

Trinity Broadcasting Network

WMWC-TV Galesburg, Illinois

October, November, December 2014

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.

Civic

Crime

Family

Health

Minority Issues

<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 #2014-40B	28:30	14:00	LOCAL	PA/O/E	10/03/2014	12:00 PM
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Host Madison Logan interviewed **Roxanna Moritz**, Commissioner of Elections, about voting in Scott County. The commissioner's office is in charge of operating the election process for our area. The state of Iowa has been liberal with voting requirements and has tried to streamline the voting process. Iowa is unusual in that the primaries require declaring a party. Viewers can go to the Scott county website to check their voter registration status, request an absentee ballot, or locate a voting precinct. Curbside voting is available for people with disabilities or those with special needs, and early voting designed to accommodate people who may not be available on election day. Residents can also use the internet for research to become more savvy voters. Roxanne also debunked the myth that absentee votes don't count unless they are needed. While presidential election turnout has been high, many fewer people vote in school board or municipal elections. Dwindling turnout may indicate voters are becoming disconnected from the local governing process. Roxanna emphasized that it is important to stay engaged by voting. Community and religious leaders can encourage voter participation through leading by example. Outreach efforts are also underway in area high schools and colleges. She closed by emphasizing that votes determine how decisions are made, exercising the right to vote is an important civic duty.

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Civic

Joy In Our Town #2014-40B	28:30	14:00	LOCAL	PA/O/E	10/03/2014	12:00 PM
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Host Madison Logan interviewed **Roxanna Moritz** about what it takes to run an election in Scott County. Roxanna reviewed election trends for our area. Each election costs about \$60,000 to execute. Though handled by the commissioner's office, local municipalities pay for their own elections. In the early 2000's Congress implemented help America Vote Act. This ushered in an era of new laws and new provisions designed to increase voter participation. Roland Caldwell demonstrated new technology designed to streamline upcoming elections. Iowa is only one of two states that removes the right to vote from felons. People who have served time, however, can apply for a restoration of rights. The most frequent complaints fielded by the commissioner's office are of long lines or wrong information. Scott county works hard to address these concerns by training poll workers and keeping them current on election changes. New proposals requiring Voter IDs are a tricky proposition. Statistics show that 3% of the population may be disenfranchised if such legislation passes. Elections are one of the county's success stories, as it is one of the times Republicans, Democrats, Independents and the auditor's office work together to execute a constitutional right.

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Civic

Joy In Our Town #2014-41	28:30	14:00	LOCAL	PA/O/E	10/06/2014	10:30 AM
					10/10/2014	12:00 PM
					10/11/2014	03:00 AM

Host Kate McGovern interviewed **Brandy Welvaert**, of the Waste Commission of Scott County about littering and illegal dumping. While as youths we may be taught that littering is the wrong thing to do, often the economic and environmental impact of littering escapes notice. Littering decreases property value and attracts further deterioration of blighted areas. Often people don't realize that trash discharged into waterways is not treated and heads directly to our rivers and water supplies. Keep America Beautiful statistics indicate that just a few decades ago half of Americans are willing to litter on a regular basis. A more recent survey indicates that today only 15% of people are willing to litter. While that number is still disappointingly high, it demonstrates that education on this issue does work. Illegal dumping is a larger problem that happens in more rural or difficult to access areas. Education is one of the primary tools used to combat littering and illegal dumping. Education campaigns such as "I Live Here" and "Keep American Beautiful" promote maintaining clean environments and recycling waste. Large items can be properly disposed of through local agencies. In areas prone to illegal dumping, cameras are being installed to catch and deter offenders. Both littering and illegal dumping may carry civil and criminal penalties. The public can also be part of the solution. If viewers spot littering and illegal dumping in progress, they should contact enforcement authorities immediately. After the fact, people can look to the Waste Commission's website to find the proper agency for disposal and clean up. Reporting such activity is encouraged, because it is often safer to report an illegal dumpsite than to try and handle materials on your own. Brandy closed reminding us that if each person takes responsibility for his or her own waste, our communities can become and remain beautiful.

