



WTLU-CD, Lynchburg, VA

ISSUES/PROGRAMS QUARTERLY REPORT

April 1, 2014 through June 30, 2014

WTLU-CD

Lynchburg, Virginia

July 3, 2014

Prepared by: Sandra Wagner
General Manager

Issue: Abortion and Plan B Coverage

Program: CBN Newswatch

Air Date and time: 04-18-2014 @ 9:30pm

: 28

James Dobson's ministry has won a temporary injunction against ObamaCare. The decision prevents the Federal government from requiring his ministry to include the morning after pill and other drugs in its health insurance. Dobson sued back in December stating ObamaCare's mandate to provide the drugs violates the religious beliefs of his ministry "Family Talk."

Program: CBN Newswatch

Air Date and time: 04-28-2014 @ 9:30pm

3:09

Missy Martinez, Students For Life, says the law requiring a physician to have admitting privileges to a local hospital is a very good thing. She said a lot of abortionists are shoddy doctors. She said their practices are sub-standard. Pro-Life lawmakers are trying to raise the standards and make things safe for women. Missy said the lawmakers are taking a different approach across the country and trying to show abortion for what it is. It is a dangerous procedure and it is not healthy whether it is legal or illegal. She said by raising the standards they are showing the abortion industry for its corrupt and dirty unsanitary practices.

Issue: Agriculture Grants

Program: Rural Evening News

Air Date and time: 04-11-2014 @ 9:00pm

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USDA (United States Department of Agriculture) Secretary Tom Vilsack has announced the availability of nearly \$20million in grants to help train, educate, and enhance the next generation of agriculture producers through the beginning Farmer and Rancher Development Program. As the average age of farmers continues to rise Vilsack said there is no time to lose in getting more farmers and ranchers established. The National Institute of Food and Agriculture will award grants to organizations conducting programs to help beginning farmers and ranchers.

Issue: Allergy Season

Program: CBN Newswatch

Air Date and time: 04-01-2014 @ 9:30pm

5:46

Allergy season is upon us. Most look to allergy medications for relief, but they can cause other problems. Some issues are that adults get sleepy, children become hyper, and some medications raise your blood pressure and may cause urinary problems. There are natural antihistamines available that Dr. Sue Bennett recommends; vitamin C, pine bark (Pycnogenol), and Quercetin. These have no side effects. She also recommends keeping allergens out of your body. In her new book "The 7-Day Allergy Makeover" Dr. Bennett explains how to figure out your allergies and reduce your overall toxic load. She also looks at nutrition as the number one way to get rid of allergies. There are six main food allergies. Dr. Bennett instructs patients to give them up one at a time for two weeks and see they feel better. They start with dairy, then gluten, sugar, peanuts, eggs and food mold (blue cheese, mushrooms and yeast). After you focus on the possible allergies in your food concentrate on the allergens in your home Use a hepa and carbon filter and vacuum frequently.

Issue: Animal Safety

Program: Rural Evening News

Air Date and time: 04-30-2014 @ 9:00pm

: 58

In the wake of the recent stormy weather in many parts of rural America livestock owners need to scan their pastures for storm debris. It can prove fatal to cattle, goats and horses according to Tom Troxel with the University of Arkansas Division of Agriculture. He said you should inspect your hay meadows and pastures especially for metal objects.

Issue: Invasive Plant, Pest, and Disease Awareness Month

Program: Rural Evening News

Air Date and time: 04-07-2014 @ 9:00pm

1:41

USDA has proclaimed April as Invasive Plant, Pest, and Disease Awareness Month. The USDA researchers said the crop damage from invasive plant, pest and disease is almost \$120 billion per year. That is why the USDA's animal and plant health inspection service (APHIS) is devoting the month of April to telling the public about invasive pest and how they can affect consumer products. They use a three-pronged approach to combat the pest. They begin by combating the pest in other countries before they get here, next they check cargo and passenger baggage crossing the borders, and search across the country for any that may have slipped in. Hungrypest.com gives more information for our area.

