

# Trinity Broadcasting Network

## *WMWC-TV Galesburg, Illinois*

July, August, September 2016

Central Time

Leading Community Issues

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

Crime

Education

Environment

Health

Substance Abuse

Youth

Civic

*Crime*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2016-29	28:30	14:00	LOCAL	PA/O/E	07/11/2016 07/12/2016	04:00 PM 02:00 AM

Lori Pearce interviewed Maggie Tinsman, the director of Braking Traffik. The topic of discussion is human trafficking. Ms. Tinsman explains the two different types of human trafficking, sex trafficking and labor trafficking. The average age of children that are trafficked are 13 years old. They way children get involved in trafficking is through social media or face to face conversations. In order to prevent more children from getting pulled into trafficking, it is important to educate children about the dangers of social media and if you are out in the community to say something if you see something strange going on. Children are also brought into trafficking if they are homeless. It is important to understand that trafficking is alive in the Quad Cities and the victims are American children.

*Crime*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2016-29	28:30	14:00	LOCAL	PA/O/E	07/11/2016 07/12/2016	04:00 PM 02:00 AM

This is a documentary where three girls from the Quad Cities and Iowa area talk about their experience being trafficked and how they got involved in the business, and how they finally got out. They are speaking out so no other child has to go through what they went through.

*Crime*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2016-36	28:30	14:00	LOCAL	PA/O/E	08/29/2016 08/30/2016	04:00 PM 02:00 AM

Kit Evans Ford interviewed Mr. Teague the executive director of Quad Cities "Boots on the Ground" about crime in the Quad Cities. Boots on the Ground was established in 2015 after a summer that had a lot of gun violence. Boots on the Ground is the church's response to the violence by trying to bring the community together. Boots on the Ground is talking to people within the community and finding out how they feel about the violence around them. The three topics that community members find concerning are; lack of police and community relationships, lack of education opportunities and a lack of jobs. Boots on the Ground is trying to combat these problems by having meetings to engage the police and the community and by having résumé and other job readiness workshops. Boots on the Ground also wants people to start to know their neighbors again and become more engaged within their own community in order to stop the violence. Boots on the Ground has meetings every 4th Monday of every month at United Neighbors.

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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 #07292016	CBN	1:00:00	5:00	REC	PA/O/E	07/29/2016 2:00 PM

CBN News Reporter John Jessup Reports: When the women living in Dawn Knighton's Florida beachside house wake up, they are greeted by artwork with encouraging Bible verses, like the popular passage from Psalm 139. It affirms how humanity is "fearfully and wonderfully made." The bright, flowery wall art is a far cry from the lifeless steel bars and stark bare walls they used to see when the only home they knew was a prison cell. Like clockwork, Knighton's housemates start their day with a mandatory three to five mile run along the beach. They're also required to meet daily for prayer, Bible study, and accountability. Per house rules, the women are prohibited from pursuing romantic relationships unless they are married. The rules are rigid but deemed a necessity to transition successfully to living outside of prison. For recently released inmates, second chances are hardly a part of their lexicon. Statistically, it's true. About 600,000 inmates are released annually, and two-thirds wind up being re-arrested. While women commit fewer and less violent crimes than men, the challenges they face when they return to society are often the same - like trying to find housing, employment, and a system of support. Knighton, a Christian counselor and an ordained minister, opened up her small three-bedroom home to provide women all of those things and to help them become productive members of society. She founded Radical Restoration Ministries in 2008, a faith-based non-profit whose mission is to help rehabilitate women coming out of prison. For Knighton that mission hits particularly close to home. Her life of crime began early on, using and selling drugs. She also eventually sold her body to feed an addiction to crack cocaine. Kathy Tolleson recalls seeing Knighton in her neighborhood years ago. It was in front of her home where Knighton used to walk the streets in pursuit of men looking to pay for sex. Tolleson didn't just pray. She also posted signs that read "No Prostitution Zone" on telephone poles and found other methods to discourage prostitutes from picking up customers in front of her family home. At the time, Knighton wasn't aware of those prayers. All she knew was that the lady with the bullhorn was hurting business. Raped, battered, and abused by some of the same men who paid her for sex, Knighton lost her desire to live. But not before her nearly 50 felony convictions finally caught up with her. She faced up to 15 years in prison after her last arrest. The night she was taken in, she was placed in maximum security and confined in an eight-by-ten prison cell with only a Bible. That was when she decided to recommit to her Christian faith from which she had walked away and ask for help. It was the beginning of a radical change that sparked what she describes as a vision from God to open houses for women coming out of prison with nowhere to go. Knighton began to counsel and pray with other female inmates. She also completed her first year of Bible college while in prison. She was released after serving only a year and a half and credits her early exit to the "grace of God." She then moved in with her mother, worked as a barber, and continued her education at Covenant Bible College and Seminary. In 2013, she earned a doctorate in theology. Knighton sees her release and new life as nothing short of a miracle. They also serve as reminders of her promise to return to prisons to show other inmates there's hope. Knighton's changed life has given her access within the Florida Department of Corrections to minister to women in the very same prison where she once served time. Her ministry has since partnered with others like Pastor Sheryl Brady and the Texas Offenders Reentry Initiative (TORI), a ministry of the Potter's House in Dallas, Texas. Perhaps the most surprising partnership is one she developed at a Christian conference a few years after being released from prison. It was at that conference when she bumped into an unsuspecting acquaintance from her past. They now attend the same church along with the women enrolled in Knighton's program. Every week, they pile into Knighton's car and worship at the church located around the corner from the house where she used to walk the streets - a reminder of her changed life. She and her housemates view Tolleson as a "spiritual mom." The two also preach together and pray for women on death row, which they affectionately renamed "life row." Radical Restoration Ministries' rigorous discipleship program has a 98 percent success rate and a year-long waiting list. The women who have completed the program believe they are forever changed. Belinda Kitchens, who recently left Florida to work with Heidi Baker's Christian missions group to help children in Mozambique, credits both God and Knighton for her new identity. Knighton is now taking her message into men's prisons and planning to open discipleship homes for them, too. But her passion remains the same: to see a radical change in what she calls the "prison nation."