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Civic

Joy In Our Town #2014-48	28:30	14:00	LOCAL	PA/O/E	11/24/2014	10:30 AM
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Host Kate McGovern interviewed **Jeff Ignatius**, Managing Editor and political writer of the River Cities' Reader about the proposal of term limits. There is a large disconnect between the approval ratings of congress and the tendency to re-elect incumbents. This creates a cycle of lifelong politicians that become increasingly disconnected from their constituent interests. Both parties appear on the surface to favor of term limits, however once elected, there is little motivation to enact such legislative restrictions on themselves. Term limits has been often proposed as a way to make government more representative of the people. Jeff explained the how gerrymandering and ballot access rules tend to favor incumbent candidates and leave citizens without real choices. Several community ballot initiatives to promote term limits have been met with opposition from the judiciary. They have ruled that the Illinois constitution prohibits implementing term limits from a citizen-driven ballot initiative. In Illinois, The only way to enact term limits is by state constitutional convention or by action of the local legislature. Neither of those options is likely to happen -- therefore term limits may or may not be the solution to an unresponsive government.

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Civic

Joy In Our Town #2014-48	28:30	14:00	LOCAL	PA/O/E	11/24/2014	10:30 AM
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Host Kate McGovern interviewed columnist **Jeff Ignatius** about the pros and cons of term limits. Term limits are a regulatory solution to diffuse some of the incumbent advantages in politics. While many tend to blame voter apathy for high re-election rates, disparities in representation are more often created by systemic and structural problems in government. There are some pitfalls to using term limits to diversify the government. The first is training time. The jobs of many elected officials are complex and require several years of "learning the ropes." Enforcing term limits may remove experienced lawmakers from office just as they are becoming the most effective. Another problem with term limits is that they don't indiscriminate –the track record of a given officeholder would not be considered. Enacting term limits may also encourage short-term thinking instead of community planning. Though some may exchange offices, term limits would not fundamentally change the desirability of politics as a career. Despite these problems, using term limits does have some benefits. Unlike many of the complex rules running government, term limits are a concept that is easy to understand. Term limits also have the potential to allow more people to serve. Term limits could also increase the value of all legislators by preventing concentrations of power. Despite the pros and cons, term limits are not the touted panacea to the problem of career politicians. According to Jeff, the best way people can hold elected officials more accountable is by being engaged beyond Election Day. Because term limits cannot be implemented through citizen initiative, enacting term limits will require frequent vocal support to legislators. Heavy pressure will be required to get lawmakers to create rules against their own self-interest.

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Crime

Joy In Our Town #2014-44	28:30	14:00	LOCAL	PA/O/E	11/03/2014 11/08/2014	10:30 AM 03:00 AM
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Host Kate McGovern interviewed **Cathy O'Keeffe**, Executive Director of Braking Traffik about the crime of human trafficking in our area. Many people have the misconception that trafficking only happens in foreign countries. Human Trafficking comes in two forms, labor trafficking and sex trafficking. Sex trafficking specifically applies to those who work in the sex industry. While the word prostitution implies consent, often people are not engaging voluntarily. By law, any child under the age of 18 engaged in the sex industry is classified as a victim of trafficking. It can be difficult for people to understand that this crime exists in our area. Local research shows that 88% of the women incarcerated of the women for prostitution were abused as children, and the majority of local sex trafficking is advertised online. Public speaking volunteers are in valuable in spreading awareness, but much more public education is needed. The prevention program called VOICE trains volunteers to present information about human trafficking in local communities. An educational film, "**Any Kid Anywhere**," featuring local survivors has been produced to spread awareness. Interagency cooperation is needed between law enforcement, courts, care providers, and advocacy groups to curb this problem. Cathy closed by reminding us that sex trafficking is a problem that can happen anywhere, including right here in the Quad Cities. People wanting more information have plenty of community resources available to help spread the word about this crime.

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Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	11/03/2014	10:30 PM
#2014-44					11/08/2014	03:00 AM

Host Kate McGovern interviewed **Cathy O’Keeffe**, - Executive Director of Braking Traffik about preventing sex trafficking. People can fall victim to human trafficking in a variety of ways --including abduction or victimization by parents, drug dealers or gangs. The glamorization of human trafficking along with its high profitability margins make it a difficult crime to stop. Regardless of the method, there is usually a grooming process involved. Many children brought into sex trafficking are groomed through online contact. Children that are already disadvantaged or have been previously abused are at higher risk of being trafficked. While the majority of victims are women, the numbers of boys involved in sex trafficking is increasing. Often victims display signs of physical and emotional abuse, as well as post-traumatic stress disorder. The process of ending sex trafficking begins with curbing demand. Educating our youth on how to recognize and prevent trafficking is an essential component. “Traffik Jam” is a school-based program designed to educate and teach students how to protect themselves. Another program called S.O.A.P. educates the hotel industry about recognizing and reporting trafficking activity. Sex trafficking is a crime that is, unfortunately, hidden in plain sight. More awareness and education this issue will make easier it will be to curb demand and reduce this crime from our communities.