Issue: Autism Spectrum Disorder

Program: CBN Newswatch

Air Date and time: 04-04-2014 @ 9:30pm

2:43

Autism Spectrum Disorder (ASD) was virtually unheard of a generation ago. Now the number of children diagnosed with it is skyrocketing. ASD went from 1 in every 150 in 2007 to 1 in every 68 children in 2014 this is according to the CDC (Center for Disease Control). The CDC says the reason it has gone up is that doctors are getting better at identifying ASD in children. Boys are five times more likely to have Autism than girls. The average age to diagnose is four years old. The CDC has put a complete list together on their website to help parents know what their children should be doing from infancy to five years old. They recommend taking your child to a pediatric neurologist to be diagnosed if your child is not meeting the developmental milestones at each age level they have listed. Researchers still do not know what causes Autism, but they feel it starts during pregnancy. According to research done at UC San Diego the brain starts developing abnormally during the second or third trimester. It is unclear whether it is genetics, external - like illness during pregnancy, an older father, trans fats, or environment toxins or both. Scientists are careful not to theorize because for years some theorized it was from childhood vaccines. Most scientists now say that theory was false.

Issue: Bee Population

Program: Rural Evening News

Air Date and time: 04-10-2014 @ 9:00pm

3:03

Our bee population has been dropping the last few decades here in the United States and around the world. It is a concern to agriculture, gardeners, and researchers, everyone for that matter. Losing bees greatly impacts humans. We need bees to pollinate many plants including ones we eat. Hive research projects will begin in all regions of Tennessee. They are trying to determine how the bees react next to fields with different chemicals on them.

Program: Rural Evening News

Air Date and time: 05-02-2014 @ 9:00pm

1:48

The White House has planted a pollinator garden to draw attention to the declining number of honeybees. The USDA has also zeroed in on the issue. The House Sub Committee on Horticulture Research is reviewing the current health of the nations bee population. Colony Collapse Disorder is a large part of the problem. There are many issues involved with the decline, but one main pest is the varroa mite. To address "the lose of pollinators" The Agriculture committee authorized increased funding in the 2008 farm bill. The 2014 Farm Bill continues the funding and expands many of the provisions for managed honeybee population as well as pollinators.

Issue: US Budget

Program: CBN Newswatch

Air Date and time: 04-10-2014 @ 9:30pm

House Republicans passed a budget aimed at cutting deficit spending and balancing the books. The measure from Senator Paul Ryan includes \$2 trillion cut in healthcare subsidies and coverage cuts over the next 10 years, billions to Medicaid and other programs, and \$1 trillion in cuts for food stamps, Pell grants, and farm subsidies. The budget now moves to the Democratic controlled Senate.

Program: The Brody File

Air Date and time: 04-15-2014 @ 8:30pm

2:14

Paul Ryan has put out his annual budget and the Democrats are tearing it apart because they hate it. It would balance the budget, but at a price the Democrats refuse to pay. There would be over five trillion dollars in cuts over the next decade. What the Democrats do not like is cutting food stamps, domestic agencies, and the Federal work force. There is a repeal of ObamaCare in it along with privatizing medicare. Ryan said he deals with everything from the prospective of his Catholic faith.

Issue: Campus Violence

Program: CBN Newswatch

Air Date and time: 04-30-2014 @ 9:30pm

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The White House is trying to tackle the issue of sexual assault on college/university campuses. They are promoting prevention; surveying students on awareness (do they know what is going on), train them in "bystander intervention," and have trained victim advocates on campuses. The White House has also created a task force working to end what they are calling a violent campus culture.