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*Education*

Joy In Our Town #2016-28	28:30	14:00	LOCAL	PA/O/E	07/04/2016 07/05/2016	04:00 PM 02:00 AM
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Brenda Schaefer interviewed Anthony Law, Director of Carl Sandburg College Minority Outreach. The topic of discussion is student ministry outreach. As the director, Mr. Law wants to encourage people that identify as a minority to further their education. Mr. Law created a program called Men of Distinction and Women of Character to help encourage students and bring more into higher education. This program is service oriented, but also encourages students to commit to graduation and engage in the classroom. By doing this, Mr. Law hopes to create a new generation of leaders. He also wants students to become people of action and a giver not a receiver by being involved in the community.

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*Education*

Joy In Our Town #2016-30	28:30	14:00	LOCAL	PA/O/E	07/18/2016 07/19/2016	04:00 PM 02:00 AM
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Lori Pearce interviewed John Wetzel, who is a mentor at SCORE in the Quad Cities. The topic of discussion is business start-ups and entrepreneurship. SCORE is a program that helps small businesses start-up and keep running. SCORE is mostly run by volunteers. Volunteers range in age from people in their 40's to retirees. The primary mission of SCORE is to foster a vibrant small business environment. SCORE in the Quad Cities is special because it covers two states. The small businesses in the Quad Cities employes over half of the work force, making small businesses very important to our community. Through SCORE, small businesses can expect to have access to a network of advice, a mentor and learn about cash flow.

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*Education*

Joy In Our Town #2016-36	28:30	14:00	LOCAL	PA/O/E	08/29/2016 08/30/2016	04:00 PM 02:00 AM
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Kit Evans Ford interviewed Alvaro Macias, community development manager, at Acentra Credit Union. The topic of discussion was financial literacy. Mr. Macias suggests to create spending plans, instead of creating a budget. To create a spending plan, you must keep track of all the purchases you make in one month. Compare that to how much money you make in a month and figure out the difference. Mr. Macias suggests living within or below your means. This means to spend less than you make. Mr. Macias also talked about credit scores. Your interest rates are determined by your credit score. If you can't qualify for a loan because of your credit score and go to a fringe financial outlet, they may overcharge you for interest. Therefore, the best thing you can do for your financial future is to find a trusted financial partner.

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*Education*

Joy In Our Town #2016-39	28:30	14:00	LOCAL	PA/O/E	09/19/2016 09/20/2016	04:00 PM 02:00 AM
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Host Kit Evans Ford interviewed Chris Cournoyer regarding Commitment to Students; when it comes to commitment to students The Quad City Engineering Science Council is very committed stated Chris Cournoyer. The Quad City Engineering Science Council is an umbrella organization that's been in existence since 1962. The original purpose was to form an umbrella for all the technical societies that were out there. QCESC serves both sides of the river. It was a way to get all the professionals together and network, stated Chris. Through this they formed what is called STEM – Science, Technology, Engineering, and Math. This has evolved into them bringing in the next generation of STEM professionals through events, camps, etc. To get kids excited about STEM. Baby boomers are starting to retire and we have to fill those spots. 80% of jobs require STEM related skills, so it has become mission critical to get kids excited at a young age for the major corporations such as Deer, Alcoa, etc. We want kids to know how important those skills are for jobs after high school. To have those skills when you graduate means your job ready said Chris. The one that we teach is gracious professionalism – you don't compete against each other you build off of each other. QCESC has a program called Lego Robotic league. You team has to a robot with Legos. This starts at the pre-school age. We have scholarships and this year alone we have given away 16 totaling \$36,000.

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*Education*

Joy In Our Town #2016-36	28:30	14:00	LOCAL	PA/O/E	08/29/2016 08/30/2016	04:00 PM 02:00 AM
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Kit Evans Ford interviewed Alvaro Macias, community development manager, at Asentra Credit Union. The topic of discussion was financial literacy. Mr. Macias suggests to create spending plans, instead of creating a budget. To create a spending plan, you must keep track of all the purchases you make in one month. Compare that to how much money you make in a month and figure out the difference. Mr. Macias suggests living within or below your means. This means to spend less than you make. Mr. Macias also talked about credit scores. Your interest rates are determined by your credit score. If you can't qualify for a loan because of your credit score and go to a fringe financial outlet, they may overcharge you for interest. Therefore, the best thing you can do for your financial future is to find a trusted financial partner.

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*Education*

Joy In Our Town #2016-39	28:30	14:00	LOCAL	PA/O/E	09/19/2016 09/20/2016	04:00 PM 02:00 AM
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Kit Evans Ford interviewed Chris Cournoyer on STEM programing. Chris started off the interview by stating what STEM stood for; STEM stands for Science, Technology, Engineering, and Math. These are important because over the next decade 80% of the jobs will require STEM knowledge or STEM skills in some capacity, so it has become mission critical. It's important that we enhance on the skills that our kids now have. We live in a very technology driven age and the children know more about technology than the parents. We must make sure they carry these skills through to school because it's critical in our society whether kids graduate and go directly into the job sector, the service, or college, they're going to need these skills. Kit asked if there was a demand for STEM skill set and Chris replied yes, there is a huge demand as baby boomers are retiring and jobs are becoming more technical. Kit asked Chris for an example of STEM being used in a job. Chris stated; for instance manufacturing. Manufacturing use to be very mundane, but now has become robotic and technical. You don't have to go to a 2 year or 4 year college to learn STEM skills stated Chris, there are programs in your high schools, after school programs, summer camps, etc. The Quad City Engineering Council tries to do a lot of outreach on both the Illinois and Iowa sides of the river to get kids involved and to try it. STEM is taught K-J Kindergarten thru job.