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	11/14/2014	12:00 PM
#2014-46						

Host Madison Logan interviewed **Corporal Hank Jacobsen** of the Davenport Police Department about identity theft. While we’d like to believe it won’t happen to us, the truth is identity theft can happen to anyone. There are several ways that criminals obtain information, which include going through trash & mailboxes. Online, they may steal credit or debit card information. Many people become victimized from accidental self-disclosure or email phishing schemes. Some scammers call directly pretending to verify personal or credit card information. Social security numbers are the most valuable commodity in identity theft, closely followed by dates of birth. This kind of theft is a great difficulty to the victim, and makes getting credit or loans very hard. The lack of a paper trail is a major obstacle to tracing the origin of these crimes. Losing your identity can also put your personal safety at risk.

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	28:30	14:00	REC	PA/O/E	11/17/2014	10:30 AM
#2014-47					11/21/2014	12:00 PM

Host Madison Logan continued her discussion with **Corporal Hank Jacobsen** about identity theft, focusing on prevention. Cpl. Jacobsen emphasized that these crimes are easier to prevent than solve – first noting that creating awareness is a key component to stopping these crimes. At home prevention includes never giving out personal information to someone who contacts you. He also recommended using a cross shredder for all personal information, putting trash out just before pickup, and using a fireproof safe for important information in the home. He discouraged putting mail in a home mail box, or if you must, use a locking one. It is important to know when your bills typically arrive, and contact creditors if they do not come. Cpl. Jacobsen also gave several suggestions to secure our identity while using computers or electronics. While surfing, avoid using public Wi-Fi or any unsecured network. When shopping online be sure to use reputable companies. Don’t ever click on links received in email; these can be used to capture information. Use a strong password for secure websites. If you happen to be a victim of identity theft or a cyber-crime, get report on file as soon as possible. The Davenport Police Department is available as a resource to help. He closed with a reminder that everything done online is both permanent and public. Remain conscious while using the internet, and report any fraud, harassment or bullying activity.

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Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #12032014	CBN	1:00:00	5:00	REC	PA/O/E	12/03/2014 2:00 PM

CBN News Washington Senior Correspondent Paul Strand Reports: A school tells a student that he can't attend because God's the most important thing in his life. A public health official gets fired for sermons he gave in his off-hours as a lay pastor. A congregation is told they may not be able to locate downtown just because - and only because - they're a church. These are all real examples of cases in the past several months showing your religion can get you in real trouble in today's America. For the last three years the Liberty Institute and the Family Research Council say they're seeing cases of discrimination against those of faith rising rapidly. Often these threats take place in school settings. The American Center for Law and Justice is another legal organization fighting for religious rights. Sometimes it's the federal government attacking, like in the Hobby Lobby-Obamacare case. In the Hosannu Tabor vs. EEOC case the government backed a teacher with some ministerial duties at a church school who was fired by the church. Sometimes these cases involve a state government. In May, the state of Georgia fired public health official Dr. Eric Walsh shortly after hiring him because of sermons Walsh had given during his free time. A number of articles in the Georgia press point to gay activists angry over comments Walsh made on homosexuality, sometimes in sermons delivered years ago. Sometimes fighting back against such large opponents can take years. Sometimes, those discriminated against need to take on their own town, like Pastor Telsa DeBerry and his congregation. That happened after a Holly Springs, Mississippi city ordinance was used to stop them from forming a downtown church. But they point out if people will fight back, they will almost always win. For instance, DeBerry and Liberty lost in their original rounds with Holly Springs and then before a district court judge. But they then scored a huge victory on appeal when the 5th Circuit Court in New Orleans blasted the anti-church ordinance. Sekulow said these cases are often solved with just a call or a letter from a group like the ACLJ. Sekulow explained that those going after people of faith and the society's religious moorings are more radical than those of the past. Mateer agreed: people of faith must sometimes stand and fight.