Issue: Beginning Farmer Program

Program: Rural Evening News

Air Date and time: 05-01-2014 @ 9:00pm

2:42

More information from the 2012 Census of Agriculture will be released later this week. It confirms the average age of the farmer continues to rise. The data offers a snapshot of the US farm sector and rural America broken out by state and by county. The information will help the USDA develop policies and programs that can guide resources toward problems in need. As the age of the nation's farmers continues to rise, one new program already starting up by the USDA is to reach a goal of creating 100,000 new farmers over the next few years. The USDA needs nominees to help choose projects for funding in the "Beginning Farmer Program." Nominations are due May 15th. This is a grant program dedicated to training the next generation of growers.

Issue: Anti-Semitism

Program: Jerusalem Dateline

Air Date and time: 05-02-2014 @ 8:30pm

9:15

Today anti-Semitism is on the rise and the world communities increasingly isolate Israel. The Jews are finding a new ally in the Christian communities. The Christians are starting to stand more and more with the Jewish people. This week is the anniversary of the Holocaust, when many pastors from around the world are gathering together in Israel to learn more on how to support Israel and teach their followers to support Israel.

Issue: Climate Changes

Program: CBN Newswatch

Air Date and time: 04-01-2014 @ 9:30pm

2:25

The United Nations (UN) is warning the climate change means catastrophe. The UN says it will cause higher food prices, floods and more. Some scientists are saying the UN's concerns are over blown and alarmist. A nongovernmental group of scientist backed by the Libertarian think tank, the Heartland Institute, is pushing back. It maintains that higher carbon dioxide concentrations and the rising temperatures are causing "No net harm to the global environment or to human health." For years some scientist have warned that climate change advocates have a radical agenda.

Program: CBN Newswatch

Air Date and time: 05-06-2014 @ 9:30pm

: 34

The White House's new report just came out on Climate Change. The President is convinced more than ever global warming is changing the daily lives of Americans and it is going to get worse. The White House will use the report as a basis to try to reduce the emissions of fossil fuels. Some Democrats and Republicans have opposed those moves in the past saying the moves cost jobs and hurt business. President Obama will use executive orders to accomplish his goals.

Issue: Climate Changes cont.

Program: CBN Newswatch

Air Date and time: 05-07-2014 @ 9:30pm

4:25

The new Climate Change Report is out. The report says global warming is already changing the weather. Republicans say President Obama will use it to push new regulations on the energy industry. Senator Mitch McConnell said that could include a national energy tax. McConnell said it would not matter if America made changes to the global emissions unless other major industrial countries did the same.

Issue: Combat Positions for Women

Program: CBN Newswatch

Air Date and time: 04-15-2014 @ 9:30pm

2:10

By 2016 all combat positions must be opened up to women, but only 20% are interested in combat jobs. Right now women make up 15% of the military. Before the 2016 deadline scientists are studying the physical demands of being on the frontlines; measuring strength, endurance, power, and set benchmarks regardless of gender. For men the integration of women into combat roles means a new focus on respect, team building, and sexual assault prevention.

Issue: Crop Planting Forecasts

Program: Rural Evening News

Air Date and time: 04-09-2014 @ 9:00pm

1:53

The soil is still not warm enough to plant in the North and Midwest and there has been too much rain in the Southeast. Crop plantings will be delayed again this year like last year due to the weather. If any one wants to plant a garden a soil warmth map can be viewed at RVDTV.com. The soil must be in the 50's for seeds to germinate.

Program: Rural Evening News

Air Date and time: 04-15-2014 @ 9:00pm

5:21

A freeze warning tonight will impact producers not only here in Virginia, but also along the East coast. The frost warnings and advisories cover a very large area where crops are already planted.

Program: Rural Evening News

Air Date and time: 04-16-2014 @ 9:00pm

6:00

We have another freeze warning for not only our area tonight, but stretching up the coast into New England. This could have a negative effect on producers who may have some emerging crops and sensitive plants that have already bloomed recently because of the warm temperatures we just experienced.

Issue: Crop Planting cont.