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*Environment*

Joy In Our Town #2016-30	28:30	14:00	LOCAL	PA/O/E	07/17/2016 07/18/2016	04:00 PM 02:00 AM
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Kit Evans Ford interviewed Mike Miller, Director of Riverbend Food Bank. The Riverbend Food Bank serves 22 counties in and around the Quad Cities. Mr. Miller talks about how 1 in 8 people are food insecure in the United States. For children this is especially hard because when they are hungry they have a hard time focusing in school. When children have a hard time in school it is hard for them to become successful and break the cycle of poverty. The goal of the Riverbend Food Bank is to rescue food before it gets thrown away and then provide the community with that food. The Riverbend Food Bank is similar to a wholesale distributor because they distribute food to food pantries in the area that they serve. Another service they provide is a mobile pantry, where they bring a truck full of food to a community where there is currently no food pantry.

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Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	07/25/2016	04:00 PM
#2016-31					07/26/2016	02:00 AM

Kate McGovern interviewed Aaron and Mike who are both firefighters for the Davenport Fire Department. The topic of discussion is their jobs as firefighters and their contribution to the community. Their jobs as firefighters consists of two jobs. First, they are in charge of putting out fires and protecting the community from fires. Second, they also are responsible for educating the community about fire safety and prevention. In order to become firefighters they had to get training as an EMT and paramedic. They also went to classes and testing to become certified. To become a firefighter is very difficult because it is very competitive, so having a lot of experience is helpful. Aaron and Mike also want the viewers to know that they are not lazy when there are no fires. They have a lot of responsibilities around the fire house and to themselves because they have to stay in top physical shape.

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Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	07/25/2016	04:00 PM
#2016-31					07/26/2016	02:00 AM

In this segment, Mike Dorton does an example of CPR. Mike suggests teaching children as young as 4th or 5th grade how to do basic CPR. After a person stops breathing they have about 3-5 minutes before they are brain dead, so CPR is a very important skill that people need to know. By starting CPR before fire responders arrive, it doubles the chance that the person will live. To start CPR, first check to see if the person is breathing. If there is no breathing, call 911 and get an AED device if there is one available, then start compressions. Providing breaths for the patient is optional, they do not need to be provided if you are uncomfortable doing them. Mike also talks about choking. To help someone who is choking, get behind them, find their belly button with your fist and thrust upwards to get the food out. If a baby is choking, lay them on your forearm and support their head with your hand and provide 5 slaps on the back between the shoulder blades and then flip them over and provide 5 chest compressions.

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

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

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Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	9/26/2016	04:00PM
#2016-40					9/27/2016	02:00AM

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

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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	28:30	14:00	LOCAL	PA/O/E	08/22/2016	04:00 PM
#2016-35					08/23/2016	02:00 AM

Host Kate McGovern interviewed Ted and Janet Brown, the founders of Lice Clinics of America Quad Cities. Ted and Janet explained that lice is in every community. Lice can affect every race and socioeconomic status. In their clinic, if you have lice, they can guarantee that you will leave without it. Their treatment consist of heat, combing and a special oil. If you think you have lice make sure to confirm it so you do not cause unneeded damage to your scalp. To prevent lice they suggest to not touch heads and screen your family once a week.

*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	28:30	14:00	LOCAL	PA/O/E	08/15/2016	04:00 PM
#2016-34					08/16/2016	02:00 AM

Kate McGovern interviewed Dr. Mike Stecher dentist at LeClaire Family Dentistry. In this segment Kate and Dr. Stecher discussed: Questions for a Dentist. Kate asked Dr. Stecher if silver fillings are safe. Dr. Stecher assures the audience that they are completely safe. Children should go to the dentist as early as 6 months after they get their first tooth says Dr. Stecher. Everyone should go to the dentist as often as their insurance provider allows them to. Dr. Stecher says that most problems in your mouth don't hurt right away so preventative care is very important.

*Health*

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Joy In Our Town	28:30	14:00	LOCAL	PA/O/E	08/15/2016	04:00 PM
#2016-34					08/16/2016	02:00 AM

Host Lori Pearce interviewed Emily Gordon, Director of Rick's House of Hope. Rick's House of Hope was founded 16 years ago, as part of the Spiritual Care Department at Genesis. Ricks house of hope offered counseling to teens and their families coping with traumatic life event. The organization deals with issues such as Grief, loss and trauma due to things like death, suicide and divorce. Teen's deals with such shifts in family structure and the emotional drain in many complex ways: This can lead to increased numbers of suicide. Under sourced school counsels and church leaders often need additional resources that Ricks House of Hope is able to provide with their vast pool of trained volunteers. Teens often feel isolated and alone during highly stressful situations, so Rick's House of Hope has peer groups providing a safe haven for teens to open up and express themselves and their emotions. Most programs are predominately volunteer base and accommodate children ages three to eighteen years of age.

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Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	07/06/2016	4:00 AM