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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 #2014-41	28:30	14:00	LOCAL	PA/O/E	10/06/2014	10:30 AM
					10/10/2014	12:00 PM
					10/11/2014	03:00 AM

Rated PG - Host Kate McGovern interviewed **Vicki Tyler**, Director of the Women’s Choice Center about the recent legislative ban on “webcam abortions.” Recently the Iowa State Board of Medicine instituted a ban on the procedure citing health risks to the patient. A recent Iowa Court ruling upheld the ban and ordered webcam abortions to cease within 30 days. A “webcam abortion” is when a rural abortion provider provides doctor-patient services from a remote location via webcam. Iowa seemed to be an ideal trial area for webcam abortion procedures because there are many rural areas where doctors and family planning providers are not easily accessed. Vickie describes the webcam/medical abortion process, detailing some of the inherent risks of telemedicine when applied to abortion procedures. The medical abortion consists of two pills, one which removes circulation from the child, and a second that induces labor to expel the fetus. While webcam or medical abortions are often presented as a safe process as natural as a miscarriage --that may not always be the case. The risks of hemorrhaging, infection and lack of follow-up care seem to outweigh the benefits of access. Despite the ruling against the practice, the issue of webcam abortions is not closed. This issue is expected to continue in the courts through appeals for a long time to come. Vickie closed encouraging viewers to become fully educated about this process and its risks before seeking the procedure. Options counseling is available for those considering terminating an unwanted pregnancy.

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 #2014-42	28:30	14:00	LOCAL	PA/O/E	10/13/2014	10:30 AM
					10/17/2014	12:00 PM
					10/18/2014	03:00 AM

Rated PG - Host Kate McGovern interviewed **Vicki Tyler**, Director of the Women’s Choice Center about a new development – medical abortion reversal. This is a new process that counteracts effects of the abortion pill, RU-486. Vicki explained the medical abortion process in order to demonstrate how reversal is possible. A medical abortion is actually a series of two pills. The first is mifepristone, a pill taken orally that blocks progesterone, thereby cutting off circulation to the fetus. Progesterone is an essential hormone during pregnancy. The second pill is a suppository that induces labor to expel the deceased fetus. Medical abortion reversal is a new procedure developed by Dr. George Delgado, Director of Culture of Life Family Services in San Diego California. Dr. Delgado now trains physicians across the country on this procedure. This treatment plan consists of a series of injections designed to restore the balance of progesterone in the women’s body. The restoration of progesterone allows the pregnancy to continue. Thus far 10 babies have been born from this process, and another 30 pregnancies are continuing. The chances of the reversal being successful are highest if treatment is sought within the first 72 hours of taking the abortion pill. Follow-up care is required to insure the mother and baby remain safe. This new process provides an option to women who may not have been fully educated about the real consequences of a medical abortion before starting one. Medical abortion reversal is now available locally and has been proven successful in reversing the process of the abortion pill. Vicki closed by assuring us that pre-or post-abortion counseling is always available for women in our area.

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Family

Joy In Our Town #2014-47	28:30	14:00	LOCAL	PA/O/E	11/17/2014	10:30 AM
					11/21/2014	12:00 PM

Host Coach D. Robinson interviewed former **Senator Rick Santorum** during his visit to the Quad Cities about family and civic issues. Senator Santorum openly discussed the struggles families with disabled children face and the need to advocate on behalf of them. He also addressed the idea of separation between church and state. Senator Santorum feels that people should not have to cower to political bullying, but become engaged in civic and legislative processes. Patriot Voices is a grassroots non-profit organization designed as a vehicle to empower those that believe in faith, freedom, family and opportunity. Coach D. and Senator Santorum discussed his victory in Iowa in 2012 and possible future political aspirations. They also touched on the idea of medical marijuana as a local industry. Senator Santorum warned there may be unforeseen hazards to our communities if we normalize marijuana use. Rick closed by focusing on families as the cornerstone of a recovering economy. He believes economic viability will follow the successes of individual families. By fostering stronger family bonds and strengthening families, we can help determine the political and economic future of our region.

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Family

Joy In Our Town #2014-47	28:30	14:00	LOCAL	PA/O/E	12/01/2014	10:30 AM
					12/22/2014	10:30 AM

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

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Family

Joy In Our Town #2014-49	28:30	14:00	LOCAL	PA/O/E	12/01/2014	10:30 AM
					12/22/2014	10:30 AM

