



WTLU-CD, Lynchburg, VA

ISSUES/PROGRAMS QUARTERLY REPORT

January 1, 2015 through March 31, 2015

WTLU-CD

Lynchburg, Virginia

April 9, 2015

Prepared by: Sandra Wagner
General Manager

Issue: Adoption vs. Abortion

Program: CBN Newswatch

Air Date and time: 03-23-2015 @ 8:00pm

4:35

Marissa Cope from Heroic Media is adopted. Her goal through Heroic Media is to reach women seeking abortions and ask them to consider adoption as an alternative. She uses the love of God and Jesus adopting us for a parallel story to teach women about the beauty of adoption. In places like Houston, Texas, where her group has been working hard to inform women of other options, they report abortions have gone down by 20%.

Issue: Adrenal Fatigue

Program: Recipes for Life!

Air Date and time: 03-07-2015 @ 2:00pm

25:46

Adrenal Fatigue (AF) is from adrenal deficiencies. God made our bodies to produce cortisol during the day. Someone with AF usually has a prolonged high stress level, which has thrown the cortisol out of balance. Some symptoms are overwhelming fatigue (tired all the time), inability to handle stress, inflammation, dizziness, Edema, headaches, hemorrhoids, nausea, or indigestion. Dr. Beth said there are lots of recipes to get the nutrients you need as natural as possible and there are also supplements available.

Issue: Allergies

Program: The Heart of Health

Air Date and time: 03-14-2015 @ 3:00pm

34:46

Michelle Raschel explains the different types of allergies to help you understand how to work with them. A stinging insect allergy is not an inherited condition. Inhalant allergens like, trees, grasses, weeds, mold, dust mites, dogs, cats, and cockroaches are usually related to a genetic component. People who are allergic to food need to eat very small increments to help them not have a reaction. Reflux can trigger an allergy type reaction. If you have swelling in the sinuses soon after a reflux issue Michelle recommends seeing an allergist. Dr. Marcum and Michelle Raschel said to base your diet and healing on the Bible, e.g. "A merry heart does good like medicine." The doctors said it is hard to be stressed during a good belly laugh or praising time. Dr. Raschel said with health issues you need to know, what changed or what turned something on in the brain? If we can identify what turns it (health issue) off then we can easily treat it. She said get back to the basics; good health, good eating, good exercise and good thoughts to start your healing.

Issue: Alzheimer's

Program: CBN Newswatch

Air Date and time: 01-16-2015 @ 8:00pm

3:38

Many baby boomers have to stay in the work force longer, before taking retirement. Researchers say that is a good thing. For each extra year worked we reduce the risk of getting Alzheimer's by 3%. Working is more demanding physically, mentally, and socially. Also researchers found that diet helps keep Alzheimer's at bay. People did better when they did not eat trans fats, but ate lots of healthy foods.

Issue: Alzheimer's cont.

Program: CBN Newswatch

Air Date and time: 03-26-2015 @ 8:00pm

2:07

There are two hundred nursing homes that are participating in a study on the effects of music on dementia patients. The patients have become more alert and their memory is better. The results of the study could mean music therapy will be added to additional dementia therapy, and could even take the place of some medications. They do not use just any kind of music; it has to be music the patient loves.

Issue: Attack on Christian Colleges' Freedom

Program: CBN Newswatch

Air Date and time: 03-27-2015 @ 8:00pm

5:12

More than 450,000 students attend Christian colleges focused on Christ centered learning. Many ask the students and faculty to sign a faith statement committing to certain beliefs and behaviors. In the past society approved and praised such acts. Today that has been replaced by charges of discrimination and threats about accreditation. Shirley Hoogstra, President of the Council for Christian Colleges and Universities, took on this attack in a recent address to Christian College Presidents. She believes that the Christian college movement gives 'the' unfettered academic freedom. Going forward Christian colleges must face financial pressure and also, take on a culture that questions their value. The President of Gordon College feels it will reach every Christian college and university within 5 to 10 years.

Issue: Becoming a Police State

Program: CBN Newswatch

Air Date and time: 02-16-2015 @ 8:00pm

4:09

Cheryl Chumley, author of "Police State USA," said there are many people in America that feel the United States (US) is becoming a police state. She said one concern is the increase in police swat teams; units trained to deal with active shooter and hostage situations. "Swat teams across the US are being used now to execute search warrants," Chumley said, a decision that has now killed innocent lives. She also said there are many that feel local law enforcement should not have military grade equipment. President Obama has issued an executive order directing the Attorney General, Secretary of Defense, and others to look at how to improve the way military grade equipment is distributed to state and local law enforcement agencies and to make sure the local agencies know how and when to use them. Congressman Chris Stewart, from Utah, introduced legislation to de-militarize the federal regulatory agencies. Stewart said dozens of regulatory agencies have firearm and arrest authority, i.e. the National Weather Service, Department of Education, and even the Internal Revenue Service.

Issue: Black History Month

Program: Convocation

Air Date and time: 02-24-2015 @ 10:00am & 11:00pm

5:45

Pieces of Martin Luther King's (MLK) speeches were put together with video of happenings in his day. MLK ignited the black community to stand up for their rights. People, black and white, were moved by his passion and love for people of all colors. MLK pushed and others joined in his fight for civil rights and liberties. He taught people to be overcomers. He said, "Everything that is done in the world is done by hope."

Issue: Breaking Habits

Program: CBN Newswatch

Air Date and time: 01-02-2015 @ 8:00pm

4:53

A Duke University study shows half of everything we do each day is not a conscious decision, just something we do by habit. Scientist recently uncovered an enormous amount about how habits work in our brain. There is a new technique that can help us take control of our behavior. Any habit can be changed, if we understand how a habit works. There are three parts to a habit; 1) A cue – which automatically triggers us to start, 2) The routine – which is the behavior itself, and last 3) The reward – which is what we crave. The reward is the key to our brain remembering a certain routine in the future. People try to break habits by paying attention to the routine part, but Charles Duhigg, author of *The Power of Habit*, shows us that we must pay attention to the cue and reward part. Charles used himself and a cookie habit he had to show how it works. First he identified the routine, eating a cookie everyday. He then tried to figure the cue, which for him was “time,” about 3:15 to 3:45. He then made a list to figure out the reward. For Charles, it was the interaction he had with people while eating the cookie that he actually needed. So, to break the habit, he would leave his desk at 3:15 and find someone to interact with. Charles found he did not crave the cookie anymore.

