

Trinity Broadcasting Network

WMWC-TV Galesburg, Illinois

October, November, December 2015

Central Time

Leading Community Issues

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

Economy

Environment

Family

Health

Homeless

Housing

Public Safety

Senior Citizens

Transportation

Civic

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

December 31, 2015

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> Joy In Our Town #2015-40	28:30	28:30	LOCAL	PA/O/E	09/28/2015	10:30 AM
					10/02/2015	12:00 PM
					10/03/2015	3:00 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 25 years ago, a decision was made to merge the combined efforts of each cities' 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 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. Visitors spend about 800 Million dollars per year. That translates into about 8000 jobs. Visitor spending also drives tax revenue that can be used the 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

Joy In Our Town #2015-41	28:30	14:00	LOCAL	PA/O/E	10/05/2015	10:30 AM
					10/09/2015	12:00 PM
					10/10/2015	03:00 AM

Host **Kit Evans-Ford** interviewed **Alvaro C. 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. 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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Environment

Joy In Our Town #2015-42	28:30	14:00	LOCAL	PA/O/E	10/12/2015	10:30 AM
					10/16/2015	12:00 PM
					10/17/2015	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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Joy In Our Town #2015-43, 45	28:30	14:00	LOCAL	PA/O/E	10/19/2015	10:30 AM
					10/23/2015	12:30 PM
					10/24/2015	03:00 AM
					11/02/2015	10:30 AM
					11/06/2015	12:00 PM
					11/07/2015	3:00 AM

Host **Coach D. Robinson** interviewed **Duane and Bonnie Marburger, Directors of Ministry and Leadership Support for the United Marriage Encounter** to discuss Understanding Marriage Support. Bonnie shared that when a marriage is better everybody wins; your whole family, community, and church. Having a good marriage is the solid foundation of every family. Often children, jobs, and other commitments pull us away from our spouse. Find time to spend quality time with each other every day; just ten minutes a day. Duane suggests having a weekly date night. Concentrate on your mate and serve them so much that they see your service and recognize they are loved. Recapture what drew you together in the beginning of the relationship. Instead of being critical, say something encouraging and what you appreciate about your spouse each day. Marriage is 150/150; giving above and beyond what you feel like giving and making a lifelong commitment to each another, which is taken too lightly in this day and age. Avoid blaming each other and take ownership of your own issues. When mom and dad are communicating better they can also teach their children how to communicate. Bonnie shared that we've made the mistake of becoming a microwave – disposable society; we want a quick fix and if it doesn't work, we throw it all out. Look at the garbage dumps, they're full of garbage. When we work with our garbage and recycle it and make it better, it makes everything all better. Duane shared that showing a spirit of cooperation is an excellent model that allows others to see that good things still happen in positive relationships.

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Joy In Our Town #2015-43, 45	28:30	14:00	LOCAL	PA/O/E	10/19/2015	10:30 AM
					10/23/2015	12:30 PM
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					11/02/2015	10:30 AM
					11/06/2015	12:00 PM
					11/07/2015	3:00 AM

Host **Lori Pearce** interviewed **Wayne and Jeanine Allen, Counseling Directors at Freedom Ministries of the QC about true love, being best friends with your spouse.** Jeanine says that a healthy marriage is when a husband and a wife can talk openly and honestly discussing issues without a lot of emotional charge or arguing. Wayne added that it's a heart connection with each other, knowing how to care more about each other than themselves. Jeanine says that so many marriages are in trouble because they don't know how to give or receive love. They don't communicate, they withdraw from one another. Wayne explained that through his experience he has seen a lot of couples whose relationship is very platonic and have been together for years but don't understand what love is. Wayne says that three of the main issues that marriage counselors deal with in couples are emotional issues, abuse issues, and spiritual issues. He explained that emotional issues are things that may have happened in the past such as abandonment or neglect. Abuse can be sexual, physical, verbal, etc. Spiritual issues are that of the decisions that you make in the circumstances you find yourself in. Wayne says that to have that kind of intimacy in the relationship with your spouse on a heart level you must resolve inner conflicts from your past before can enjoy each other. Jeanine says that it's just as important to counsel young couples thinking about marriage as it is for couples who are already married.