*Health*

Today on Switch On Your Brain Dr. Caroline Leaf discusses milkshake multitasking; jumping around, chaotically and haphazardly from one thing to the next. We're not doing anything properly, it creates chaos in our brain, and it's not healthy for us. We actually can't multitask. We are designed to shift between different tasks and shift between different thoughts in a very organized and ordered and very fast way. We are designed to do busy well. Research shows that the human brain is designed to constantly change throughout our entire life. We're constantly growing new neural links, new networks, new dendrites, new structures, and new connections. Memories are constantly altering. Every time you think of a memory it's changing. Every time you focus on something, you are adding more structures to your brain. You are constantly re-landscaping your brain. And we have massive power in terms of what that landscape will look like. Will it be a healthy landscape, which is mental health through good choices? Or will it be an unhealthy landscape through incorrect choices? This is mind work. We, with our incredible, powerful mind, can design it. One of the most important things is to set up a constant internal dialogue with the Holy Spirit. And as you are doing that, you will learn to activate and use the new brain material that He has given us, plus the design of the brain that responds in a healthy way to all these good thoughts that we can build in our brain. By the same token, there's a plastic paradox. We can use those great new cells for bad, for evil, for the wrong thing, for making wrong choices. This new birth of neurons as you wake up in the morning is called neurogenesis; new birth. Multitasking is a myth. Social media experts tell us that the 140-character tweets is how things should be packaged. So, there is a continual stream of information that, yes, in a way, they are correct in that we are designed to respond to a continuous stream of information, but we are also designed to stop and think about that information. There's a very positive side to social media. Fast access to information definitely improves the speed of processing. The problem is that it takes away a lot of depth to people's thinking if you are using it too much. Deep intellectual thinking is extremely important. So, in terms of social media, it has to be a balance. And what they have found is that being addicted to social media – it's an easy addiction to actually develop because we're merged with the technology. Look at people – they're constantly on some form of technology. That, actually, in itself can create a pattern in the brain that is very similar to cocaine. Milkshake multitasking can be managed through quality not quantity. The first thing is that we need to make a decision to direct our attention meaningfully. Pay attention is a primary thing. Where are you going to direct your attention? Because where you direct your attention, learning follows. We need to tune our ears to listen to His (God's) voice. We need to keep focused on God's message at all times, which means that we are supposed to be constantly in a state of: What am I supposed to do next? Now, the Holy Spirit will lay down truth in our intuition of our spirit man. So, we need to develop our intuition. We also need to be extremely aware of our thoughts. It's a definite choice. It's a definite discipline.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #024	27:30	27:30	REC	PA/O/E	07/06/2016 07/13/2016	5:30 PM 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is the Mind?" We are spirit, soul, and body. And the mind is the central part of us. The mind is this soul part of us. It's our intellect; our ability to think deeply. Our will; our ability to choose, and our emotions; our ability to feel. And it's subservient to the spirit of man. So, the spirit of man is higher than the mind of man. And the mind is higher than the physical part of man, which is the brain and the body. And the Holy Spirit is designed to lead it all. Holy Spirit, to spirit, to soul, to body, the soul being mind. Research shows that the mind is divided into a conscious part and a non-conscious part. The non-conscious part is linked to the spiritual part of man and it drives the non-conscious mind. The conscious mind is the conscious part of us that is awake when you're awake. The non-conscious is always awake. Our conscious mind is equally as powerful as the non-conscious mind. The mind is separate from the brain. The mind is not the brain. The mind controls the brain. Scientifically we call it neuroplasticity, which "Neuro" means brain, "Plastic" means to change. But what's really happening is it's renewing of the mind. Our brain has actually been designed by God to be constantly renewed. Whatever you're focusing your attention on, your brain just reflects that. Where your mind goes, your brain follows. So, literally, as soon as we become aware of something, as soon as we are consciously aware of something in our thought life, it becomes changeable. You see, your thoughts precede your words and your actions. As soon as we become aware of something we can re-conceptualize the information. Basically, as we are aware of something, we can in science re-conceptualize the information. Re-conceptualize is basically a fancy word for redesigned. Now, it is accepted that ninety-five percent of who we are operates at the non-conscious level. What is interesting is how science is catching up with word of God. Because this is a completely spiritual thing. God made science. Science is spiritual. As you are thinking, information is coming in through your five senses. And then, that is then activating thoughts to move from the non-conscious to the conscious part of your mind. So, for example, the label PTSD (Post-Traumatic Stress Disorder) comes in varying stages. Any trauma that you have, any toxic thought that you have in your brain is a post-traumatic stress disorder. Anything that you haven't dealt with creates this trauma in your brain. It goes from worry to anxiety to trauma. So, every time it pops up from the non-conscious mind, your whole being is flooded. What we've got to do is go back to the core of: Who are you? How are you reacting? What happened in your life? How have you reacted to that? Is there a better way of reacting? And the only answer is Jesus; to go to the Holy Spirit, because He knows what you can deal with at that particular moment in your life. We need to deal with the psychology. We need to have things like talk therapy and a loving environment and people sitting down and helping you deal with these issues. We don't take the person's problem. We don't fix the person's problem. We encourage and carry the person while they're fixing their problem.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #025	27:30	27:30	REC	PA/O/E	07/13/2016 07/20/2016	5:30 PM 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "Choice and the Power of Choice." It is such an incredible gift from God to be able to choose. And it's something that's been debated for years. Even now, it's very popular in science to talk about the fact that we actually don't have any free will. We don't have a choice. That we're just these animals or these biological automata that just respond to the environment. That's not what the Bible says and that's not actually what happens. Moment by moment of every day, you are choosing. And every time that you choose, you generate a signal with your mind that completely changes the genetic structure of your brain and your body. Deuteronomy 30:19 says: "I lay before you life or death." So, every single day, you're in the events and circumstances of life. And you can't control them because those events and circumstances are the result of other people's choices. But you can control your reaction to. So, you have the ability to choose how you are going to react to those events and circumstances. You see, choice is a real thing. And as we choose, we activate all different parts of our brain that kick into high gear. And as we choose well, amazing things happen in our brain. You have to partner with God. Grace is you stepping into what He has given us. When we step into the probabilities, they are all good and life will happen like it should and we will rejoice despite the circumstances. The only way we're going to choose the correct thing is if we direct our attention towards the Holy Spirit, and discipline our minds to listen to the Holy Spirit and choose the correct way. And as we choose, we then collapse that probability into a reality. We have such hope built into us. And science and scripture meet. God uses science to help us see the hope that He has built into us. In super position we don't know the outcome. When you have a love, power, and a sound mind, you are in super position. So, if we listen to God, we'll start hearing wonderful picture of the probabilities. If we listen to the enemy, we'll be hearing an awful list of probabilities that can go wrong. But we have to actually make one of those happen. When you are desperate, you will change. And when you have desperation plus a vision of who you really are, it's so much easier to move forward. We have these incredible things in our body that I call discomfort zones, which are reactions. When you're about to make a choice, there are three discomfort zones that kick in. The first one is you just become aware of how you're going to react. The second one is much stronger where you actually can feel your heart pounding and the adrenaline pumping – a very strong physical reaction. The third one is when you are about to make that choice. You become very, very, very self-aware, self-evaluative and self-regulating, in terms of the consequence of your choice. The plastic paradox is where we can choose either good or bad and they both have consequences. Our brain will simply follow your mind. Where your mind goes, your brain will follow. Make sure the choices that you make are the choices that are led by the Holy Spirit.