In order to add a new habit, like daily exercise, you have to come up with your own cue and reward. Make sure the reward is something you genuinely enjoy, like listening to your favorite music.

Issue: Breast Cancer Breakthrough

Program: CBN Newswatch

Air Date and time: 01-07-2015 @ 8:00pm

2:05

Breast cancer is the second leading cause of death in women. Doctors have a new tool, a 3D mammography. They have only used 3D for a few years. The 3D allows the radiologist to get a better overall view of the breasts. Irregular borders hidden on the 2D are very visible on the 3D. The 3D mammography is finding over one third more cancer than the 2D.

Issue: Budget

Air Date and time: 02-03-2015 @ 8:00pm

Program: CBN Newswatch

3:24

The Congress and Senate received President Obama’s \$4 trillion budget. Many are calling it his spending plan instead of budget. President Obama calls it Middle Class Economics. He said it helps working families’ paychecks go farther; by giving them more paid sick leave and childcare. President Obama purposes to raise \$1.5 trillion in new taxes on high earning taxpayers and corporations. It also includes giving the United States the highest Estate tax in the world. According to the Urban Institute and Brookings Institution, 70% of middle class families would see no change in their tax bills. President Obama goes over the federal spending caps, which were agreed to by both parties, by nearly \$500 billion. One of the biggest problems is his budget plan does not even try to balance the budget. Speaker John Boehner said, “It never balances – ever. It contains no solution to address the...debt, and no plan to... create jobs.” The President’s new budget plan would raise the national debt by another \$5 trillion.

Issue: Cancer

Program: CBN Newswatch

Air Date and time: 01-06-2015 @ 8:00pm

: 43

A research group at the University of California, San Diego, said they found a link between a sugar molecule in red meat and cancer tumors in people. The sugar molecule does not occur naturally in the body, so the immune system attacks it. This leads to inflammation, which can in turn lead to tumors. The lead researcher said the foreign chemical acts like pouring gasoline on a fire. It increases the risk of cancer, but does not necessarily cause it. He also said, he does not advise cutting out red meat, just cutting back on it. The World Cancer Center recommends no more than a pound of beef a week.

Program: CBN Newswatch

Air Date and time: 01-12-2015 @ 8:00pm

: 30

Eating more vegetables and drinking less alcohol will lower your risk of getting cancer. Your risk also lowers as you lose weight. Obesity has been linked to about one-third of all cancer.

Program: CBN Newswatch

Air Date and time: 02-18-2015 @ 8:00pm

4:56

Metabolic Therapy is being used on humans and mice with cancer. Dr. Fred Hatfield was given three months to live because of cancer, so he tried the Metabolic Therapy. He stopped eating carbohydrates that turn into glucose inside your body, because cancer cells need glucose so bad that if you stop giving it to them they die. All cells including cancer cells are fueled by glucose. If you deprive them of glucose they switch to ketone bodies, all except cancer cells. A defect in them prevents them from making the switch. Dr. D'Agostino studies the Metabolic Therapy in mice with cancer. The mice survived highly aggressive cancer even better than when they were treated with chemotherapy. Dr. Dominic D'Agostino is in contact with many cancer survivors. They have beat cancer by using Metabolic Therapy. Metabolic Therapy uses a diet called ketogenic diet. It consists of almost zero carbohydrates, but lots of natural proteins and fat

Program: CBN Newswatch

Air Date and time: 03-13-2015 @ 8:00pm

: 41

New research shows a diet based on vegetables along with some fish could significantly cut your risk for colorectal cancer. The vegetable based diet could also cut back on your chances for other cancers, diabetes, heart disease, obesity, and high blood pressure. They also found just cutting back on your meat intake could cut the risk of cancer.

Program: Recipes for Life!

Air Date and time: 03-28-2015 @ 2:00pm

4:30

Dr. Beth encourages people to eat sweet potatoes, because they contain more protein, fiber, vitamins, and minerals than white potatoes. In just half a cup, you can get 270% of your recommended vitamin A. Sweet potatoes are available year round and are a great food for anyone interested in weight loss, lowering high blood pressure or helping with Diabetes. They help de-stress and relax muscles and steady nerves because of their potassium and magnesium. There are benefits for the brain and antioxidants to help fight cancers.

Issue: Cancer cont.

Program: CBN Newswatch

Air Date and time: 03-25-2015 @ 8:00pm

5:18

Spices and herbs can help you fight cancer, diabetes, and many more health issues. The more herbs and spices we use the less we usually use of sugar and salt. Herbs and spices both come from plants. Herbs like rosemary and oregano come from the plant leaves. Spices come from other parts of the plant like cinnamon comes from the bark and ginger comes from the root. Christina Ferrare from "Home & Family" explains some of the issues herbs and spices help with. The wonderful flavor from herbs and spices translates into eating less because we tend to feel satisfied sooner than when we eat bland foods. The active compounds of herbs and spices degrade over time. Purchase brands with the best buy dates on them and also store them in airtight containers away from heat, moisture, and direct sunlight. Dried is great, but fresh is better. When using fresh you need to use twice as much.

Issue: Cell Phone Security Flaw

Program: CBN Newswatch

Air Date and time: 01-02-2015 @ 8:00pm

: 31

A German security research lab discovered a flaw in cell phone security. The German company found the flaw in the system used by carriers around the world. The flaw could allow anyone to eavesdrop on your calls and text messages. The lab said it opens the door to wide ranging surveillance by any skilled person. The lab said users could protect themselves independently by using applications that encrypt their calls, messages, and emails.

Issue: Child Obesity

Air Date and time: 02-03-2015 @ 8:00pm

Program: CBN Newswatch

: 53

Many packaged meals and snacks for toddlers have a worry-some amount of salt and sugar. It could give them a taste at a young age for foods that can lead to obesity and other health risk. The Centers for Disease Control and Prevention studied over 1,000 food products marketed for children and are recommending that parents read food labels carefully and select healthier choices.