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Family

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2015-50	28:30	14:00	LOCAL	PA/O/E	12/07/2015 12/11/2015 12/12/2015	10:30 AM 12:00 PM 3:00 AM

Host **Kate McGovern** interviewed **Laura Fontaine, Project Manager of Be Healthy QC**, about **Healthy Families**. Laura says that in our community only 57% of children have been identified as being at a healthy weight; 24.9% have been identified as being overweight and 19% have been identified as being obese. Laura says that she thinks changing our mindset on what we need in our culture by eating dinner as a family, growing your own vegetables, little simple steps like this help make a healthy family. Laura explains that at the end of the project she would like to see 75% of our QC residents have access to fresh fruits and vegetables and for them to have the knowledge about eating healthy as well as know about the opportunities for physical activities that we have in our area. Laura also states that finishing year one of the project, their school wellness coordinator has worked with three school districts in the Rock Island County area. For their community garden in the Rock Island Project area, four of them have been built and developed with two more to be built for year two. Laura explains that the Quad Cities Health Initiative began in 1999 and it is a community collaborative and partnership amongst the two hospitals as well as community organizations to increase the quality of life and health in the Quad Cities. Laura agrees that this project is more demanding because we live in a Bi- State and they are working with three wonderful sub-contractors and partnered organizations. Laura says that they are looking at changing policies, systems and environment. They really want residents to know that there are options out there.

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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>
Joy In Our Town #2015-48, 49	28:30	14:00	LOCAL	PA/O/E	11/23/2015	10:30 AM
					11/27/2015	12:00 PM
					11/28/2015	3:00 AM
					11/30/2015	10:30 AM
					12/04/2015	12:00 PM
					12/05/2015	3:00 AM

Host **Kate McGovern** interviewed **Clayton Naylor, School Wellness Coordinator of the Rock Island County Regional Office of Education**, about School Wellness. Clayton says that it's not the root cause of everything but one thing that they keep coming back to when hospitals trace diabetes, hyper tension, and other heart issues is obesity and overweight issues, not only in our area but the whole country. Clayton also says that 40 years ago the average intake in calories was 2,100 keeping in mind people's lives were more active at the time; Now we're taking in 500 more calories on average making it 2,600 and adding that up over a year you can see we're putting on the pounds and if we're not burning them off then something has to give. We're progressively gaining weight and becoming more obese. Clayton says that because of obesity and overweight issues medical cost has gone up, not only the cost of the medical care but the frequent visits really add up but in his experience Clayton says these things effect the children. Studies indicate that achievement levels go down as a result of more lethargy. Students are having a hard time because it's effecting how active their brains are; they don't have the energy that they used to have. Clayton explains that childhood obesity effects our schools. School nurses notice that student's immune systems aren't as strong as they used to be and with that they're a lot more prone to diseases and viruses. Clayton says that the amount of childhood diabetes has increased to the point where they've had to pass procedures and policies and they even have trainings now on how to properly administer insulin to the students. Clayton says that the figures show that obesity has doubled in children and adolescents in the past 30 years. Clayton explains that if you were to look at a chart you would see a fairly steady line that just all of a sudden spikes right up. Basically what has happened is student's activity levels have gone down and intake has gone up. Clayton says that metrics designed through the medical profession has ideal weights but if a person is 85% over what their ideal weight should be then they would be considered overweight; and 95% over would be obese. Clayton says the biggest risk that obese children face is that they've developed some patterns of eating that they're probably going to carry with them into adolescent and adult hood. Clayton says that in his experience with talking with some students is that those that are involved in extracurricular activities are more active while others aren't and so unless the school initiates comprehensive programs to get the kids to be more active and try to build in some life skills encouraging activities then it's not going to happen and frankly the percentages of students involved in the program is pretty small. We need to get the rest of the kids to help them so as they grow up they are actively participating in physical activity. Clayton's solution to these problems is short and simple as he leaves us with this advice, move more and eat less.

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Switch On Your Brain #006	28:30	28:30	REC	PA/O/E	10/06/2015	12:00 PM

Health

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 zero 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 remolding 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

Switch On Your Brain #007	28:30	28:30	REC	PA/O/E	10/13/2015	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 physic tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an 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;

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something physical. As you are thinking, you are creating thoughts. You first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. How do we know what is truth in terms of making decisions about whether something is good or something is bad? First of all, you are wired for love. It's the scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline, that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating "Is this thought in alignment with God or is it in alignment with the worldly way of thinking." We can train ourselves to discern because our basic nature is one of knowing good from evil. 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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Health

Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	10/20/2015	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are 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, and 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

Switch On Your Brain #009	27:30	27:30	REC	PA/O/E	10/27/2015	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.

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We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

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Health

Switch On Your Brain #010	27:30	27:30	REC	PA/O/E	11/03/2015	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom; it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's 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,

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

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December 31, 2015

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Health

Switch On Your Brain #011	27:30	27:30	REC	PA/O/E	11/10/2015	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit. 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. 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

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is experienced like a depression, anxiety, worry, fear, discomfort, tension; you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. And you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. 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.