Program: Rural Evening News

Air Date and time: 04-30-2014 @ 9:00pm

5:19

We are still in the thick of planting season and the weather is not cooperating for the farmers in the southeast. Heavy rainfall and more to come has the farmers in the south and east waiting to get the crops in the ground.

Program: Rural Evening News

Air Date and time: 05-12-2014 @ 9:00pm

1:13

Corn growers are planting less, but could see bigger record yields for their crops in 2014-2015 according to the USDA. The change in price will help the growers make more, but there will be less available to the consumer.

5:56

There is a possibility of large amounts of rain over the next few days in our area. Growers in the area will need to watch the weather to plan their planting.

Issue: Discrimination against Christians

Program: CBN Newswatch

Air Date and time: 05-09-2014 @ 9:30pm

3:43

Craig James, Family Research Council said, we need to stand up for our God given and constitutional rights. We also need to stand up for those who are being oppressed or discriminated against. We have a right to believe in God and a Biblical marriage without discrimination. James also said with love and passion we need to be Biblically correct, do not apologize for your faith, stand strong, and encourage and support those who are being discriminated against.

Issue: Drones and Navigable Air Space

Program: The Brody File

Air Date and time: 04-22-2014 @ 8:30pm

5:26

A law has now been passed in 2012 that takes effect in September 2015, which redefines navigable air space. It is now defined as that air space which extends all the way down to the ground level across every square inch of America. The Interstate Commerce Clause of the Constitution states the government can only regulate things that effect interstate commerce. Phil Steel says if navigable air space extends all the way to the ground the Federal government will be able to regulate every activity in human life.

Issue: Drought

Program: Rural Evening News

Air Date and time: 04-17-2014 @ 9:00pm

2:49

America has seen a lot of drought. As we enter the growing season 38% of America is still in drought conditions. Many producers want to retain more Heifers, but the weather is still holding them back. The National Agriculture Statistics Service reports the United States cattle herd has declined 5-6% since 2011. The drought could affect the price of food.

Program: Rural Evening News

Air Date and time: 05-02-2014 @ 9:00pm

5:14

The drought conditions went up 1% since last week. All states to the south and west are affected and the drought completely covers some states. The drought will greatly affect crop and livestock amounts for this summer, which will affect the prices we pay next fall.

Program: Rural Evening News

Air Date and time: 05-05-2014 @ 9:00pm

5:24

A snapshot of America's topsoil moisture shows a dry Florida and a very dry South and Southwest. These extreme drought conditions will impact the producers throughout this growing season. It is expected to really impact our wheat production.

Issue: Drug Resistant Diseases

Program: CBN Newswatch

Air Date and time: 04-30-2014 @ 9:30pm

8:47

Drug resistant diseases are now a major threat to global health. A combination of antibiotic misuse and poor hospital hygiene is causing once treatable diseases to progress. According to a report from the World Health Organization antibiotic misuse allows bacterial infections to evolve into "incurable superbugs." This report is the first of its kind, studying over 114 countries. The report says if the world does not respond it could be devastating. The report says around 2million people are infected with these drug-resistant diseases and they kill about 23,000 annually. The antibiotic is not only over used in humans, but in animals also. Animals receive 80% of the antibiotics given and much of that goes into their food. The antibiotic in their food makes them bigger, so the company makes more money. The problem is the antibiotic is passed to humans through the meat. A report from the CDC (Center for Disease Control and Prevention) was released a few months ago with similar results. The CDC said to reverse the trend we must; 1) prevent infections, 2) use antibiotics much more responsibly, 3) track resistance patterns, and 4) develop new drugs.

Issue: Farming Economic Impact

Program: Rural Evening News

Air Date and time: 04-21-2014 @ 9:00pm

1:31

The United States Department of Agriculture Research Service is doing innovative genomic research to help dairy farmers get more production from livestock for less cost. Understanding cows genetic makeup or geno type helps farmers breed more cows that eat less feed, but produce the same amount of milk. According to Dr. Chavonda Jacobs-Young this is a great start to helping feed the world's population. The farmers are just looking for ways to cut cost of doing business.