Issue: Church Security in America

Program: CBN Newswatch

Air Date and time: 02-05-2015 @ 8:00pm

5:12

Churches in America are becoming targets for protest, predators, violence, and even terrorist. Andy Willis, head of security for Bellevue Baptist Church in Memphis, Tennessee said Pastors that preach true Biblical principles draw a lot of attention because there are components of society that do not want to hear it. The security teams of large churches need to be prepared to protect the pastor and the flock. There are companies that teach churches what to look for and what to do if something happens.

Issue: Climate Change

Program: CBN Newswatch

Air Date and time: 01-28-2015 @ 8:00pm

2:04

Last year some climate experts were predicting the end of snow in New England. This year's big storm, Juno, has people questioning the climate experts that believe global warming is happening. Juno left 3 feet of snow in New England, and more snow and rain is predicted for New England and the East coast this week.

Program: CBN Newswatch

Air Date and time: 03-27-2015 @ 8:00pm

: 43

Senator Mitch McConnell has started an aggressive campaign to block President Obama's agenda on climate change. McConnell is trying to stop new regulations from the Environmental Protection Agency (EPA). The new regulations target cutting carbon pollution from coal-fired power plants, which could close hundreds of plants and cost many jobs. McConnell is reaching out to every Governor in the US, with the legal argument why they do not have to go along with the regulations.

Issue: Colon Health

Program: The Heart of Health

Air Date and time: 02-28-2015 @ 3:00pm

38:50

Dr. Eric Nelson, a colon and rectal doctor, said 70-90% of the problems he takes care of on a daily basis are related to lifestyle. Dr. Nelson said the biggest thing that damages the colon is a low fiber diet. We need to eat more foods with fiber. He said the two foods that have a lot of fiber are beans and bran cereal. Dr. Nelson said many of the problems he treats might clear up on their own if people would eat more fiber.

Issue: Common Core School Curriculum

Program: CBN Newswatch

Air Date and time: 03-18-2015 @ 8:00pm

3:48

The school curriculum Common Core is a nightmare for many parents. It has become such a hot item that it has made its way, as an issue, into the presidential campaign. Common Core makes basic math so complicated that even parents are confused with their children's homework. Parents are not only mad because the curriculum is so confusing, but once it was implemented they realized they no longer had control of their local schools. Common Core dictates both the curriculum and the testing. All, but one, of the Republican candidates for president are against it. They are using the issue in their campaigns because they feel it is a major federal intrusion in education. Parents hope the debate leads to better education for millions of children.

Issue: Cuban Diplomatic Relations

Program: CBN Newswatch

Air Date and time: 01-16-2015 @ 8:00pm

: 35

Americans will have an easier time traveling to and doing business with Cuba starting today. President Obama is trying to reestablish diplomatic relations with the island nation. Those authorized to travel to Cuba will no longer need to apply for special licenses.

Issue: Cumin Recall

Program: CBN Newswatch

Air Date and time: 02-19-2015 @ 8:00pm

: 18

The Food and Drug Administration is recalling cumin products. They found traces of peanuts in cumin and in products that contain cumin. Health officials are saying if you have a peanut allergy you should avoid cumin.

Issue: Dangers of Sugar

Program: CBN Newswatch

Air Date and time: 01-06-2015 @ 8:00pm

: 43

Scientists from the University of California, San Francisco, said, sugar is not only making us fat, but also research shows it is making us sick. It leads to an increase in the risk factors for various diseases like diabetes and heart and liver disease. The scientist launched a project to warn the public about the dangers of sugar added to food and drinks. Scientist Dean Schillinger said, "Dumping high fructose corn syrup into cheap foods, sodas, sports drinks and energy drinks is toxic to the body, causing epidemic metabolic diseases and a serious health crisis."

Program: CBN Newswatch

Air Date and time: 03-03-2015 @ 8:00pm

5:16

People today eat more than a cup of sugar a day that is double the amount eaten 100 years ago. Dr. Gerald Edelman says sugar stimulates cancer cells and causes weight gain. People who are overweight have a higher risk of reoccurrence of cancer and also developing many of the major cancers. Obesity is now known to be a direct cause of cancer. Sugar leads to many other health problems from heart disease and high blood pressure to the common cold. High blood sugar levels suppress your immune system. You are more vulnerable to infections such as the flu and to inflammatory diseases such as arthritis. Sugar is highly addictive, your brain lights up the same way when a person takes cocaine as when they consume sugar. Many people struggle losing weight because of hidden sugars. In her book, JJ Virgin tells us companies pull out fats making the product low fat, but add sugar for flavor. Artificial sweeteners are one of the worse things that has happen to us. JJ says it is a science experiment that has not worked. Research show people who use them tend to gain weight. To lose weight and stay healthy just say no to sugar.

Issue: Dropping Oil Prices

Program: CBN Newswatch

Air Date and time: 01-06-2015 @ 8:00pm

1:11

The price of oil dropped to a 6-year low, under \$50 a barrel. That sent the Stock Market into a free-fall on Monday. According to stock market analysts the fall was because oil prices dropped. Some traders are worried this is an indication of a weakening economy. Patrick Jankowski, from Greater Houston Partnership, said Texas and other areas of the United States would see job losses in 2015 because of the lower oil prices.

Issue: Dropping Oil Prices cont.

Program: CBN Newswatch

Air Date and time: 03-18-2015 @ 8:00pm

: 26

Oil prices are falling again. United States (US) prices are the lowest in six years. US gas prices have stopped rising and some experts say gas prices could fall to \$2 a gallon or lower. Analyst say there is too much oil on the market for prices to go back up.

Issue: Erin's Law

Program: CBN Newswatch

Air Date and time: 03-30-2015 @ 8:00pm

5:28

Erin Merryn was sexually abused as a child. Now as an adult she has become an activist, speaker, and author for children. Erin was able to get Erin's Law passed in Illinois and is working on having it passed in every state. Erin's Law requires age appropriate personal body safety and sexual abuse prevention curriculum for Pre-K through 12th grade in the public schools. It educates children on safe touch/unsafe touch, safe secrets/unsafe secrets, and how to get away and tell. She is trying to get a Representative from every state to sponsor the bill, then draft it, and introduce it to law makers for an eventual vote.