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Health

Switch On Your Brain #012	27:30	27:30	REC	PA/O/E	11/17/2015	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship; protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm and you are thinking with wisdom and clarity. Christians who are meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, and not let any thought go unchecked through our mind. That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind; that moves into the conscious mind, and then you become

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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.

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December 31, 2015

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Switch On Your Brain #013	27:30	27:30	REC	PA/O/E	11/24/2015	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 you're 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 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.

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

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

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<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

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	12/08/2015	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for 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.

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

Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	12/15/2015	12:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will brings disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before your 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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<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

Switch On Your Brain #004	28:30	28:30	REC	PA/O/E	12/22/2015	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

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

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #10232015	1:00:00	5:00	REC	PA/O/E	10/23/2015	2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called Our Journey of Hope. Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. LaWanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

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700 Club NewsWatch #12102015	CBN	1:00:00	5:00	REC	PA/O/E	12/10/2015 2:00 PM

Health

CBN News Medical Reporter Lorie Johnson Reports: Not many substances are as widely studied as tea. Now, the verdict is in. The bottom line: if you're not drinking tea on a regular basis, it might be a habit worth starting. That's because when it comes to your health, tea packs a powerful punch. Combined studies examining literally hundreds of thousands of tea drinkers led a vast array of scientists to conclude that a consistent dose of tea is good for the body. Most of the research was conducted in Asian countries, on people drinking hot, green tea. The amount mattered. Usually people only experienced health benefits if they drank at least three cups a day. Dr. Patrick Fratellone is a cardiologist who practices integrative medicine New York City. He advises his patients to make tea a part of their daily life. Green tea comes from the camellia sinensis plant, as do black and white teas. Green tea contains the most EGCG. But with so many types of green tea on the market it can be difficult to choose which is best. Fratellone shares some guidelines. Research shows green tea lowers the risk of type 2 diabetes and liver disease. It also has been shown to improve memory, reduce the risk of Alzheimer's disease, Parkinson's disease, and depression, as well as significantly lowering your chance of having a stroke. In addition to the teas you'd find at the grocery store, there are also lots of other teas that are very effective at treating specific medical conditions in lieu of popping a pill. Fratellone is also a registered herbologist, with a vast knowledge about teas made from various plants, trees, and shrubs. He often prescribes those teas to his patients instead of allergy medicines, antacids, cough suppressants, and more. He points out that many conventional medicines you find at the average pharmacy are actually derived from plants. Dorota Meller needed to overcome chronic fatigue. Fratellone discovered she was anemic. But her problem went even deeper, originating in her intestinal tract. Within a month she felt better. Fratellone says his priority is getting to the root cause of his patients' illnesses, not just treating the symptoms. He said cleavers, mullein, blue violet and lady's mantle are good teas for breast health and premenstrual syndrome. Herbal teas can interact with conventional medicine, so before drinking them, people should check with their doctor or registered herbologist. The growth of these natural treatments has led to a relatively new healthcare provider known as a naturopathic physician. They attend an accredited four-year program focusing on botanical medicine, food as medicine, and other natural remedies. While naturopathic doctors practice in each state, they are only licensed on 19 states, with more on the way. So for overall better health, include three cups of green tea to your daily diet. Research overwhelmingly concludes it's worth the effort. For more specific health concerns, consult a registered herbologist or naturopathic doctor about a natural tea that could take the place of conventional pharmaceuticals.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Homeless</i>						
Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	12/07/2015	10:30 AM
#2015-50					12/11/2015	12:00 PM
					12/12/2015	3:00 AM

Host **Kate McGovern** interviewed **Chris Dunn** of **The Street Team from The Center**, about **Homeless Outreach**. Chris explains that The Center has many different ministries in it, the street team being one of them but they also have a thrift store, a food pantry and others. Chris describes his duties as a member of the street team as going out into the community; downtown where the homeless people are, at the meal sites, down at the river, at the public library and just form a relationship with them to get them to trust him so that he can do crisis management. Chris says that the Street Team is a group of employees from the center who offer hospitality at the center such as showers. Chris explains that there's a lot of mental illness and a lot of substance abuse. He sees a lot of chronic homelessness and those two things are part of what fuel that. Chris also says he sees a lack of resources. For one out of a hundred low income families we have enough adequate stock for twenty nine in our nation. Chris also says that they do see a lot of regulars while ministering through the street team who are in and out of homelessness. Chris explains that these people really just need love and that if people would just get to know one homeless person it would be awesome.