2:16

Weather is not the only thing troubling the fruit producers this year. There is a new fruit fly. They can lay their eggs inside ripe fruit, strawberries, blackberries, and raspberries more than other fruits. It is going to be tough for the farmers because it only effects ripe fruit not green fruit and government regulations will not allow them to treat ripen fruit.

Program: Rural Evening News

Air Date and time: 04-23-2014 @ 9:00pm

: 50

The gnat sized Asian Citrus Psyllid is spreading a disease that has devastated Florida's orange crop. It is expected to be the worse in 30 years. It sent juice prices soaring last week. The insect is infecting citrus trees across Florida with Citrus Greening disease, which causes fruit to taste bitter and fall from trees to soon. The USDA is predicting an 18% drop in produce from 2013 numbers.

Program: Rural Evening News

Air Date and time: 05-01-2014 @ 9:00pm

1:13

United States livestock has been reduced by many factors this year. Joe Glauber USDA Chief Economist said many things including the severe drought in the South are stopping producers from expanding their herds. Lawmakers suggested the beef producers might be afraid to expand because purposed imports of Brazil beef, if allowed into the US, might bring hoof and mouth disease into the country and the looming threat of possible tariffs from Mexico and Canada. Joe said we would see red meat productions the lowest in four years.

Issue: EPA-Changing Regulations

Program: Rural Evening News

Air Date and time: 04-24-2014 @ 9:00pm

2:33

The EPA (Environmental Protection Agency) currently has government controls in place over rivers and streams, but not drainage ditches and farm ponds. A recent proposal to expand government authority over bodies of water has the agriculture community concerned. The phrase "Navigable waters" has been used to dictate where the government agencies might extend their authority, but modifications to that definition could have a major impact on the farm sector. Kevin Kester the Vice-chair of NCBA policy division (National Cattlemen's Beef Association) said with the new definitions farms and ranches would come under the control of EPA as it relates to water and permitting and that could devastate lots of family farms and ranches across the country. The purposed rule has been published in the Federal register and the public comment period will remain open through July 21st. NCBA is asking all ranchers and farmers to stay involved in this conversation by submitting your comments online.

Issue: EPA-Changing Regulations cont.

Program: Rural Evening News

Air Date and time: 04-29-2014 @ 9:00pm

2:04

Recent court cases have caused the EPA to purpose changes that some producers say could harm them. One of the purposed changes is water on private property. A number of agriculture organizations have voiced disapproval at the purposed changes to the Clean Water Act. Many consider the revisions another attempt by EPA to gain control over water on private property. Nancy Stoner, EPA Acting Assistant Administration for Water said the changes are to clarify the Clean Water Act. Stoner says the main change involves better protection of stream systems. You can submit comments online.

Program: Rural Evening News

Air Date and time: 05-02-2014 @ 9:00pm

: 40

The American Farm Bureau has launched a new website to address the EPAs purposed rule to regulate water ways and tributaries that would involve land use and farming practices that go on near them. The new site is ditchtherule.fb.org. They collect a variety of content on the EPA and Army Corp of Engineers proposal in one place. The site brings issues to the forefront without burying them in policies.

Program: CBN Newswatch

Air Date and time: 05-22-2014 @ 6:00pm

5:38

The BP Review of Energy says we have what we need right here in America to make our own gasoline, coal reserves. The developers of the Adams Fork Plant say converting coal to liquid fuel would pave the way toward energy independence. Their goal is to produce 250 million gallons of methanol that could be used as gasoline, jet fuel, diesel fuel and more. The plant keeps getting stalled because of the Environmental Protection Agency (EPA) and all its new regulations.