Issue: Flu Season

Program: CBN Newswatch

Air Date and time: 01-06-2015 @ 8:00pm

2:31

The flu season has been very strong this year, and it has not reached its peak. Many did not get the flu vaccine yet. The Center for Disease Control (CDC) said the best way to prevent the flu is get the flu shot. Here are a few ways to naturally guard you from the flu. Wash your hands for at least 20 seconds and use a clean towel to dry them. If there is no soap and water, hand sanitizers are a good substitute. Make sure it is at least 60% alcohol and rub until your hands are dry. The flu virus can live on a hard surface for up to two days. So, regularly disinfect things you might touch on a daily basis like doorknobs, remote controls, and refrigerator handles. Our bodies are designed to fight off viruses naturally, but we need a strong immune system. You need to get 8 hours of sleep, drink lots of water, eat nutritious food, and take supplements. Do not eat foods with lots of sugar or trans fats. They can cause inflammation, which weakens the immune system. Stress can weaken the immune system also, so exercise to keep stress in check. Avoid the flu by getting the vaccine, keeping yourself and your environment clean, and your body strong.

Program: CBN Newswatch

Air Date and time: 01-08-2015 @ 8:00pm

1:09

Smart phones now have many apps for the flu. The app could help you find out everything you want to know about this year's flu, during this year's flu season. Some show you the risk of getting the flu depending on your location.

Issue: Free Speech Infringement for Non-Profits

Program: CBN Newswatch

Air Date and time: 01-30-2015 @ 8:00pm

1:01

The IRS (Internal Revenue Service) is considering new guidelines for religious and other non-profit organizations. Democratic Senator Sheldon Whitehouse is asking the IRS to set new guidelines on political activity and clarifying restrictions on such activity across the board for non-profits. Opponents of past IRS restrictions say limiting a non-profit's right to speak out concerning political issues is also limiting their right to free speech.

Issue: Gluten Intolerance

Program: Recipes for Life!

Air Date and time: 03-14-2015 @ 2:00pm

26:30

In 1950 the Mayo Clinic said approximately 1 in 700 have gluten intolerance, but today as many as 1 in 33 people have a gluten intolerance. There are two reasons for the dramatic increase; 1) Wheat today has been modified to increase the gluten content. 2) Is the over consumption of wheat and wheat products. Symptoms to look for are bloating, sluggishness, constipation, diarrhea, severe pain, weight gain, and the inability to lose weight. Gluten is found in wheat, barley, rye, and food additives. Gluten in many people triggers an inflammatory immune response that damages the intestinal tract. Dr. Beth said a gluten-free diet might help you lose weight. She said you would need to replace these foods with fruits and vegetables and other whole foods like nuts and beans. Eating inflammatory foods will worsen any condition that has chronic inflammation at its root. Some examples are allergies, asthma, dermatitis, arthritis, bursitis, and colitis. Gluten-free grains to add to your diet are rice, wild rice, corn, quinoa, sorghum, amaranth seed, and flax seed. Buckwheat and millet are usually safe to eat.

Issue: Government Bureaucracy

Program: CBN Newswatch

Air Date and time: 03-10-2015 @ 8:00pm

3:41

Conservatives are concerned about the bloated bureaucracy. They say the federal bureaucratic state has become so huge that it is now a de facto fourth branch of government. They feel it may be the most powerful branch. The founding fathers did not want an unelected bureaucracy that could steal your property, your rights, and even your freedom. The founding fathers spent a lot of time deciding how to make this delicate balance of power. They decided only the Congress, those closest to the people and held accountable by the voters, could make the laws that would reign over and even threaten those voters. The Congress is suppose to purpose and make the laws and is answerable to the people. Hans Von Spakovsky, of the Heritage Foundation, says the President is not a lawmaker. The growth of the executive branch has upset the balance and made unelected bureaucrats super powerful.

Issue: Healing Racism

Program: Christian World News

Air Date and time: 01-19-2015 @ 7:30pm

2:54

The Rooftop is a movement started by Lionel Harris. He is trying to draw all races to the rooftops across America to pray together. Lionel is trying to help victims from all races heal from racism. He is praying for answers on how to move forward.

Issue: Health Hazards from Plastic

Program: CBN Newswatch

Air Date and time: 01-16-2015 @ 8:00pm

: 37

Chemicals in plastic might cause brain damage. BPA and BPS cause changes in the way brains are formed and changes that lead to hyper-activity. The researchers used Zebra fish in their research, because their brains are similar to human's brains. Scientists warn until they know more everyone should avoid eating and drinking out of plastic.

Issue: Healthy Living

Program: CBN Newswatch

Air Date and time: 01-07-2015 @ 8:00pm

: 36

A landmark 35-year study has come up with five simple keys to live longer and stay healthy. The 5 simple rules include, eating well, regular exercise, keeping a healthy weight, very little alcohol, and no smoking. Only 25 of the original 2,500 stuck to the rules, but those who did dramatically cut their risk of cancer, diabetes, heart attack, stroke, and dementia.

Issue: Heart Disease

Air Date and time: 02-03-2015 @ 8:00pm

Program: CBN Newswatch

: 50

Doctors are now saying it is not high cholesterol that causes heart disease, but inflammation. They say it is now ok to eat foods with saturated fats, like eggs, butter, and coconut oil. Doctors are now saying to stay away from foods that cause the inflammation and damage our heart like sugar, white bread, and vegetable oil.

Program: CBN Newswatch

Air Date and time: 02-19-2015 @ 8:00pm

: 31

A study in Britain found 2-3 times a week of moderate exercise is enough to help your heart. Doctors in America agree 2-3 times a week of you raising your heart beat or breaking a slight sweat will help your heart health.

Issue: Higher Education Cost

Program: CBN Newswatch

Air Date and time: 03-19-2015 @ 8:00pm

4:39

A college education is for many the most expensive decision they will ever make, with costs placing you in debt for decades. For the first time ever student debt now outweighs credit card debt. A community college can give you good teaching without all the debt and staying in your own state may keep tuition under \$10,000 a year. Patrick Henry College in Virginia is an excellent place founded by homeschoolers.