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Housing

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	28:30	28:30	REC	PA/O/E	11/16/2015	10:30 AM
#2015-47					11/20/2015	12:00 PM
					11/21/2015	3:00 AM

Host **Lori Pearce** interviewed **Jeremy S. Karlin, City of Galesburg Alderman, Ward 7**, about Abandoned Homes in Galesburg. Galesburg is a city of approximately 30,000 people. Its 50 miles from Peoria and 50 miles also from the Quad Cities. Jeremy says it's an industrious city that has built many things, it is also a farming community. Jeremy explained that when you have an abandoned home that has just gotten so bad that you have to tear it down in the best interest of the community the city has to pay three times for the property. There's the cost of the property value for the house next door that is dropping because of how bad the property next to it is. There's the payments for the up keep of that property, and finally there is the cost of tearing down the property. Jeremy says that one of the things that the city has to worry about with abandoned houses in the city is not just the possibility for homeless people going in them, but typically abandoned houses become magnets for a lot of criminal activity. He says another problem that comes along side that is it lends itself to the feeling of no law enforcement and more crimes to be committed, and with that you start to have a general sense of the city being less safe. Jeremy says that they would like to implement a property maintenance code and that comes with what's called an "Administrative Hearing Process". Jeremy explained that this system is more flexible in working with the community and people that maybe can't afford to maintain their property. Jeremy says whatever they do with this housing problem it needs to be a comprehensive solution. Jeremy explains there needs to be standards that are enforced but also lend a hand to those who might not be able to handle it for themselves. To implement breathing room for those who are physically incapable or that are financially not stable enough. Jeremy said what they would like to do is set standards but provide programs to help meet those standards. Jeremy also explained that for some the only reason that their house is not being up kept is simply financially they're hurting. If someone has to choose between feeding their family and making the house look good of course they're going to choose to feed their family. Jeremy said it's just better and easier to form that cohesiveness and reach out. Jeremy also pointed out that that Galesburg is like any other city, it has it's good parts and bad parts, but when he looked at the map with points indicating where deteriorating buildings were located he realized that it's a wide spread problem throughout the whole city. With that being said Jeremy is hoping that it will bring the community together to work at it. Jeremy encourages the community to remember that the main thing to trying new ideas to improve the situation is you have to be brave, you have to have faith. These are solutions that may not work and there will always be that risk but if you let fear of failing paralyze you, how can you expect things to get any better? Jeremy said you just have to try in hopes that you will see improvement.

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

Joy In Our Town	28:30	14:00	REC	PA/O/E	10/12/2015	10:30 AM
#2015-42					10/16/2015	12:00 PM
					10/17/2015	3:00 AM

Host **Kit Evans-Ford** interviewed **Liz Dierolf- Director of Community Engagement with Skip-A-Long Family and Community Services** to discuss car seat safety for kids. Liz says from her experience it is definitely a challenge to keep kids in their car seats while driving. It's very easy to jump into the car and not buckle your child. Liz says parents should buckle their child first then themselves. Statistics say the #1 cause for deaths in children are preventable injuries. Liz also says that every parent should research on how to properly secure your child in a vehicle. Each age is different so you must keep up with the changes. Liz states the American Academy of Pediatrics recommends that children should be rear facing in the back seat of a car until two years old or exceed the manufactures weight requirements for the car seat. All children should have some kind of restraint device, whether it be a booster seat or infant carrier until they are over 4'9 in height or 40 pounds in weight. The academy also recommends that children should ride in the back seat of a car until they are 12 years old. There are now several ways to check for changes with car seats such as visiting manufacturer's websites, social media, you tube videos, and apps. You can find out if your child's car seat has been recalled by simply visiting the consumer reports website and/or registering the car seat with the manufacturer. Liz's last suggestion to parents is to try and purchase your child's car seat new to assure all parts are included. Check with your city officials for a local fire department to have your car seat inspected.

