an automatic Class 4 felony. It is easier to limit behind-the-wheel distractions than try and keeping up with specific laws or rule changes. Anyone under the age of 19 is not allowed to use a cell phone while driving, period. Though distracted driver laws are stringent, there are exceptions for reporting a hazardous situation on the road. Trooper Wilson closed by reminding drivers to avoid the fatal four that cause the most accidents -- distracted driving, missing seatbelts, speeding and driving under the influence.

| <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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| <i>Public Safety</i> Joy In Our Town #2015-29 | 28:30 | 14:00 | LOCAL | PA/O/E | 07/13/2015 | 10:30 AM |
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Host **Erinn Hartwell** interviewed **Trooper Jason Wilson**, District 7 Safety Education Officer for the Illinois State Police about driving under the influence. People who drive under the influence are everyone's problem. People caught driving under the influence come from all walks of life. Statistically, one out every three people's lives will be impacted by a person driving while impaired. Many people believe that a DUI only includes consumption of alcohol. In Illinois, a DUI violation actually includes being under the Influence of *anything* that could possibly make a driver unsafe on the road -- including legal prescription medications. Trooper Wilson also noted a few myths about drunk driving that should be dispelled. He made it known that drinking coffee does NOT counteract the effects of alcohol. In the same manner, a few hours of sleep won't necessarily reduce the effects of a substance either, depending on the amount consumed. In efforts to curb DUI incidents, Illinois has disallowed driving with open containers in a vehicle. Education about the dangers of impaired driving is also important for prevention. People should not consider themselves snitches for reporting a dangerous situation. Most people who call police aren't sure if someone is under the influence, but easily recognize reckless driving behavior. If you spot someone all over the road, distracted, or driving extremely slowly, it is likely they are impaired. Please report those situations to police immediately. Trooper Wilson closed by reminding viewers that an officer being able to stop a DUI may save that driver's life and prevent a tragedy.

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Public Safety

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| Joy In Our Town #2015-38 | 28:30 | 14:00 | LOCAL | PA/O/E | 09/14/2015 | 10:30 AM |
| | | | | | 09/18/2015 | 12:00 PM |
| | | | | | 09/19/2015 | 03:00 AM |

Host **Kate McGovern** interviewed **Trooper Dan Loussaert** – Safety Education Officer of Iowa State Patrol about Amber Alert in our area. Trooper Dan first defined Amber Alert as a way to get information to the state about a missing child. He first spoke about the steps on how each Amber Alert is created. The state officials are first notified from the 911 call desk. They then notify police/state troopers. Then place it on message boards. From there, media, TV, radios, cellphones are alerted. “The Amber Alert has been very helpful over the past 25 years,” says Trooper Dan. The Amber Alert system also has specific criteria. To meet guidelines: 1.) Missing person must be under 18. 2.) It must be stated the child is missing. 3.) The child is in a situation where they are in harm’s way. Trooper Dan states that the public should be aware of surroundings. As a citizen you should notify police. For any Amber Alert, please take the time to view it and remember the description in case you see anyone who fits it. Share the information and call police if you see something suspicious.

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Public Safety

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| Joy In Our Town #2015-38 | 28:30 | 14:00 | LOCAL | PA/O/E | 09/14/2015 | 10:30 AM |
| | | | | | 09/18/2015 | 12:00 PM |
| | | | | | 09/19/2015 | 03:00 AM |

Host **Kate McGovern** interviewed **Trooper Dan Loussaert**, Safety Education Officer of the Iowa State Patrol about seatbelt safety. Our region has recently seen a rapid increase in wearing seatbelts because of the new technologies in vehicles. Seatbelts improve your life longevity and chances of survival by 50%. Iowa has a high percentage of those who DO wear seatbelts. Trooper Dan states that it is not against the law if passengers do NOT wear seatbelts in the backseats-- which allows citizens to think it is safe when it really is not. He also states that... 1). Infants to 1 Year olds should be rear faced in an infant carrier, 2). Children ages 1-6 years old should be in a booster seat strapped in correctly, 3). Children ages 6-18 must wear seatbelts attached to the vehicle. 4). Ages 18 and up only have to wear a seatbelt in the front seat. Trooper Dan says that most accidents happen close to home and that seatbelt safety should become a habit. He also states that the safest place in the car is the front seat or the middle of the back seat. The Iowa State Patrol is in the process of legislating back seat seatbelt usage. Seatbelt safety affects not only you and your passengers, but other drivers in traffic as well.

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Transportation

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| Joy In Our Town #2015-39 | 28:30 | 14:00 | LOCAL | PA/O/E | 09/21/2015 | 10:30 AM |
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Hosts **Erinn Hartwell** interviewed **Cathie Rochau**, Marketing Director of the Quad City International Airport about air travel tips. Passengers flying by air sometimes have difficulty with their travel. The largest source of frustration reported is travel delays. Cathy stressed that if you have an important event (like a wedding), it is important to pad your travel time. Travel is not a perfect science. Planning ahead is the key to having a successful travel experience. Cathie recommended arriving at the airport at least 90 minutes before your flight. Passengers also have to deal with baggage. Travelers should be sure to check the baggage and carry-on rules for the particular airline that they are traveling in advance. Checked luggage has much more leeway for liquids and toiletries if you need to pack larger sizes. Carry-on bags make sure your items arrive with you, however, too many carry-on bags may slow the turn time on a flight. In general, people do not like to wait for baggage. Overall, more passengers are also taking advantage of new technologies like mobile boarding passes. When traveling, passengers should leave an itinerary with someone at home, and/or someone at their destination. That way, if the person does not arrive, it is easy to begin tracking their location. Problems or complaints about the airport those can be done in person, by phone, or online. Occasional passengers can also find travel tips on the airport website: www.qcairport.com. To find out what can be transported by air, Cathie recommended visiting www.tsa.gov for a complete list of guidelines.

| <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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| Joy In Our Town #2015- 32B | 28:30 | 14:00 | LOCAL | PA/O/E | 08/10/2015 | 10:30 AM |
| | | | | | 08/14/2015 | 12:30 PM |
| | | | | | 08/15/2015 | 03:00 AM |

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.

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

Civic

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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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