Issue: Inequality in Education

Program: CBN Newswatch

Air Date and time: 03-24-2015 @ 8:00pm

1:03

Faith and education leaders are calling for change and working toward closing the equality gap in the educational system for minority students. Rev. Samuel Rodriguez is the President of the National Hispanic Christian Leadership Conference. Rev. Rodriguez believes we have a prophetic and Biblical mandate to address any and all issues of injustice. He said all children are created in the image of God, and we should address inequality in education.

Issue: IRS Economic Reality Audit

Program: CBN Newswatch

Air Date and time: 03-17-2015 @ 8:00pm

5:36

Many people fear being audited by the IRS, so they do not take all the deductions allowed. Dan Pilla explains that the IRS is now doing an "Economic Reality Audit" and focuses on these audits more than ever before. According to Dan, economic reality means the IRS is not looking at your tax return from just the standpoint of verification, but now they are asking if you have the economic capacity to give charitable donations in the first place. They look at your education and cultural history, along with your home, furnishings, type of employment, and trips and vacations you take to find ways to add unreported income to your tax return.

Issue: Leadership

Program: Convocation

Air Date and time: 03-20-2015 @ 10:00am

26:11

Congressman Trey Gowdy spoke to the Liberty University students during convocation. He told the students if you want change you need to do something about it, not wait on the person beside you. 1) If you tell people what you believe you have to be able to tell them why. So every person needs a message. 2) They also need a manner or method of communicating. He shared how to persuade people in life. 3) We need a messenger. He said if you are waiting on another Ronald Reagan, Martin Luther King Jr. or Abraham Lincoln to convey your message, you will have a long miserable wait. We are the messengers and leaders of our own lives and convictions. He challenged everyone to live out a life of conviction and virtue, and actually live out what they profess to believe. Then, he said, you will be a leader, you will be persuasive, and you will get this country headed back in the direction you want it to be in.

Issue: Marriage/Divorce

Program: The Body File

Air Date and time: 02-17-2015 @ 7:30pm

5:02

The marriage rate has dropped for years. The percentage of millennials marrying by age 40 will fall lower than any generation before them. Stephen Moore, economist at the Heritage Foundation, said this could be a serious problem. He said marriage is one of the most important economic stimulus to the economy that we could have. This is one of the most important elements to reducing poverty, keeping marriage rates high and keeping marriages successful. Millennials seem quite content spending their 20s and 30s paying off their school loans and learning more about themselves.

Issue: Marriage/Divorce cont.

Program: CBN Newswatch

Air Date and time: 03-06-2015 @ 8:00pm

: 35

The United States Supreme Court will rule by July on gay marriage. The High Court will hear the case on April 28. Lawyers on both sides will have 90 minutes each to argue whether homosexual couples have a constitutional right to marry everywhere in the United States. Another hour will be devoted to whether other states must recognize same sex unions performed elsewhere.

Program: CBN Newswatch

Air Date and time: 03-17-2015 @ 8:00pm

4:48

Shanti Feldhahn has proven the statistic '50% of marriages end in divorce' is wrong. Shanti and her husband Jeff point out the 50% came from projections researchers thought the divorce rate would become. Shanti said the actual divorce rate of first time marriages is around 20% and dropping. Shanti and Angel Davis agree there is a culture wide feeling of futility about marriages. They are trying to spread the new findings to pastors and counselors. Jeff, Shanti and Angel believe more people would get married instead of living together if they thought their marriage would last. Many couples do not know 80% of marriages are happy. Jeff, Shanti and Angel feel if couples realize there is hope and most marriages are happy then it could change couples attitudes about marriage.

Program: CBN Newswatch

Air Date and time: 03-18-2015 @ 8:00pm

: 32

The Presbyterian Church has voted to change the definition of marriage to include gay marriage. Last year the legislative body of the Presbyterian Church endorsed an amendment to the church constitution. It has now gained an approval from the majority of regional bodies. Last year the church allowed ministers to preside over gay weddings in states where the unions are legal.

Program: CBN Newswatch

Air Date and time: 03-23-2015 @ 8:00pm

: 34

The Presbyterian Church of the United States of America (PC USA) accepted gay marriage last week. Since they authorized gay ordination in 2011 428 churches have dissolved or left the PC USA for more conservative denominations. The President of the Presbyterian Lay Committee rejects the new definition of marriage. She is calling on Presbyterians to protest by redirecting donations away from the national church.

Issue: Measles Outbreak

Program: CBN Newswatch

Air Date and time: 01-30-2015 @ 8:00pm

: 47

Measles is making a come back in the United States because many people are opting out of the vaccine. The highly contagious disease is spreading with more cases last year than we have seen in two decades. There were 84 cases in just the last month. Doctors say you do not need to worry if your shot record is current. Most people recover from the measles, but it can be deadly and can also cause brain damage.

Issue: Measles Outbreak cont.

Program: CBN Newswatch

Air Date and time: 02-03-2015 @ 8:00pm

2:18

There is a measles outbreak across the nation. Doctor's caution measles is extremely easy to catch. Dr. Gale Burstein states, "If some one has measles, and they're in a room breathing (because it is spread by air droplets), they leave the room, and an unimmunized person walks into that same room two hours later, there is a 90% chance that they are going to get infected." It is highly preventable, but many parents are getting an exception and opting out of getting their child vaccinated. The problem is children do not get immunized against measles until approximately one year old. That leaves them vulnerable to the disease by those that choose to not be vaccinated.

Program: CBN Newswatch

Air Date and time: 02-06-2015 @ 8:00pm

: 40

The measles outbreak is growing. The latest is 5 babies at a Chicago daycare. There are more than 100 cases in 14 states. Health officials thought measles was wiped out 15 years ago. Nobody was getting them because everyone was getting the vaccine. Now many people are choosing not to get vaccinated. Measles is highly contagious. Most people do recover from it without any health problems.

Issue: Micro Loans for Small Businesses

Program: CBN Newswatch

Air Date and time: 01-21-2015 @ 8:00pm

4:42

Micro loans are helping many across America see their dreams come true. 45% of small businesses fail because they cannot get the loan they need. Groups like Opportunity Fund invest in the dreams of entrepreneurs and students so they can build a business or go to college. Groups like Opportunity Fund feel these are two proven pathways 1) to economic mobility, 2) to the chance at a better life. These non-profit groups' goal is to increase financial assets and provide micro loans that also build positive credit history. They feel it is a hand up, not a hand out.