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

Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	11/23/2015	10:30 AM
#2015-48, 49					11/27/2015	12:00 PM
					11/28/2015	3:00 AM
					11/30/2015	10:30 AM
					12/04/2015	12:00 PM
					12/05/2015	3:00 AM

Host **Kate McGovern** interviewed **Gena McCullough, Planning Director of The Bi-State Regional Commission**, about **Safe Routes to School**. Gena explains to us that Safe Routes to School is a program that plan activities to try and make how kids get to school by cycling or walking just a little bit safer. Gena says that when they start a Safe Routes to School program the first thing they do is identify a school that is willing to work with them, then start working with either a principle or a parent; then they begin looking at different aspects of the school. Gena says that in 1969 50% of children walked to school but today it's down to 15% which is the reason they're trying to develop these plans. Gena says that on a national level they are starting to see a difference; more children are starting to walk to school. Slowly but surely they're making progress. Gena explained that a walking school bus is a group of parents and children walking to school and while they continue on a route they may stop and pick up another child and get to school safer. Gena says that it is encouraged to walk against the traffic that way you can see the traffic. But generally just walking on the side of the street that the school is on is the best. Gena explains that one of the biggest things that kids need to know is how to properly cross the street; to cross at an intersection and not mid-block. Gena's final piece of information to us was that not only is this plan safe but it's a benefit to children's health; with more activity the better and healthier they'll be in the long run.

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Joy In Our Town	28:30	28:30	REC	PA/O/E	12/14/2015	10:30 AM
#2015-51					12/18/2015	12:00 PM
					12/19/2015	03:00 AM

Host **Laurie Pierce** interviewed **Professional Fire Fighter Aaron Mack of the Davenport Fire Department** about **Fire Safety**. Aaron states that fires can be a good thing. We can use it to cook, or to heat our homes, but with that comes a lot of responsibility. Lessons learned from previous years, the department tries to stay alert with home cooking fires by keeping the public informed about the dangers of cooking. Around the holidays, cooking is the leading cause for fires as 67% of all home fires in the winter occur from cooking. But when we throw other things in the mix, whether it be Christmas trees, portable space heaters, or candles, these definitely add to what could become a problem. It's a good idea to take those Christmas tree light strands, stretch them out end to end and check for power. As we test the bulbs and replace them we should be looking at the strand itself, making sure nothing is frayed. With the advent of smoke detectors there has been a nationwide decrease in the number of home fires. Other ideas such as a fire extinguisher is always good. Aaron also states that having a smoke detector is good, but it's only as good as we allow it to be. The batteries should be changed twice a year and the easiest way to remember is when you change your clock batteries, change the smoke detector battery as well. A nationwide statistic says that, one of every three Christmas tree fires are caused by electrical malfunction. Also Christmas trees should be at least three feet away from any heat source. This is a cause for every one of six Christmas tree fires, simply from the tree being too close to a heat source. If you have a live tree it's advised by experts to water it daily. It should be held in a sturdy stand made specifically for a natural tree, having a bowl in it to hold the water, keeping it hydrated. A video through the US Fire Administration shows an example of a side by side comparison of two trees. One tree has a hydration of 100% and the other tree has 10%. They were both ignited, the one that was 100% hydrated did not burn, and the one that was only 10% hydrated was consumed by fire in less than one minute. It's recommended to cut two inches off from the trunk of the tree when you get home, right before it goes into that bowl of water. That's best to allow the uptake of water through the trunk and to keep it hydrated. When it comes to Christmas lights for the trees, the manufacturers will have specific instructions on how many strands you can place together end to end, usually it's about three. For home use fire extinguishers, they typically have a gage on them which will show what should be the amount of pressure inside the cylinder. Then manufacturers will have recommendations for how long we can trust that to be accurate before looking at a new one to replace it. Another fire hazard is candles. It is fine to have your candles out, but with that also comes responsibility. Keep them twelve inches away from anything else around that can burn, you want to put them in some sort of sturdy holder, definitely keep them out of the reach of children, and never leave a candle burning if you are going to go to bed or leaving the home. Aaron says about nine hundred people die every year due to winter home fires. It causes roughly 2.1 billion dollars in damage. It typically occurs in one in two family homes. These are the problems that we have the solutions to. Smoke detectors come in a number of options such as battery operated, hard wired, and a combination of the two. If it's a battery operated detector, the batteries will need to be changed at least twice a year. The only way we'll know if its working is if we test it, which should be done once a month. If they are hard wired, it's best that they are wired in series, that way if one detects a fire on the lower level of the home, it alerts all occupants no matter how many levels that you have. They should be installed in every bedroom and level of the home including the basement. Just like smoke detectors, carbon monoxide detectors by advisement of experts should be on every level of a home as well. Another thing to have is a dry chemical fire extinguisher, an ABC type, so it works for ordinary combustibles, cooking, and electrical fires. One thing that you can do to avoid the dangers of fire when it comes to candles is, battery operated candles. Something that we've seen over the years is people using too many Christmas tree light strands by plugging too many of them in together, overloading them using flimsy extension cords. A surge protector can help with the problem if they do overload something or if there is some type of electrical malfunction, the breaker in the protector will trip, shutting off the power in that decoration. As a family, it should be a priority to discuss what would happen in the event of a fire in our home. That involves knowing two ways out; for example, for a bedroom we have a door and we have a window. Once we get outside, we stay outside, we never go back in for anything. If we can come to a designated meeting place that's ideal, some place that parents and kids are always going to remember. It's important when outside that you call 911, and give them the details of the emergency.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Program</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #11112015	1:00:00	CBN	5:00	REC	PA/O/E	11/11/2015	2:00 PM