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

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Health

Joy In Our Town #2014-46	28:30	14:00	LOCAL	PA/O/E	11/14/2014	12:00 PM
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Host Kate McGovern interviewed **Megan Vance** of ADDS Gambling Treatment Services about gambling addictions. Megan indicated that this addiction is increasing in our area. Signs of gambling addiction include fixation on the game, borrowing and maxing out credit cards, anxiety and "chasing losses." Gambling addiction can take many forms including bingo and casino play, sports betting and even stock trading. Guilt and shame are some of the main reasons people do not seek help for this problem. While this addiction cuts across many demographic profiles, people with gambling addictions tend to be of a higher socioeconomic class and have more disposable income. This is sometimes a hindrance to diagnosis, because it can take huge losses before the problem is recognized. Eventually gambling addiction can lead to financial distress and dysfunctional behavior like stealing. While the effects of gambling addiction are devastating, it is a treatable condition. The key to ending gambling addiction is not allowing it to start. Community prevention programs are designed to educate people about the ills of this addiction. For those already with this addiction, help and counseling are available by calling 1-800-BETS-OFF.

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Health

Joy In Our Town #2014-50	28:30	14:00	LOCAL	PA/O/E	12/29/2014	10:30 AM
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Host Kate McGovern interviewed **Vera Stokes** – Human Sciences Specialist for Iowa State University Extension and Outreach about dietary guidelines and family nutrition. Many families lack knowledge of how to cook, availability of healthy food or access to nutrition fields. A 2012 assessment of our community showed that most families do not eat the required number of fruits and veggies for proper nutrition. The study also showed that families in our area eat out a lot, which dramatically increases the amount of extra calories and salt. Vera instructs families about nutrition based on the Dietary Guidelines for Americans (DGA). The major themes of the DGA include lowering the daily intake of calories, sugar, salt and fat. These guidelines also recommend increasing intake of fruits vegetables, whole grains and dairy. An easy way for families to incorporate these guidelines is through the use of "My Plate". My Plate a visual tool designed to help people see the dietary guidelines at each meal. The Dietary Guidelines for Americans are also available on many websites and smartphone applications. Many schools also embrace the DGA for their lunch menus. These guidelines are updated every 10 years. A new set of guidelines is set to be issued in 2015. While some may feel that eating according to the dietary guidelines is expensive, the long term costs for poor health far outweigh the costs of eating healthy. Vera closed by reminding viewers that it is never too late to embrace healthy food habits.

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Health

Joy In Our Town #2014-50	28:30	14:00	LOCAL	PA/O/E	12/29/2014	10:30 AM
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In this episode of Joy In Our Town Host Kate McGovern interviewed **Vera Stokes**, a Human Sciences Specialist for Iowa State University Extension and Outreach, about increasing grains and decreasing sodium in our diets. Vera demonstrated how to read labels and assess whole grains. She also compared the Dietary Guidelines for Americans recommendations for sodium to the typical person's actual sodium intake. Putting away the salt shaker can be a good start to decreasing sodium, however salt often lurks in canned or processed foods. Contrary to people's belief, it doesn't matter what type of salt is used, the dietary intake amount doesn't change. Many recipes can be altered to increase whole grains and reduce sodium at the same time. Vera demonstrated an easy way to make instant oatmeal to go. Vera closed by reminding us that the benefits of eating healthy far outweigh the cost of good foods. Plenty of tools are available to assist viewers in making healthy choices.

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Health

Switch On Your Brain #010	28:30	28:30	REC	PA/O/E	10/07/2014	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 is not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequences of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom, it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can change back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

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Health

Switch On Your Brain #012	28:30	28:30	REC	PA/O/E	10/21/2014	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 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, not let any thought go unchecked through our mind. That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind, that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the 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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Health

Switch On Your Brain #013	28:30	28:30	REC	PA/O/E	10/28/2014	12:00 PM
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Today on Switch On Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking, you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts, you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some nonevent. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is 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

Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	11/04/2014	12:00 PM
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Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. You are completely unaware of ninety to ninety-nine percent of the activity going on inside your brain. Right now you are processing information through your five senses into your brain. Your mind activity is a signal that goes to the DNA, to the gene code, which is just sitting there dormant waiting for your signal, and then as soon as your signals comes, it switches on and you start making amino acids, which group into proteins and you grow trees in your brain which are thoughts, right now at 400 billion actions per second. You are creatively growing stuff inside of your brain. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. Even though every human's brain follows the same euro physiology and the structures of the brain and those kinds of things look the same, the way that you uniquely perceive the world means that you will design your own architectural landscape of your brain. So the way you perceive the world is reflected in the physical structure of the brain and we call that the law of diversity. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity.