Issue: NASA

Program: The Body File

Air Date and time: 02-17-2015 @ 7:30pm

4:19

Congress and the President are going to approve the same amount of money for NASA (National Aeronautics and Space Administration) to continue. Newt Gingrich said it should be considered a big scandal, NASA still receiving billions of dollars every year, but we are sending our astronauts into space via Russian rockets. Andrea Farmer Public Relations Kennedy Space Center said, "NASA has changed, it has expanded over the years...at the end of the day NASA is about exploring." America has begun a new era of space exploration by sending Orion an unmanned space vehicle into space. NASA expects to go to Mars in the next ten years. NASA's ultimate goal is to put Americans (humans) on Mars and return them safely to Earth.

Issue: Net Neutrality

Program: CBN Newswatch

Air Date and time: 02-05-2015 @ 8:00pm

: 52

The government is pushing net neutrality to regulate the Internet system just like the phone systems. Conservatives are pushing back because they do not want the government regulating the Internet. The issue of net neutrality will be heading to Federal court.

Program: CBN Newswatch

Air Date and time: 03-10-2015 @ 8:00pm

: 36

The Federal Communications Commission (FCC) recently approved new rules for the Internet called Net Neutrality. The rules allow the FCC to regulate the Internet under a law passed in 1934. Many Republicans feel it will not encourage innovation, but suffocate it under the weight of an outdated bureaucracy.

Issue: New Antibiotic Sources

Program: CBN Newswatch

Air Date and time: 01-08-2015 @ 8:00pm

: 33

Scientists are turning to dirt to find new antibiotics. Researchers in Boston discovered a new method, which extracts drugs from bacteria that live in dirt. These bacteria could help scientist treat infections that resist commonly used drugs.

Issue: Over Regulation

Program: CBN Newswatch

Air Date and time: 02-05-2015 @ 8:00pm

2:37

There are so many regulations it is making the government sluggish. There are over 79,000 pages of regulations, more than a person can read in a lifetime. ObamaCare alone is making major changes to the work force. Regulations cost the economy \$1.863 trillion a year. The more regulations we have the more liberties we lose.

Program: CBN Newswatch

Air Date and time: 02-23-2015 @ 8:00pm

3:07

You could be a criminal and not even know it. You could be charged with a crime even if you had no idea you did anything wrong. Norman Reimer, National Association of Criminal Defense Lawyers, said, "We rely on criminal laws to regulate all kinds of social, personal, economic behavior, instead of cabining it to those things which are inherently bad acts of violence and theft." He said we went from a few hundred at the beginning of the century to possibly close to 300,000 today. It gets worse because Washington keeps piling criminal penalties on all these thousands of rules and laws. America incarcerates more people than any other country. The House Judiciary Committee will now review any new bill that will create a new federal crime, to prevent Congress from coming up with more laws that could put people in prison. Norman said he hopes the new rule will slow it down. A consensus is growing that an American should only have to go to prison if they knowingly committed something that is clearly a crime, not just broken some unknown random rule buried among the many hundreds of thousands that have piled up in recent years.

Issue: Police Threatened

Program: CBN Newswatch

Air Date and time: 01-02-2015 @ 8:00pm

: 49

Police across the country are starting the New Year on high alert. Police are being targeted and threatened across the country after the deaths of unarmed black men in New York and Ferguson, MO. The FBI has issued a new warning as copycats of the NY officer assassination are issuing more threats.

Issue: Politics

Program: Convocation

Air Date and time: 03-23-2015 @ 10:00am

30:20

Ted Cruz announced his intention to run for the presidency in 2016 at Liberty University. Along with his big announcement, Senator Cruz talked to Liberty University students about all students' future after college. He talked about the need to support the constitution and vote their convictions. He asked the students and all watching to text "constitution" to 33733 to show support.

Program: CBN Newswatch

Air Date and time: 03-23-2015 @ 8:00pm

2:23

The 2016 race for President has officially begun. Ted Cruz announced today at Liberty University he will be running. With a Cuban born father Cruz could become the nation's first Hispanic President. But first, as many as 20 Republican candidates have to navigate a tough race among themselves as they take on each other in a primary battle.

Issue: Religious Freedom

Program: CBN Newswatch

Air Date and time: 03-12-2015 @ 8:00pm

5:43

The Navy is coming down on religious freedom in the Navy. Mike Berry, of the Liberty Institute, is fighting to help a Navy Chaplain keep his job. The Chaplain and many others are using their religious training and beliefs in their counseling. There are some that feel the Chaplains should be like secular counselors. Also the Navy is not allowing any service person to use the phrase "Bless you" in their greetings.

Program: CBN Newswatch

Air Date and time: 03-16-2015 @ 8:00pm

: 28

Last week after a threat from the group Military Religious Freedom Foundation, Robins Air Force Base told their personnel not to use the phrase "Have a Blessed Day." Today the Air Force said personnel are allowed to use the phrase. The Air Force said the phrase does not violate Air Force standard

Issue: Religious Freedom cont.

Program: CBN Newswatch

Air Date and time: 03-31-2015 @ 8:00pm

5:49

There is a lot of backlash at Indiana's new Religious Freedom law. The law is similar to one that 19 other states have passed. It allows religious minorities who believe their conscience rights have been violated a day in court to air their grievances. Gay rights supporters say the law encourages discrimination. Brad Jacob from Regent University School of Law said this law is not different than the other 19 states' or the federal government's law that is already in place. He said these laws are not about discrimination, but religious freedom. He said the Christian baker who does not want to bake a cake for a gay wedding should not claim religious freedom. He said cases like that one should be freedom of contract cases. He said as a general rule, if the African-American baker does not want to bake a cake for the Ku Klux Klan rally or the Jewish baker does not want to bake a cake for the Neo-Nazi party or even a baker saying the cake you want is too complicated and I do not feel like working that hard, in America we are suppose to have freedom of contract to decide who to work with. Brad said religious freedom should not be needed for those cases.