CBN News Anchor/Reporter Wendy Griffith Reports: Imagine your car breaks down in a remote area and you're all alone, or you're hiking and you suddenly become lost and your cell phone isn't working. Would you panic or would you be prepared to survive until rescue comes? With all the hiking she does, CBN's Wendy Griffith decided it was time to take a wilderness survival course to make sure she knows the basics of survival. Hopefully after this -you will too. Welcome to Mountain Shepherd's Wilderness Survival School, located in the beautiful and rugged mountains of southwest Virginia. Here, Reggie and Dina Bennett train military and regular folks how to survive "worst case scenarios" and live to tell about them. The Bennetts focus on seven main survival skills: positive mental attitude, first aid, shelter, fire craft, signaling, water, food. Most people in a wilderness situation think finding food and water is their top priority, but it's actually making a safe and secure shelter that should be your first order of business. Reggie, a former U.S. Air Force survival instructor, showed us how to take a simple plastic sheet you can buy almost anywhere, a piece of sturdy string and in no time, build a shelter. And this time of year (autumn) the forest floor gives you all the "stuffing" you need to make a comfy mattress. CBN videographer Rachel Hooley and I were determined not only to make our own shelter, but to sleep in it. I was very excited about the mattress we made. I thought it looked like it would be better than a hotel mattress. It rained during the night, but our shelter kept us warm and dry - although our "leafy" mattress was not as comfy as we'd hoped. Another vital part of survival, especially in winter, is fire! Fire serves a number of purposes other than simply keeping you warm. It allows you to: Cook, boil water for drinking, keep bugs and predators away, acts as a signaling device, and supports the no. 1 survival skill -keeping a positive mental attitude. Reggie says be careful not to smother your fire. I chose the flint and steel method to make my fire. I used a cotton ball smothered in petroleum jelly as my tinder. Vaseline, hand sanitizer, even Chap Stick makes a cheap and easy accelerant in an emergency situation. Don't count on matches as they can get wet and won't work. If you're in the woods and don't have an accelerant to start your fire, you can simply take a very sharp knife and scrape a dry piece of wood and get what's called a "fluff," which makes excellent tinder. Sage, a fellow survival classmate, was successful using just fluff from the wood and a fire starter to get her blaze going. Now, we'll look at one of the most important elements of survival: Water! The average person can only survive about three days without water. You can survive three weeks or more without food -so water is always a high priority in a survival situation. If you're in a situation in which you don't have water purification tablets and cannot boil the water -try to find the entry place where the spring is coming out of the mountain. And last on the list but not least for most of us is food! The forest has plenty of wildlife, but catching it takes skill and patience. Reggie showed us how to make a squirrel trap with a simple piece of wire. Also, this time of year, edible plants are scarce except for mushrooms, which Reggie says you should never eat -they're just too risky and some can even kill you. Fortunately, the forest provides plenty of edible bugs, which can be a good source of fat, carbs and protein. For example, termites have 14 grams of protein per 100 grams -that's more than steak! The main rules when it comes to eating bug: No bugs with more than six legs. No bugs that bite, sting or smell bad. No brightly colored bugs. Reggie says the best way to eat any insect is to cook it. Worms, grubs, termites, crickets and beetles are your best bet, although today we went for what we could find: the popular wood roach. The wood roach is found mainly in downed and rotting trees, and according to Reggie, is pretty tasty.