Issue: Farm Bill

Program: Rural Evening News

Air Date and time: 04-08-2014 @ 9:00pm

1:00

Senator Debbie Stabenow Chairwoman of the US Senate Committee on Agriculture, Nutrition, and Forestry held an Ag committee hearing to discuss advanced bio fuels and jobs. At the hearing Stabenow said advanced non-food based biofuels are critical to growing our economy, creating jobs, and lowering prices at the pump for American consumers. She said the 2014 farm bill includes an energy title, which is helping farmers increase production of energy from non-food sources.

Program: Rural Evening News

Air Date and time: 04-11-2014 @ 9:00pm

2:40

Dr. Gary Adams a Vice President at The National Cotton Council said the USDA is beginning to implement the new Farm Bill. The USDA FSA (Farm Service Agency) is going over all the new legislation to make sure it is implemented properly and the timeline is set up correctly. All farmers are encouraged to go to either the USDA website or the local FSA office website to see how the new bill effects them.

Program: Rural Evening News

Air Date and time: 04-15-2014 @ 9:00pm

1:35

When the Agriculture Act was signed into law the United States Department of Agriculture (USDA) put disaster relief as a top priority. The sign up for that assistance is already under way. The last assistance program expired in 2011. Producers (farmers and ranchers) maybe eligible to claim loses from 2012-2014. To find out more information you need to go to the local FSA (Farm Service Agency) or USDA office.

Program: Rural Evening News

Air Date and time: 04-16-2014 @ 9:00pm

1:34

The USDA and the Department of Defense have joined together to create an agreement that will offer support to returning war veterans. It is all sorts of vocational tools like financial management, classes and workshops, and health nutrition. Programs for military families are available for both urban and rural communities. This program is part of the new Farm Bill.

Issue: Rising Food and Gas Prices

Program: CBN Newswatch

Air Date and time: 04-22-2014 @ 9:30pm

2:07

Food and gas prices rose last month. Analysts say bad weather is putting the pressure on the food prices. It includes a record setting drought in California, Mexico, and Brazil. Even tensions between Russia and Ukraine are also contributing because Ukraine exports a substantial amount of corn, wheat, and sunflower oil. The biggest increases came from eggs, milk, butter, oranges, pork, ground beef and poultry. United States Department of Agriculture (USDA) is predicting food prices will rise between 2.5 – 3.5% this year. On top of that the prices at the pump are also hitting many consumers. They do not expect gas price to come down anytime soon.

Program: CBN Newswatch

Air Date and time: 05-08-2014 @ 9:30pm

: 31

The price for gas has been going up the last few months, but the Energy Information Agency (EIA) says by the end of the summer prices will be down as much as \$.30. They say a combination of increased production and the annual change to summer gas blend is behind the drop in price.

Program: CBN Newswatch

Air Date and time: 06-19-2014 @ 6:00pm

2:02

Many essentials are at an all time high in prices for Americans. Usually gas prices drop during the summer months, but not this year. The average price of gas is the highest it has been since 2008. The high gas prices are being blamed on the instability in Iraq. Not only gas prices are going up, food is also steadily rising and will continue. The price of meat is rising the fastest. The Bureau of Labor Statistics said meat hit an all time high in May. Because beef herds are at the lowest they have been in 60 years the Bureau said the prices are here to stay. To make matters worse for Americans the Senate lawmakers purposed a \$.12 tax hike on every gallon of gas to pay for highway and transit programs.

Issue: Free Speech

Program: CBN Newswatch

Air Date and time: 05-01-2014 @ 9:30pm

5:13

Liberals talk about tolerance, but many on the left do not seem to be tolerant of people or ideas they disagree with. Free speech is being shouted down by what some call a new left wing fascism that will not tolerate any views it does not like. To see where America is headed Christopher Doss of the Leadership Institute says look at the direction Europe went.