Issue: Requirements for High School Graduation

Program: CBN Newswatch

Air Date and time: 01-16-2015 @ 8:00pm

: 34

In Arizona there is a new requirement before graduating high school. The students must pass a United State's Citizen test. Arizona is the first state to pass the requirement. The Joe Foss Institute goal is to have all 50 states adopt this requirement by 2017, the 230th anniversary of the United States Constitution.

Issue: Security Breach

Program: CBN Newswatch

Air Date and time: 02-05-2015 @ 8:00pm

: 23

Anthem, the nations second largest health insurance company, was hacked this morning. The stolen information included names, birth dates, emails, and employment details. The FBI (Federal Bureau of Investigation) is investigating.

Program: CBN Newswatch

Air Date and time: 02-06-2015 @ 8:00pm

1:53

Federal investigators now think the hackers that got into Anthem's computers are Chinese. Anthem said more than 80 million personal records were stolen. There are now fears that other health companies were compromised too. Insurance companies do not have the resources that retail companies do for security, so that leaves them more vulnerable. Anthem is sending out letters and will offer a credit monitoring service to those affected by the breach.

Issue: Self Defense

Program: CBN Newswatch

Air Date and time: 03-10-2015 @ 8:00pm

5:02

Every two minutes a female is sexually assaulted in our country. An individual they know attacks most of the victims: someone you just met from a date, at a party, or even a family member. Dr. Martha McCaughey from Appalachian State University says we live in a society where there is gender based violence. She feels when women are being taught about violence or rape prevention they are not talked to enough about self-defense. Every woman has the right to defend herself, and with the right skills women can avoid becoming the victim. Jessica Abbots started the Bad Brass Women's gun club to teach women how to protect themselves. Jessica says you do not own a firearm to have control, you own a firearm to be prepared. A firearm is not always available, so women should take time to learn physical skills like martial arts to defend themselves.

Issue: Severe Weather

Program: CBN Newswatch

Air Date and time: 02-03-2015 @ 8:00pm

2:07

The Midwest and Northeast areas of the United States have experienced back-to-back snowstorms, leaving many cities with record-breaking snowfall. Much of the country has been hammered with Arctic temperatures. At least 7 have died from the storms. Most areas of Virginia received rain or freezing rain. But the weather has crippled transportation including highways, air, trains, and even subway systems.

Issue: Sharia Law

Program: CBN Newswatch

Air Date and time: 03-09-2015 @ 8:00pm

4:10

The first Islamic Tribunal in the United States is using Sharia law in Texas. One place the Islamic Tribunal operates out of is in Irving, Texas. Dr. Taher El-Badawi, a judge on the Islamic Tribunal, said their decisions would not conflict with Federal or State law, but work with it. He said, e.g., a couple wanting a divorce would go to the civil court to get the divorce. But in order to be recognized in their Muslim religion they must also go to their tribunal court. He said it is set up to help as a mediator in divorces or business disputes. In Mississippi and about 2-dozen other states lawmakers are working on legislation that would prevent Sharia law from being argued in their courtrooms.

Issue: Sleep Problems

Program: Recipes for Life!

Air Date and time: 03-21-2015 @ 2:00pm

26:00

Sleep problems are very common. There are numerous potential causes, but for most, the primary reason for sleep problems is high cortisol levels. This is caused by other underlying problems like chronic pain or unresolved stress. Stress raises the hormone cortisol which in turn suppresses production of "sleep and relax chemicals" such as serotonin. Some drugs you get from the doctor can actually keep you awake, and most have side effects. Dr. Beth recommends herbs, spices, minerals, and oils instead. Phosphatidylserine lowers cortisol levels then your body can make its own serotonin levels. You could also take herbs like Ashwagandha or Maca to help your body deal with stress. Most people are deficient in magnesium because it is readily lost in the processing of foods. B vitamins are needed for your body to make serotonin. Dr. Beth says to also watch the type of foods you eat before bed. Warm milk or other dairy products really do work to help you sleep at night. Walnuts, almonds, turkey, and elk meat also help you relax and fall asleep.

Issue: Tax Scams

Program: CBN Newswatch

Air Date and time: 03-16-2015 @ 8:00pm

: 33

Fake IRS (Internal Revenue Service) agents have been calling people since 2013 in a huge tax scam. An IRS official said it is the largest scam in the agency's history. Fake agents tell people they own money and they have to pay right away by prepaid debit card or wire transfer. They threaten people with losing their driver's license or even jail. The IRS wants every one to know they contact people by mail. They also said they never ask for payment by debit or credit card or a wire transfer.

Issue: Teen Distracted Driving

Program: CBN Newswatch

Air Date and time: 03-26-2015 @ 8:00pm

6:55

AAA (American Automobile Association) Foundation For Traffic Safety has put out a new study that shows distracted driving is the top cause for teen accidents. AAA had drive cam videos examined from 1,700 crashes. They found in 6 out of 10 crashes the teens were distracted. Peter Kissinger and the AAA Foundation are hoping the findings of the study will make parents more aware of the magnitude of the problem and the potential for disaster.

Issue: Terrorist Threats

Program: The Watchman

Air Date and time: 01-08-2015 @ 7:30pm

10:34

Erick Stakelbeck feels there is a war on Christians right now even in America. The leader of the Islamic State (ISIS), Abu Bakr Al Baghdadi wrote a statement threatening America, "Know, O defender of the cross, that a proxy war will not help you in the Levant, just as it will not help you in Iraq. Soon, you will be in direct conflict – God permitting – against your will." The second highest leader of Al Qaeda, Nasir Al-Wuhayshi said, "We have to remove the cross, and the bearer of the cross, America." Erick urges everyone "to get in the ears of your Congressmen, Senators, and...your Pastors." Tell them you support the Christians in the Middle East and at home. Erick said we owe it to the Body of Christ and ourselves.

Issue: Terrorist Threats cont.