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<i>Senior Citizens</i>						
Joy In Our Town #2015-44	28:30	28:30	LOCAL	PA/O/E	10/26/2015	10:30 AM
					10/30/2015	12:00 PM
					10/31/2015	3:00 AM

Host **Lori Pearce** interviewed **Laura Kopp, President and CEO of CASI, The Center for Active Seniors**, about keeping senior citizens active. CASI is the only active senior center that provides over 7400 activities every year including supportive services and health related services. Laura says there is something here for everyone and that they are here to help seniors age successfully. A majority of people at an advanced age typically choose to stay independent longer; in the past year 97% of seniors connected to a CASI extended program called Senior Outreach and Advocacy have remained independent in their homes! Laura says it's proven that people who stay socially, mentally, and physically active tend to stay healthier as they enter further into their adult years and typically expand their life! Staying engaged socially helps to keep you mentally active as well which is very important to successful aging. From Laura's experience, she's come to notice a majority of the people that start entering into their older adult years don't want to accept that they are indeed getting older and might need assistance. They want to redefine what it means to be a senior. They also offer a program called the Light Touch Prevention that offers Health and Wellness Services. Older adults are engaging on social media as a great way to stay social. As we age we tend to become more positive and free of worries and creating a meaningful life. Laura also says that seniors should get as much education about healthcare as possible. At CASI, senior citizens are definitely of voting age and very interested in what's going on in the community. CASI is a registered voting site and is convenient for seniors. CASI has worked with close to 700 volunteers to help spear their projects and are definitely passionate about the programs offered at CASI. Laura explained that September is national Senior Center month to celebrate senior citizens. A large percentage of seniors live in poverty because they are living longer and the retirement benefits run out. They end up going back to work or becoming entrepreneurs. Laura says that folks are able to drive well into their eighties and nineties. Seniors do have an increased risk of being in a car accident compared to teenagers just simply because of the amount of driving that they do.

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<i>Senior Citizens</i>						
Joy In Our Town #2015-52	28:30	14:00	LOCAL	PA/O/E	12/21/2015 12/25/2015 12/26/2015	10:30 AM 12:00 PM 3:00 AM

Host **Kit Evans Ford** interviewed **Barbara Eskildsen Executive Director and Barb Byrne** from the **Western Illinois Area Agency on Aging** about services available for seniors. The Western Illinois Agency on Aging is an aging and disability resource center, which means they provide services for people who are sixty and older, or adults with disabilities. The WIAAA also fund a lot of nonprofit agencies to provide these direct services. They fund community focal centers and senior centers in every one of the counties that they serve. WIAAA serves a total of ten counties in the Western Illinois area. They have a nutrition program which is a home delivered meal for those who are home bound. They will receive a hot nutritious meal or a frozen meal each day, five days a week. Which is really needed in our community. WIAAA also provides transportation services. They fund some community agencies to provide transportation mainly for medical appointments, and important grocery shopping for seniors. It's a very vital service that is provided. The Senior Medicare Patrol is a volunteer program. Seniors volunteer to warn other seniors about medical fraud. Fraud alerts are sent out as well to raise awareness about what's going on in their community, and to make sure that people are not taken advantage of. Falls are one of the major issues where the consequences are worse, they're more significant as they age. They may end up in the emergency room, they may end up with having a hip replacement, or maybe knee problems. WIAAA has a program called, A Matter Of Balance, which deals with not only the prevention of falling, but with the fear of falling. Over fifty percent of the adult population is afraid of falling and the consequences can be severe. What most people do is stay at home so they can "stay safe", but in reality, if you become inactive, those muscles sit, and your chances of falling go up. The absolute worst thing that you can do is stay home. There is an exercise component, but a lot the program circles the exercise piece, and talks about taking control of your life. WIAAA teaches ways to do that. Assertiveness training, working with your doctor, how to change your thought process from "I can't", to "I can", as long as I plan for it. The WIAAA Chronic Disease Self-Management program is similar, whereas you're taking control of your life. It will teach you techniques that help people manage their disease. If it's chronic, it's never going away, but there are things that you can do to make it easier day to day. Both of these programs come up with action plans for people. It's something that they can take forward into their lives, and have plans on how they're going to manage their chronic condition, or prevent falls.

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<i>Senior Citizens</i>						
Joy In Our Town #2015-52	28:30	14:00	LOCAL	PA/O/E	12/21/2015	10:30 AM
					12/25/2015	12:00 PM
					12/26/2015	3:00 AM