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Health

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	11/25/2014	12:00 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. The hardware that is fixed is the wired for love. We are made in God's image. That's our original design. That's our normal. That's our default mode. That is who we are, but God gave us free will. In life, we run the software, and that software is how we process the events and circumstances of life and how we actually design the landscape of our brain, so the software is how we uniquely process that information according to what is already inside of us. Moment by moment of every day we are thinking. So moment by moment of every day, we are changing the software and changing the reactions. We get stuck in certain habits. Whatever you think about the most will grow. So whatever program you design to work in that way, the hardware then responds. So if you don't change the software signal, and it's always the same signal, the hardware will just respond in the same way. But if your software says this hardware is not good, then you can change the software. This is all mind activity. By having an awareness of this life that we're living as hardware, we can use our mind to change that and bring ourselves into the natural state, which is wired for love. It's all choices. It's all mind work. The non-conscious part of your mind works at 400 billion actions per second. In the non-conscious part of your mind it guides the conscious part of your mind. The conscious part of your mind operates at 2,000 bits of information per second. The non-conscious mind is pretty much that part of who we are. It is all the thoughts that we have been building from conception to our current age, that are driving our conscious minds. At any given time there are only a few thoughts in our conscious mind. Thoughts move in and out of the conscious mind as they are required in order for you to function. The non-conscious mind has trillions and trillions of thoughts and they can be changed. Those thoughts that you have implanted in your mind can be altered and changed as they move into the conscious mind and then move back into the non-conscious mind. We have structures in the depths of our brain called the "Default Mode Network" which is a group of circuits that span the structures in the middle of the brain. The Default Mode Network, think of it as a conductor. All of the circuits inside your brain work together like an orchestra when you are using your mind properly. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We are wired for love. We know right from wrong. Our natural default mode is one of love, which is choosing well. When you make a bad choice you are going to have a physical consequence inside the brain. Your brain has no structure for bad choices. We're wired for love. We were designed to make good choices. If you make bad choices you're going to have a negative physical reaction inside our brain, literally you will build a negative toxic tree inside of your brain, and that will impact your physical body, soul, and spiritual development. You are wired for 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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Health

Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	12/03/2014	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. As you are thinking and choosing your DNA actually expresses, which means it makes proteins, and those proteins group together and you grow thoughts that look like trees. Sometimes we choose badly. Instead of the proteins forming correctly they actually form incorrectly. You can actually see the result of a toxic choice inside the brain as literally this toxic tree. If you think of the analogy of a forest where there has been a forest fire, there's this huge black patch and that's kind of what our toxic thoughts look like. Our body recognizes it as an abnormal structure. Our brain actually reacts negatively to a toxic thought. Toxic thoughts are like these foreign invaders and they increase our vulnerability to disease. Seventy-five to ninety-eight percent of current mental, physical behavioral illnesses today come from toxic thinking. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. When we think and choose badly and we wire those toxic thoughts into our brain, those toxic thoughts are seen as foreign invaders inside of our brain and this is because we are wired for love and we have to learn fear, so therefore the toxic choice is actually a fear response. Not fear as in scared, but fear as in negative; anything on the negative side like discouragement, despair, hatred, anxiety, worry, etc. You are in life processing. You're in these events and circumstances of life, those things are coming in through your five senses, you are thinking these things through, and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces that we can measure through quantum physics and describe through using quantum physics and brain science. So if with our mind we make a bad choice that spiritually is going to have a whole lot of consequences on the way that your mind is functioning as well as your spiritual development, but it also makes a huge impact on the way that the body functions. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. They're talking about the big five as well as just down to getting a virus like a flu or something like that. These manifestations of illness and physical illness inside of our bodies, seventy-five to ninety-eight percent of it, comes from our thought life. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. When we have a flu or a virus or something passing through our body, our immune system is immediately activated to fight that invasion. So anything that is not part of the normal cycles or structure or function of the brain is treated in the same way. Our thinking produces physical realities in the brain, actual physical little thoughts that look like little trees. When it is a healthy thought, the trees look healthy and are balanced. But when we make a bad choice we literally throw our brain into neurochemical chaos. The dead tree represents a negative thought, a bad choice. When we make the decision to choose things incorrectly, we upset the natural function of the brain, which is for love. So every time you express your genetic expression happens, which is the result of your thinking. Your thinking is the signal that causes these proteins to express and to capture this information in the form of a tree. The green tree represents the healthy tree; this is your norm. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Our normal is a sound mind. The abnormal is an unsound mind. We're in a world that says depression is normal, anxiety is normal, the negative is normal, worrying, etc. is just a part of life. It's not part of life. It is the result of choices we have made. Scientists and medical research show the same thing. Toxic thinking, bottom line, makes you sick. When you think badly, sickness will manifest in some way. When you make a bad decision and you choose to do the wrong thing, when you choose to think a negative thought or a toxic thought, your peace goes. When we are choosing incorrectly, we are going to grow toxic thoughts. We need to recognize that this is what causes a lack of peace in us, but this is not a death sentence. Your brain controls every single cell of your body. Your brain is designed to be controlled by your soul, which is your mind realm; your thinking, your choosing, and your feeling, changes the physical structure of your brain. Your brain and your body represent the physical result of the decisions of our mind, and if we make bad decisions, and we wire in the toxic zone, we will feel the impact inside of our body. Science is showing that when we aren't positive, when we're negative, when we don't forgive, when we do all the stuff that we're not supposed to do, and enter that zone, we will physically change the nature of our brain. As you think, and as you choose, and as you make proteins, you are growing branches, and the branches are all attached to these trees, and these trees are all intertwined in each other. Your brain is about the size of your two fists. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. When you make a good decision it looks healthy, but when you make a bad decision your heart gets affected, and everything gets affected, and it creates like a black cloud. So what we find inside of the brain when someone is not thinking like they should, when they're making bad decisions, operating in the negative domain, this causes a reaction in your heart, which causes a reaction in your DNA, which causes a reaction in the chemicals of your body and the result is that you actually build this distorted image which is