Program: CBN Newswatch

Air Date and time: 01-09-2015 @ 8:00pm

2:45

According to the British Intelligences, Al Qaeda in Syria is planning large-scale public attacks on transport systems and famous targets in the West. The big concern is those from the West fighting with Al Qaeda will return home more radicalized and ready to kill. ISIS (Islamic State terrorist army) took responsibility for the massacre in France last week. Abu Saad Al-Ansari from Al Qaeda, while taking responsibility for the attack, praised the brothers who carried out the attack. Abu Saad Al-Ansari said, "We started with the France operation for which we take responsibility. Tomorrow will be in Britain, America and others."

2:18

The attack in France is a reminder that western values are under assault and journalists are getting caught in the crossfire. As reporters try to exercise their freedom of speech they are being killed in record numbers by Islamic jihadists and brutal regimes. Robert Rosenthal of the Center for Investigative Reporting said it is all about intimidating and likened it to being under Hitler or Stalin. Robert said they controlled the information and today Islamic extremists are trying to control the information by killing the cartoonists and journalists. Journalists feel this will continue while the West figures out how to deal with the assault on its deeply held values.

Program: CBN Newswatch

Air Date and time: 01-12-2015 @ 8:00pm

2:25

Just days after Muslim terrorist killed 17 people in Paris; ISIS (Islamic State terror army) called on jihadist to strike again. ISIS posted on their Twitter account, "strike the soldiers...strike their police...security and intelligence members." Senator Richard Burr from North Carolina called it a war on civilization. He also said events like Charlie Hebdo massacre could become weekly occurrences in the West. Senator Diane Feinstein said she thinks terrorist sleeper cells are hiding in Europe and the United States waiting to be activated and carry out more attacks like the ones in France last week.

Program: The Watchman

Air Date and time: 02-05-2015 @ 7:30pm

20:45

Experts Jerry Boykin and Kamal Saleem discuss with Erick Stakelbeck reasons why America should be worried and cautious about Islamic jihadist coming to America. They feel the media is our worse enemy by not reporting all that is happening in the Middle East. They also feel the government is playing a game by taking Americans' money, and giving it to countries that are advancing Islamization. Americans need to understand the only way for those in the Islam religion to go to heaven, according to Allah and Mohammed in the Quran, is to serve in jihad. The Quranic prophecy says the last days will not come about until the Muslim arise. Arise in Islam is not like someone taking a stand out of their chair, but as in holy war. Mohammed said in the prophecy the infidel (anyone not Islamic) is crying out to be beheaded. Terror groups like ISIS (Islamic terrorist group) are looking for the inheritance and a one world Islamic order. Islam is only 14% religion the rest is all political, military, and civic systems. Islamic terrorists or jihadists want very much to take over America.

Issue: Terrorist Threats cont.

Program: CBN Newswatch

Air Date and time: 02-12-2015 @ 8:00pm

1:12

The Director of National Counterterrorism Center said at a Homeland Security meeting they know of some who went to Syria to train with ISIS (Islamic State terror group), but there is an unknown number that has gone and come back. The terror experts at the Homeland Security meeting said stronger anti-terrorism laws are needed to help protect those in America.

Program: CBN Newswatch

Air Date and time: 02-23-2015 @ 8:00pm

2:22

The same terrorist group that launched a terror attack on a mall in Kenya killing 67 people is now calling for domestic terrorism at malls in America. Security officials are urging Americans to be vigilant after the terrorist group Al-Shabaab released a new video calling on Muslim men to attack shopping malls. There is a big concern for the Mall of America. The terrorist group Al-Shabaab has recruited many Somalia Muslim men from the population in that region.

Program: CBN Newswatch

Air Date and time: 02-24-2015 @ 8:00pm

1:33

Shootings and terrorist attacks are becoming a real threat here in the US (United States). Many terrorism experts say it is only a matter of time before there is another terrorist attack on US soil. Former FBI (Federal Bureau of Investigations) agent Brad Garrett is helping people be prepared in case there is an attack. He says, "to never trap yourself or walk into a dead end hallway. That is why it is important to know your building." He also says if you cannot get away you hide. 1) Shut the lights off. 2) Shut the door. 3) Barricade the door. Garrett says as a last resort you can fight back. Homeland Security said at this time there is no specific threat on American soil. They ask that Americans remain calm, but be alert.

Program: CBN Newswatch

Air Date and time: 03-23-2015 @ 8:00pm

: 47

A group called the Islamic State hacking division (ISIS) posted photos, names and personal addresses of 108 United States military men and women. They called on ISIS sympathizers or a lone wolf to kill the people on the list in retaliation against those the group claims have attacked ISIS targets, in places like Syria and Iraq.

Program: CBN Newswatch

Air Date and time: 03-27-2015 @ 8:00pm

2:31

President Obama has supported Yemen calling them our partners on the front line. Yemen is now in chaos. Their President fled the state by boat, and the United States (US) Embassy personnel fled to Saudi Arabia. The Houthi rebels have taken over much of Yemen. It is the newest base for hatching terrorist plots against America. Erick Stakelbeck said several terrorist plots have already come to the US by way of Yemen. The motto of the Houthi rebels is "God is Great, Death to America, Death to Israel, Damn the Jews, Power to Islam." Dale Hurd and Erick Stakelbeck feel we will now have many more attacks on the US from Yemen.

Issue: Trax

Program: CBN Newswatch

Air Date and time: 03-18-2015 @ 8:00pm

: 50

The FDA (Food and Drug Administration) has approved a new technology to track tainted foods. The new product called Trax acts like an invisible barcode that can be sprayed on produce or mixed into liquids and dried foods. It is odorless and tasteless and already approved by the FDA for human consumption. Dr. Katherine Albrecht said she is concerned the government might try to use this tracking device for surveillance in the future.

Issue: Veteran Affairs

Program: CBN Newswatch

Air Date and time: 02-12-2015 @ 8:00pm

: 27

The President is signing the Clay Hunt Suicide Prevention for American Veterans Act today. It will help veterans' transition out of the military and into civilian life. The program will be required to have an annual evaluation.

Issue: Weight Loss

Program: CBN Newswatch

Air Date and time: 02-18-2015 @ 8:00pm

: 35

Eating 30grams of fiber per day can help you lose weight. You need to get the fiber from foods like fruits, vegetables, and whole grains not from supplements. It will help you feel full, so you will not eat as many unhealthy fatty and sugary foods.