Host **Kit Evans Ford** interviewed **Dave Layton**, the **Director of RSVP**, with the **Western Illinois Area Agency** about Promoting Healthy Seniors through Meaningful Volunteerism. The RSVP helps find volunteers for different agencies throughout the area. Providing meaningful opportunities for senior volunteers, people that are fifty five and older. An active lifestyle is one of the ways to ensure a good quality life for seniors, but it goes beyond an active lifestyle. A meaningful lifestyle is even more valuable. When seniors volunteer in ways that really change the lives of others, learning and understanding what that change is, that's going to help them to find meaning and add more meaning to their life. RSVP has over five hundred volunteer opportunities, but the direct benefit to the community members is one of the biggest things that volunteers do. You can see it when they build a home for habitat for humanity. One service that is really strongly needed in the community is at the food pantries. There are so many food pantries. Some of those food pantries in our community are staffed almost entirely by RSVP members, and they make such a huge difference to the people there. To encourage people in volunteering, Dave talks to them about the value of the volunteering, to the community, and to themselves. When you become a senior, you've become successful in your life. You've accomplished the other needs like, taking care of your own personal needs, you've taken care of your family needs, and your kids are grown up. You're at the pinnacle of your life where there is still a need that you have, and that's the need for generativity. That's the need to go on beyond yourself. To leave a legacy to the community. But of course it's more than a legacy, it's to leave your values to those younger people, and the people going on beyond you. When people understand the need of generativity, this is the answer for so many people; to generate something beyond themselves. RSVP always needs volunteers to help with home delivered meals. It's one of the most valuable kinds of volunteering someone can do, to help someone who's homebound, meet their vital nutritional needs. It requires being able to drive, and walk while carrying meals to somebody's front door. But what else it involves is, companionship to those people. Very often that home delivered meal driver isn't just providing nutrition, but they're the ones who are asking how that person is feeling, offering assistance if it's needed. RSVP has volunteers who start from fifty-five years old, to their oldest volunteer right now who is one hundred and one years old. The irony is, as you want to slow down, your life goes faster, things change before you're ready for it. When it changes for our volunteers, RSVP is right there in our agency on aging, and know where to find the assistance that they need.

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<i>Transportation</i> Joy In Our Town #2015-41	28:30	14:00	LOCAL	PA/O/E	10/05/2015	10:30 AM
					10/09/2015	12:30 PM
					10/10/2015	03:00 AM

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 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.

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Joy In Our Town #2015-46	28:30	14:00	LOCAL	PA/O/E	11/09/2015	10:30 AM
					11/13/2015	12:00 PM
					11/14/2015	3:00 AM

Civic

Host **Lori Pearce** interviewed **Kurt Liske, Communication Specialist, Waste Commission Scott County**, about the Single Stream recycling plan for 2016. Kurt says right now we do a dual stream recycling system which is when the community recycles they sort out everything from the papers to the plastics and cans. But with the new single stream recycling plan the plant will do the sorting making it easier on the community and with it being easier it will encourage more people to recycle which is the whole goal of the plant! Kurt says once the change takes place everyone in the community will benefit from the switch to single stream recycling. He says it's much easier on everyone for many reasons, one of which being they will be able to take more recyclables than they were able to before. Kurt explains that currently they are only able to take recyclables between the numbers 1 and 2 but with the new system they'll be able to extend those numbers up to 7. Kurt said that the cost of this will go up no more than 2% so people won't have to worry about this huge spike in finance. Kurt also said that this new system is sustainable; it has already been tried in other communities roughly the same size as ours and has not only worked but it's worked well and still going strong. Kurt says that to retro fit everything in the building it will take roughly 7-9 months and once everything there has been pretty much finished then they can start delivering the carts to the community and try out the new system. Kurt explained that the more people recycle the more we take away from the landfill which is a top priority and an ultimate goal of the plant.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2015-46	28:30	14:00	LOCAL	PA/O/E	11/09/2015	10:30 AM
					11/13/2015	12:00 PM
					11/14/2015	3:00 AM

Civic

Host **Lori Pearce** interviewed **Kurt Liske, Communication Specialist, Waste Commission Scott County**, about composting. Kurt says that the best type of substance for composting is organic material such as leaves, twigs, grass clippings and certain food waste. Kurt explains how you can start your own compost pile for your garden at home or your yard with what he calls greens and browns; greens would be your food scraps such as vegetables, peels from potatoes and apple cores. And your browns are leaves; leaves are the carbons and nitrogen's and if you get the ratio right those two interact with each other and begin to break everything down. The city just asks that you don't put any dairy products or meat scraps in the mix because it will start to generate an unpleasant odor. Kurt explains that one way to avoid odors generating in your composting pile is by once or twice a week taking a shovel or a pitch fork and flipping the pile to get oxygen flowing into the pile. Kurt says this not only will take care of any bad smells but it will also help your compost break down more successfully to create a rich fertilizer for your garden or yard.

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Civic

Joy In Our Town #2015-53	28:30	14:00	LOCAL	PA/O/E	12/28/2015	4:30 PM
					12/29/2015	2:00 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.

<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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Civic

Joy In Our Town #2015-53	28:30	14:00	LOCAL	PA/O/E	12/28/2015	4:30 PM
					12/29/2015	2:00 AM

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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