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Switch On Your Brain #014	27:20	27:20	REC	PA/O/E	07/20/2016 07/27/2016	5:30 PM 4:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental health issues are biological then you automatically want a biological solution. When we talk about biological, we're talking about the realm of the physical. We are spirit, soul, and body. The rules that apply to the physical are not the same as the rules that apply to the soul; to the mind. So, if mental health issues are lumped along with something like diabetes, or a broken arm, or a cardiovascular issue, that is not correct. When we separate out the biological and the mental and we look at this thing correctly, we actually have much more hope. Because of instead of stigmatizing you and saying that you are a diseased, broken machine, we are saying: Hey, you are perfect, made in the image of God. And, the choices that you've made have landed you up in a bad place. And so, we can stand with you and recognize the depth of the uniqueness of who you are and help you get through those issues

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Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	07/27/2016 08/03/2016	5:30 PM 4:00 AM

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Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind constantly changes. The brain is like a mirror that reflects what is going on inside your mind. The mind can change the brain. The way you think will change the brain. The brain is plastic and we call this neuroplasticity; neuro meaning brain, plastic meaning change. Each and every one of us is so completely unique. As it says in the Bible we are uniquely, fearfully, and wonderfully made. Unique means stand alone, set apart. For so many years, there's been a debate between nature, nurture, and what I call the "I-Factor." Nature is nature-dominant. In other words, are your genes and your biology dominating you? Are you controlled by your genes? Are your genes dictating you? Is there a certain pattern in your brain that's causing all these things to happen? So, that's the nature argument. Then, the nurture argument is the environment that you grow in, the experiences that you have, the traumas that you go through. Is that what's causing these issues? So, there's the debate: Is one more important than the other? Do they work together – nature and nurture? Well, it makes a lot of sense that the nature and the nurture work together. But, there is another factor that's overriding both of these and that is you – your uniqueness that I call the "I-Factor." The psychological part of you, the mind part of you. Your choices are real. You are free to make whatever choices you want, how you focus your attention. This is the gift that God has given us. But please be aware that there are consequences of your choices. So, if you spend all day ruminating about the things that have gone wrong and who did what to you and how you want what someone else has got, well, you are going to be in the mental ill health zone. If you're spending more than 21 days whining and moaning about your situation, and complaining, you will build toxicity into your brain. Research shows that seventy-five to ninety-eight percent of current mental, physical, emotional, behavioral illnesses today come from our thought life. Research shows that DNA responds to the signal of the mind. DNA doesn't just switch itself on. It's just hardware. It needs something to make it work. You switch your genes on and off and the dominant signal for switching genes on and off, which makes physical substance in your brain, is your thought life. We create internal environments with our thinking and as we create those internal environments, that's literally done with our belief systems. What you are thinking about right at this moment is what we call an epigenetic factor. Our external environment is very important. It's the environment that you are living in, the people that you're involved with, your work environment, the context of your life, the social factors of your life – these all create the external environment that also impact how you are managing your life. These are also called epigenetic factors. It is incredibly important for us to create positive entangled relationships. God designed us for relationship. He designed us primarily for a relationship with Him and we are designed for relationship with each other. We improve our epigenetic external environment by the kinds of people that we interact with. It's important that you choose who you're going to spend time with, that they energize you, that they will encourage you, that they will lift you, and that they will not tell you what to do. Healing comes from three major things. Number one: You have to take responsibility. You have to change your own epigenetics. That's the internal epigenetic factor. Then, you need to have your loved ones, your inner circle, and your family. That changes your external epigenetics. And then, there's a second part to the external epigenetics, and that's the community. Your schools, your places of work, the institutions that you're linked with – these all play a role in your healing, in creating environments for you of healing.

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Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	08/03/2016 08/10/2016	5:30 PM 4:00 AM

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Today on Switch On Your Brain Dr. Caroline Leaf discusses "The New Science of Stress." Did you know that stress is good for you? The new science of stress shows us that the way we perceive an event will determine whether we move into healthy or unhealthy stress. Healthy stress, which is normal, which is good, helps us to become alert and focused, have wisdom, and think clearly. Unhealthy stress, is when you make bad choices and we then throw our body off and we step into this unhealthy zone inside of our bodies, and there are two stages. We cannot control the events and circumstances of our life, but we can control our reactions to those events and circumstances. When you react incorrectly, you take a good thing and you turn it into a bad thing. What happens is that when we actually start reacting incorrectly and our perceptions start changing; our perceptions of the environment and the situations, then we start affecting every cell of our body and we start moving into stage two and three of stress, which is toxic and which is negative. They manifest in different ways. When we do make these bad mistakes, we can get rid of them and this is the most amazing thing in science: if you have wired that in, you can wire it out. Because we can stand back and observe our own thinking, we have a multiple perspective advantage both into the way that our brain actually functions. So, stand there, stand back, and make a decision: I want healthy stuff happening in my body, not bad stuff. The more you reach out and help others, the more you serve others, the more you get over yourself, the more resilience you actually build into your body physically and mentally against the stressors of life and the more easily you will actually stay in stress stage one and the more you will avoid mental ill health. We need to stop seeing people that have diagnosed mental ill health issues as faulty biological machines. This in itself is a stigma. What we need to see is a beautiful, unique, incredible human being that is not stuck in a box but that has a unique way of seeing life and is going through a hard time.