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recognized by the body as a viral invasion, or as an invasion. It is not seen as the norm. Now, when you cut yourself or you hurt yourself, immediately your body releases C-reactive protein, plus a bunch of other stuff, but C-reactive protein is a manager one, and the C-reactive protein goes to that site to try and help to heal. It's a part of the healing process, but in the healing process there is inflammation. The first reaction is inflammation occurs. When doctors are looking for signs of a viral invasion in a body, they look at the C-reactive protein count. If you have a lot of those in the body, there is something going on. Your body physiologically reacts to damage, to viral infections, to physical damage by releasing these C-reactive proteins. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. Every choice you make has a consequence. You're a thinking being and moment by moment of every day, you are thinking and you are choosing, and those choices that you make become physical realities inside of your brain. This is a scientific fact as well as being a spiritual fact. So when we choose the wrong choices, the toxic choices, the despair, discouragement, irritation, frustration, you name it, we're going to have a physical result inside of our brain because thoughts are real and they take up mental real estate. The toxic choice impacts how you function. Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

<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>Minority Issues</i> Joy In Our Town #2014-42	28:30	14:00	LOCAL	PA/O/E	10/13/2014	10:30 AM
					10/17/2014	12:00 PM
					10/18/2014	03:00 AM

This **Special Edition** of Joy In Our Town features a re-airing of the **Caring Cities Campaign** Roundtable held on July 14, 2014. This roundtable was called to address the idea of locally hosting some of the thousands of migrant children from South America awaiting processing and immigration hearings at the US border. Spearheaded by Mayor Gluba of Davenport, this group of agency leaders and community members addressed some of the obstacles to becoming a host city. Community concerns included meeting federal guidelines, applying for grant money, locating appropriate and compliant housing and coordination of services. Concerns for the children included finding translators, providing medical and mental health care, identifying host families, and providing them legal representation. Iowa Governor Terry Branstad has been a vocal opponent of bringing illegal children to Iowa for services. Lack of state support is another issue that will have to be addressed and overcome for the Caring Cities Campaign to move forward. Footage of this community roundtable was provided by the River Cities Reader.

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Minority Issues

Joy In Our Town #2014-43	28:30	14:00	LOCAL	PA/O/E	10/20/2014	10:30 AM
					10/24/2014	12:00 PM
					10/25/2014	03:00 AM
					11/3/2014	10:30 AM
					11/8/2014	03:00 AM

Host Kate McGovern interviewed **Amy Rowell**, Executive Director of World Relief in Moline about challenges facing refugee families settling in our area. Amy clarified the distinction of refugees as a special class of immigrants who have been persecuted based on their race or beliefs. After much screening, these visitors are granted a special legal status. The United States accepts about 70,000 refugees annually. After processing many of these families are sent to supporting communities for resettlement primarily based on housing and employment opportunities. Refugees in our area are primarily from Asia, Europe and parts of Africa. This includes people from Myanmar/Burma, Iraq, and Bhutan. Life in America has so many benefits that some will risk coming here without proper documentation, but most have arrived here through legal government programs. There are many opportunities for improving our arduous immigration process, and immigration reform is badly needed. Supporting newcomers to this country is a challenge we must meet. For many, the trip to America is just the beginning of a long learning curve. Refugee families need supportive people to help them socialize, learn English and get resettled. It will take community commitment and the help of many organizations for these families to thrive in America. Churches can be particularly helpful. Amy suggested that if you encounter a newcomer to this country, step up, welcome them and exhibit American hospitality at its finest.