Program: The Watchman

Air Date and time: 05-08-2014 @ 8:30pm

10:08

Paul Weston the leader of the Great Britain Liberty Party was arrested for speaking out in public and quoting Winston Churchill. Paul through skype pleaded with Americans to not let the changes in Britain happen to us. He said we are about 20-30 years behind them, he thinks, with allowing Islamic beliefs to control the legal system. Paul Weston was trying to warn Americans to look at Britain and act now to save our liberty.

Issue: GMO Standardizing Labels

Program: Rural Evening News

Air Date and time: 04-18-2014 @ 9:00pm

1:22

A bill has been introduced in the House to have a nation wide standardize labeling process for GMO (Genetically Modified Organisms). It is currently being debated in State Houses across the country. It would be a Federal volunteer label system. The Safe and Accurate Food Labeling Act would create a consistent standard according to John Doggett the Vice President of the Public Policy for the National Corn Growers Association. He also said it would be impossible for food growers to be in compliance with 50 different standards one from every state.

Issue: Health: Vitamin D Deficiency

Program: CBN Newswatch

Air Date and time: 04-03-2014 @ 9:30pm

2:11

We can get Vitamin D from the sun, some foods, and supplements, but despite its abundant availability; approximately two-thirds of Americans are not getting enough. A new study on one million people tells us that a vitamin D deficiency increases our risk of death from heart disease by 35% and our risk of cancer by 14%. One hour a week of sun will give us lots of vitamin D. Some foods give us vitamin D, but usually not enough so most Americans should be taking a supplement. Americans should also avoid smoking, over-eating, and things like sugar and trans fats which lower the vitamin D levels in our bodies.

Issue: Health: Weight Loss

Program: CBN Newswatch

Air Date and time: 04-24-2014 @ 9:30pm

5:27

Some are turning to medically supervised weight loss plans in order to lose weight. These plans are good for those tired of fad diets with no results or those not wanting to go under the knife. The medically supervised plans help produce fast results and that motivates you to stick with it. These plans get results that are very close to the results of having surgery without the knife. Keys to the success of the program are regular meetings with a dietician to learn how to make good food choices and wearing a fitness tracker to remind you to get active.

Issue: Health: Heart Disease

Program: CBN Newswatch

Air Date and time: 04-28-2014 @ 9:30pm

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A study from France published in the Journal of American Heart Association shows a high number of marijuana smokers had heart problems thought to be from marijuana use. Nine of the 35, with heart problems, died from their heart problem. The lead study author Emilie Jouanjus, said "...we see cannabis use may lead to very serious complications on the cardiovascular system."

2:07

There are 80 million people in the United States with some form of heart disease. The Mayo Clinic is using a simple plan to try to reduce that number. Heart disease is the number one killer of men and women, but 80% is preventable. Martha Grogan, M.D., Mayo Clinic, says do not focus on the things you cannot eat, but focus on the things you can eat. She also said sitting or a sedentary lifestyle doubles your chance for a heart attack, but the good news is even 10 minutes a day can cut your chance for a heart attack in half. If you do more activity you will benefit more. She also said if you smoke stopping it would help. Martha said getting 8 hours of sleep should be considered a necessity not a luxury. Getting lots of good sleep not only helps protect you from heart attacks, but also helps you maintain a healthy weight. Negative emotions can damage your heart, so be happy.

Issue: Health: Salmonella in Peanut Butter

Program: Rural Evening News

Air Date and time: 05-12-2014 @ 9:00pm

2:28

Lubbock Christian University is testing peanuts. Professor Julie Marshall is trying to lower the chances of Salmonella making its way into peanut butter jars. She said she is trying to make sure it is safe, delicious, and nutritious. Dr. Marshall consults with major clients to ensure quality (oil chemistry) and how it will taste and perform. She is trying to help clients cut down on the possibilities of microbial contaminants getting into the peanut butter without changing the taste or nutrition. So as we the consumers eat it, she hopes to make it better without affecting the taste or nutrition.