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Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	08/10/2016	5:30 PM

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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

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Dr. Caroline Leaf #001	27:30	27:10	REC	PA/O/E	08/17/2016 08/17/2016	4:00 AM 5:30 PM
<p>Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of eating and the difference between real food and what we call the Modern American Diet.</p>						

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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>
Dr. Caroline Leaf #002	27:30	27:00	REC	PA/O/E	08/24/2016 08/24/2016 08/31/2016	4:00 AM 5:30 PM 4:00 AM
<p>Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss relearning what to eat, how to cook, and how to think about food.</p>						

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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>
Dr. Carolina Leaf #003	27:30	26:50	REC	PA/O/E	08/31/2016	5:30 PM
<p>Today on the Dr. Leaf Show, Dr. Caroline Leaf is joined by guests Dr. Irinel Stanciudis, an endocrinologist; Dr. Avery M. Jackson III, a brain surgeon and neurosurgeon; and Dr. Lillian Lockett Robertson, an OB/GYN; to discuss the importance of the mind and its impact on our food choices.</p>						

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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	07/06/2016 2:00 PM
						09/13/2016 2:00 PM
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CBN New Reporter Lorie Johnson Reports: Our bodies use oxygen in a number of ways, including healing. Breathing alone provides about 20 percent of the oxygen our bodies need. But today, doctors can ramp up that amount to help people recover from the most debilitating injuries and illnesses with hyperbaric oxygen therapy. It's hard to believe Michael "Bean" Black survived his horrific car crash in 2011. When Black arrived home to Dallas he still suffered from severe injuries, including brain damage. But his condition improved after he started receiving hyperbaric oxygen therapy. Hyperbaric oxygen therapy involves breathing, 100 percent pure oxygen inside a pressurized chamber for about an hour to 90 minutes per session. Dr. Alfred Johnson, director of the Hyperbaric Centers of Texas in Richardson. Black said the therapy made a big difference. After the first 40 treatments, Black went back for 40 more a few months later. Costs vary depending on the provider from as little as \$100 an hour on up. Insurance and Medicare sometimes offer coverage, depending on the condition being treated. Insurance companies can reimburse for hyperbaric oxygen therapy for the treatment of traumatic brain injuries, like Black's. Dallas businessman John Herrick said the therapy is easy and has helped him sharpen his focus. Consumers can purchase or rent portable hyperbaric oxygen chambers, but they typically deliver far less oxygen and pressure than industrial-grade ones. Conditions treated with Hyperbaric Oxygen Therapy include Autism, Burns, Cerebral Palsy, Chronic Fatigue Syndrome, Closed Head Injury, Fibromyalgia, Migraine Headaches, Multiple Sclerosis, Near Drowning, Parkinson's Syndrome, Post Traumatic Stress Disorder, Reflex Sympathetic Dystrophy, Rheumatoid Arthritis, Sports Injury, Stroke, and Traumatic Brain Injury. Johnson said stroke patients can have improved quality of life. He said he's witnessed progress for people with autism, as well. Hyperbaric oxygen therapy may not be for everyone. But today, Michael Black is in far better shape than he or his family ever dreamed possible since his near-fatal car accident. They believe this therapy has a lot to do with his recovery, so they plan to stick with it and hopefully see even more improvement.

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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	07/08/2016 2:00 PM
#07082016						

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. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches

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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 #08122016	1:00:00		5:00	REC	PA/O/E	08/12/2016	2:00 PM

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Hippocrates, the father of medicine, once said, "All disease begins in the gut." Now, 2,000 years later, that belief still rings true. Some of our latest medical breakthroughs focus on what's happening in our intestinal system. Bacteria, also known as bugs or germs, we assume they're all bad, right? Not so fast. Scientists recently discovered much, if not most, of the bacteria in our body is good for us. The key to good health depends on having enough of the right kind. We all have trillions of bacteria living in our intestines—hundreds of different species, each with different functions. Scientists call it our "gut flora." Neurologist Dr. David Perlmutter, author of "Brain Maker" is one of many physicians warning against disrupting this fragile ecosystem. Dr. Vincent Pedre, author of "Happy Gut," agrees. Unfortunately, when it comes to good gut bacteria, many of us are sorely lacking. After all, antibiotics kill bacteria--bad and good. Perlmutter says most people have no idea how severely antibiotics damage our gut flora. In addition to antibiotics, processed food can also disrupt the gut biome. Perlmutter says processed foods contain heavy doses of the wrong kinds of fat, like heated oils such as soybean, corn and vegetable oils. He also advises against consuming hydrogenated oils, also known as trans fats, which are common in processed foods. However, he points out not all fat is bad. Even babies delivered by Caesarian section can miss out on getting enough good bacteria. So while our lifestyle choices really do a number on the gut bacteria that's so critical to our health, the good news is we can improve it with probiotics and prebiotics. Probiotics are the good bacteria we need and often lack. You can find these living, microscopic organisms in supplements as well as in cultured and fermented foods like kim chee, sauerkraut, yogurt, kefir and kombucha. Prebiotics are the food for the probiotics - they keep probiotics living and growing as they should. Just like good soil, they create a nurturing environment in your gut so your bacteria can thrive. You can get prebiotics in supplement form as well as in foods, like asparagus, onions, leeks, garlic and dandelion greens. Perlmutter says many people are only aware of the benefits of probiotics, but he stresses prebiotics are equally important. Not only can it help your mood — Perlmutter says even serious brain disorders, like attention deficit hyperactivity disorder, autism, even Alzheimer's disease can improve by increasing good bacteria. That's because they help make neurotransmitters and vitamins while at the same time aid in reducing harmful inflammation. And not just the brain. Scientists are now identifying specific strains of good bacteria that treat all kinds of problems, from skin rashes to the flu. That means a targeted probiotic could take the place of a prescribed drug. Pedre says that opens the door to a wide range of natural treatments. So if you want to boost your health, doctors say improve your gut flora. That means avoiding processed foods, even antibacterial cleansers and antibiotics when advisable. Then add good bacteria with probiotics and boost them with prebiotics, also available as supplements or in certain foods.