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Minority Issues

Joy In Our Town #2014-43	28:30	14:00	LOCAL	PA/O/E	10/20/2014	10:30 AM
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Host Kate McGovern interviewed **Kelly Stewart** - Volunteer Coordinator of World Relief about the personal and cultural challenges facing refugee families in our area. One of the biggest hurdles for families new to this country and settling in the Quad Cities is language acquisition. Without knowing English, it is very difficult to thrive in the United States. It is imperative that refugees begin learning English within the first few weeks off the plane. ESL classes are critical to their success. Typically, the children who go to school learn English much faster than the adults. This may lead to a role reversal within the family. Often these families end up leaning on children to navigate systems, understand processes and read documents. Refugee families also face economic challenges. Many families come here with only their clothes and a small bag to start a new life. Finding employment can be challenging -- especially when there are language barriers, educational incompatibility, and non-transferable skills. Despite this, basic needs still need to be met. While acclimating to a new life many of these families also worry about separated family members and friends who were not able to escape at the same time. This is one of the reasons it may be more advantageous to process immigration or refugee cases by family rather than as individuals. Often family is the only thing familiar, making unity very important. It appears that families that are embraced by a mentoring American family enculturate much faster. For this reason volunteers are always needed to assist and welcome newcomers to our community.

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Minority Issues

Joy In Our Town #2014-51	28:30	14:00	LOCAL	PA/O/E	12/15/2014	10:30 AM
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Host Madison Logan interviewed **Liz Sherwin** – Executive Director of the Illinois Iowa Center for Independent Living about the dearth of accessible housing in our area. Accessible housing is defined as housing that will allow the resident to enter, exit and use all the facilities. New construction in our region tends to focus senior housing over general accessible housing. Much of the rental housing in the region is substandard and deteriorating. Currently, about 70% of housing in our community was built prior to 1950, which alienates many people with disabilities. Because our region has a lack of both affordable and accessible housing, demand is high – pricing many people out of the market. According to federal guidelines, spending roughly 35% of household income toward shelter is reasonable. Many in our community are paying 50 to 60 % of their income toward housing. On top of that, people with disabilities may face discrimination. People with disabilities can encounter fear by those that do not have much exposure to them. Housing discrimination is often difficult to prove, but advocacy is available. To promote solutions, IICIL provides advocacy, maintains an accessible housing list, and provides technical assistance to business owners and landlords. In the region, the Quad City Housing Cluster works on issues designed to improve the level of accessible housing. Religious and community leaders can help by educating people and hosting workshops to facilitate disability awareness.

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Minority Issues

Joy In Our Town #2014-51	28:30	14:00	LOCAL	PA/O/E	12/15/2014	10:30 AM
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Host Madison Logan interviewed **Liz Sherwin**, of the Illinois Iowa Center for Independent Living about employment issues for people with disabilities. The Americans with Disabilities Act (ADA) was designed to address the lack of access to services for people with disabilities (PWD). The ADA made it discriminatory to not provide services or employment to this population. Unfortunately, the act has not yet yielded some of the expected results. Nationally the unemployment rate for PWD remains about 68%. Policymakers now are focusing on recruiting young workers into an integrated workforce. These younger people tend to be more active and independent than previous generations. Emerging technologies have also helped people with disabilities work, obtain jobs and stay socialized. Transportation remains a primary work-related obstacle for people with disabilities, but things are getting better. Employers sometimes harbor myths or are uncomfortable around people with disabilities due to lack of exposure. Disability awareness training can combat negative stereotypes in the workplace. Businesses often don't realize that accommodations for persons with disabilities can benefit the public as a whole. Frequently reasonable accommodations are simple and cost effective. Liz closed by reminding viewers that people with disabilities are just like anyone else. When encountering a person with a disability, it is fine offer assistance -- but don't insist on helping against the person's wishes. Being friendly and fostering goodwill can go a long way to improving conditions in the workplace.

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