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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	09/14/2016 2:00 PM
#09142016						

CBN News Reporter Lorie Johnson Reports: Americans are increasingly getting fed up with the insurance-based medical systems. It often means long waits for appointments and doctors who seem to have one eye on the patient and the other eye on the clock. That's why many primary care doctors and patients are turning away from insurance and to what's known as concierge medicine. When it comes to healthcare, Johnny Guerry prefers old school, meaning just he and his doctor calls the shots without any input from an insurance company. With concierge medicine, patients pay their primary care physician an out-of-pocket monthly fee, sometimes an annual fee, in exchange for unlimited access, 24/7. Concierge medicine used to be something only for the rich and famous. But according to Dr. James Pinckney, known to his patients as "Dr. James." that's not the case any longer. Where he works at Diamond Physicians in Dallas, adults pay from \$95 to \$295 each month, based on age. That covers all acute procedures and medications. Sometimes patients have to pay extra for services outside the office, like a CT scan. But doctors negotiate cash rates with those third party vendors that are a fraction of what they bill insurance. The cost for children is even less than adults. Each child costs \$45 a month for unlimited access to their doctor. Liza Schlitt says her two young boys usually need medical attention alter hours. Doctors recently gave her son Griffin a breathing treatment, prescription and a nebulizer to take home, all covered by the monthly fee - and on a rainy Sunday afternoon. Perhaps the biggest difference between concierge medicine and insurance-based medicine is the time patients spend with their doctors. The Affordable Care Act flooded offices of already overloaded primary care physicians to the point where face-time with doctors can average as little as eight minutes per visit. Primary care doctors who accept insurance treat on average about 3,000 patients, This is known as a doctor's patient panel. The typical concierge physician has a patient panel of about 500 patients. At Diamond, the doctors promise their patients their patient panel will never exceed 600. This ensures each patient has their doctor's undivided attention. Although concierge medicine involves paying cash for day-to-day health expenses, doctors do recommend their patients buy health insurance, but with a high deductible. So as insurance-based healthcare complicated this crucial need, more patients and doctors are going old school, with a cash-only plan, similar to the way it was a half-century ago.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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*Substance Abuse*

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	09/27/2016 2:00 PM
#09272016						

CBN News Reporter Lorie Johnson Reports: Heroin use has reached epidemic numbers, with overdoses killing more than 10,000 Americans in 2014 alone. For years, people considered this addiction a big city problem, but people are now quickly learning heroin is in their own backyard. Take for example, Caitlyn Weems, who died of a heroin overdose at age 21. Her mother, Carolyn, says although it's been three years, she still grieves her loss every day. If heroin addiction and overdose can happen to Caitlyn, it can happen to anyone. Raised in a stable, Christian home, she loved sports and school. Caitlin's addiction began innocently and unexpectedly. She first got hooked on prescription painkillers following a series of sports injuries. These powerful, often habit-forming narcotics, called opioids, go by names like Percocet, Oxycontin and Dilaudid. Prescription pain pills and heroin produce the same type of high, but heroin is cheaper and easier to get. Pain pills are also regulated, so you know what you're getting. But when it comes to heroin, dealers often secretly lace it with other toxins, like the all-too-common fentanyl, creating a potentially lethal blend. Nora Kitchens knows all about that. Hooked after that first time, Kitchens stayed that way for years. Heroin addicts continually need more of the drug to get the same high. Kitchens wound up with a \$100-a-day habit. As the number of addicts skyrockets, so does the number of babies born to them. These infants come into world as addicts themselves and most immediately endure painful withdrawal. This happens almost every day at Virginia's Sentara Norfolk General Hospital. The day CBN News visited, maternity nurses helped deliver five addicted babies. Neonatal occupational therapist Steven Brown says the addicted babies appear and behave differently than healthy ones. Weaning them off the drug often takes weeks. Janel Moore, a registered nurse at Sentara Norfolk General, says Child Protective Services is usually notified, but that the goal is to keep the family intact if possible. Kitchens is in that group. Her son William was born addicted. William is now clean and healthy. Kitchens still receives outpatient treatment. Meanwhile, lawmakers are doing what they can. Virginia Delegate Todd Gilbert pushed through legislation allowing law enforcement to administer the so-called "save shot" to overdose victims. Most states are following this lead, with some allowing trained citizens to administer the "save shot," also known as Naloxone or Narcan. There is also the "9-1 -1 Good Samaritan Law," allowing people present during an overdose to call for help without risking arrest. Furthermore, the medical community is enacting regulations surrounding the way doctors prescribe pain medication and the ways doctors communicate with other doctors prescribing pain medication to the same patients. Gilbert said America needs to come to grips with our nation's heroin epidemic. If you suspect someone you care about is using heroin, here are some common warning signs:

Paraphernalia:

- \* Burnt spoons
- \* Tiny baggies
- \* Tan or whitish powdery residue
- \* Dark, sticky residue
- \* Small glass pipes
- \* Syringes
- \* Rubber tubing

Appearance:

- \* Tiny pupils
- \* Sleepy eyes
- \* Tendency to nod off
- \* Slow breathing
- \* Flushed skin
- \* Runny nose

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Actions:

- \* Vomiting
- \* Scratching
- \* Slurred speech
- \* Complaints of constipation
- \* Complaints of nausea
- \* Neglect of grooming
- \* Failure to eat
- \* Covering, arms with long sleeves

If you think you might be addicted to prescription pain pills or heroin. Narcotics Anonymous can help.

*Youth*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2016-33	28:30	14:00	LOCAL	PA/O/E	08/08/2016 08/09/2016	04:00 PM 02:00 AM

Kit Evans-Ford interviewed Alicia Carter and Kirsten Litton, Ministry Development Managers at Another Child Foundation. They discussed, focusing on orphans and disadvantaged children of Romania. Ms. Carter and Ms. Litton also discussed their recent mission trip to Romania. They described the children in Romania as impoverished, but happy and joyful, because of The Point of Hope Center that Another Child Foundation partners with. Their joyfulness and hope comes from the center, which provides them with a safe place and teaches them that others care about them. Ms. Carter and Ms. Litton also described the two different types of orphans. The first type have lost their parents and the other type have been abandoned by their parents due to different circumstances.

*Youth*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2016-35	28:30	14:00	LOCAL	PA/O/E	08/22/2016 08/23/2016	04:00 PM 02:00 AM

Kit Evan Ford interviewed Tim Oloffson, the Co-Founder and Executive Director of Another Child Foundation. The topic of discussion: Changing the World One Child at a Time. Tim explained that the main focus of his foundation is to help the social orphans in Romania to realize their dreams. The Center of Hope is the main catalyst for this by providing children, as young as three years old to attend the center. By providing these children with an education, Another Child Foundation is trying to end the cycle of poverty within the community in Romania.

*Youth*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2016-33	28:30	14:00	LOCAL	PA/O/E	08/08/2016 08/09/2016	04:00 PM 02:00 AM

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Joy In Our Town #2016-32	28:30	14:00	LOCAL	PA/O/E	08/01/2016 08/02/2016	04:00 PM 02:00 AM
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Brenda Schaefer interviewed Jamie Keller the director of the elementary program. Jamie Keller shared her views on changing perspectives and changing the lives of today's youth. At the Boys and Girls Club, they have a program called Big Brothers Big Sisters which is a one to one mentoring program. A youth is paired with an adult mentor who is a good role model. At the Boys and Girls Club they believe that all children can succeed and to help them succeed they provide them with opportunities that they would not normally have. They also help students open up, have someone to talk to and to have someone on their side when they are having difficult experiences in life. Jamie also introduced one of her favorite matches, John and Alex. They shared their experience through Big Brothers Big Sisters. They both find it beneficial to be a part of this organization and have developed a great friendship that has kept them matched for 4 years now.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Joy In Our Town #2016-32	28:30	14:00	LOCAL	PA/O/E	08/01/2016 08/02/2016	04:00 PM 02:00 AM
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Brenda Schaefer interviewed Ben Johnson the lead team member at Unite Work Camp. The topic of discussion is equipping of our youth. The purpose of Unite Work Camp is to teach youth how to paint a house but also how to build relationships. The purpose of teaching the students how to paint a house is to show them that they can accomplish big things within their community. Building relationships at Unite Work Camp helps with leadership skills. They also try to help students create their identity, build social skills and to affirm their positive qualities. Getting a house painted in a week is a bonus of the camp, the main focus is investing in students' lives. They recruit students to the camp by word of mouth, and they had 100 students last year and are expecting even more to show up this year. They are uniting the community by engaging students to help within their own community.

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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 #09122016	CBN	1:00:00	5:00	REC	PA/O/E	09/12/2016 2:00 PM

CBN News Reporter Mark Martin Reports: Author and activist Erin Merryn is on a mission to protect children from being sexually abused. With millions of victims in the United States alone, the Illinois woman is taking her fight to all 50 states and beyond. *People* magazine named her one of 15 women changing the world. With a bubbly baby girl, supportive husband, and infectious personality, you'd never guess Erin Merryn has endured tragic, unimaginable acts. This vibrant 30-year-old is a survivor of sexual abuse. Merryn said it started when she was just 6 years old at her first sleep-over. She said the uncle of her best friend sexually abused her during the night. The first time. Merryn never told anyone, and she says until she turned 8 and a half, when her family moved from the area, the man repeatedly sexually abused her. He even brutally raped her just weeks shy of her seventh birthday. She said he continued to threaten her to keep quiet, and she complied. Even after she and her family moved to a new neighborhood, sexual abuse continued. Merryn said this time the perpetrator was an older cousin, someone she had viewed as a brother figure. Merryn wrote about her despair in her childhood diary. Merryn finally broke her silence when her younger sister told her that she, too, was being sexually abused by the same cousin. The two told their parents who believed them 100 percent. The next step was telling their story to a forensic investigator at The Children's Advocacy Center of North and Northwest Cook County. More than 900 of these non-profit centers exist around the country. The room where Merryn found her voice has a two-way mirror. As she shared her story with a trained therapist, behind that mirror investigators listened, collecting information to build a case against a perpetrator. Merryn said her cousin confessed to the crime, was sentenced to seven years probation, and put in a sex offender treatment program instead of receiving jail time. However, her early childhood abuser was never prosecuted. What Merryn and her sister went through is by no means isolated. Merryn eventually went on to become a social worker at a counseling agency. But God had different plans for her to help children and teens on a national and international level. He used her childhood diary to spark a new idea. At that, Erin's Law was born. The law requires age-appropriate personal body safety and sexual abuse prevention curriculum for pre-kindergarten through 12th grade students in public schools. It educates kids on safe touch, unsafe touch; safe secrets, unsafe secrets; how to get away and tell. Merryn is on a mission to find either a state senator or representative in each state to sponsor the bill, draft it, and introduce it to lawmakers for an eventual vote. Erin's Law is spreading like wildfire, even drawing the attention of celebrities like Oprah and Katie Couric, and magazines like *People* and *Glamour*. In a little more than four years it's passed in 21 states and pending in 22, with seven to go. It's a legacy she'll leave for her baby girl and millions of other children who, because of a law, will be protected from the grip of sexual abuse.

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*Civic*

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #2016-38	28:30	14:00	LOCAL	PA/O/E	09/12/2016 09/13/2016	04:00 PM 02:00 AM

Kate Mc Govern interviewed Elesha Gayman, the Executive Director of Women’s Connection. Women’s Connection is a non-profit organization, founded in 1997 by a group of Quad City female residents with the mission of starting an all women network. Their goal was to create a platform which supports the ambitions and ideas of women through financial literacy, leadership and social empowerment. The organization provides resources and support to women looking to open businesses, run for political office, create community programs or just be a beacon of support for the Quad City community at large. The Women Connection is a beneficial networking tool and amenities including direct access to planned events, resources and community contacts. Women’s Connection offers six programs throughout the year that are attended by 300-400 guest. Centered on inspiring topics, these events are designed to encourage women to build upon the network and grow the message. The organization also host The Athena Awards, a community based award ceremony celebrating Quad Cities female leaders, educators and influential game changers. Elesha encourages the audience to empower women by educating themselves on Women’s Connection.

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