Issue: Health: Violence and Anti-Depressants

Program: CBN Newswatch

Air Date and time: 05-15-2014 @ 6:00pm

3:54

Dr. Peter Breggin has studied the link between violence and anti-depressants and authored a book "Medication Madness" to show what he has learned. Dr. Breggin says that these drugs are causing anxiety, agitation, insomnia, hostility, aggression, and mania. Anti-depressants work on the brain therefore altering the way people think. In addition to driving the person with this amphetamine like affect the anti-depressants kind of do a lobotomy; you lose your empathy and your caring. A Cleveland Clinic doctor commented that without anti-depressants many of her patients could not function properly. She said educating the patient of the risk and another family member or caregiver will help a lot.

Issue: Health: Obesity

Program: CBN Newswatch

Air Date and time: 05-22-2014 @ 6:00pm

3:46

The United Nations says we need a global food tax on all unhealthy foods. They say obesity has become more dangerous than tobacco and the international community needs to do more to prevent it. Along with a tax on unhealthy foods, they want to limit saturated fats, salt and sugar as well as boost local food production. Dr. Linda Mintle said this was tried in Denmark and did not work. Dr. Mintle said some feel it is an over reach of the government and this would be a burden to the poor. Some of the obesity problems are an economic issue; the poor tend to buy what they can afford or what gives them more bang for their buck. She also said people can help themselves by getting active, spending time and energy preparing foods, and gardening would help.

Issue: Health: Carbs and Cancer Correlation

Program: CBN Newswatch

Air Date and time: 06-12-2014 @ 6:00pm

5:19

Sugar is what fuels cancer. It is the cancer's food. Studies are now showing that a metabolic diet or a ketogenic, cutting out all carbs, is killing the cancer in mice and humans. The carbs turns into glucose in the body which is the sugar used by cancer to grow. When carbs are cut we starve cancer. Dr. Dominic D'Agostino, from USF (University of Southern Florida) Cancer Research has over a dozen patients that have starved their cancer and over one year later still cancer free. We should all eat more natural fats and stay away from trans fats.

Issue: Health: New Mosquito Carried Virus

Program: CBN Newswatch

Air Date and time: 06-19-2014 @ 6:00pm

2:20

There is a new virus called Chikungunya making its way into the United States being carried by mosquitoes. The symptoms for Chikungunya are fever, headache, muscle pain, rash on hands and feet, and severe joint pain. There is no cure or vaccine for the virus, so your only hope to avoid the virus is to avoid mosquito bites. If you get the virus doctors are saying get lots of rest and drink plenty of water. Most symptoms will go away within a week, but the joint pain can last for months.

Issue: Helping the Homeless in America

Program: CBN Newswatch

Air Date and time: 04-15-2014 @ 9:30pm

1:14

A San Francisco group has a project called Go-Pro Project. They are trying to help Americans see and understand what hardships a homeless person goes through in their life. Erika Baraza, a co-founder of the group, said the group is trying to find out how we can make the services provided to the homeless across the country work better for them. They are trying to create more passion for the homeless across the country. They will release a new video once a week.

Issue: Internet Security

Program: CBN Newswatch

Air Date and time: 04-09-2014 @ 9:30pm

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A security breach called "Heart Bleed" has put passwords, credit cards, and other sensitive data at risk. Researchers say the problem is with SSL/TLS that is an encryption technology that uses the small closed padlock symbol and https on browsers to show that web traffic is secure. The Heart Bleed breach allows people to view that traffic even if the padlock is closed. Researchers say this threat is serious and are advising people to change all their passwords. A fix for this problem just came out but websites and service providers must install the update to protect their customers.

2:00

Identity Theft, breaches in online security, is becoming one of the fastest growing crimes in America. It could include credit card fraud, government identity theft, and medical identity theft. Many criminals are getting death certificates of deceased people, putting in an address change with post office to get the deceased person's mail and more information. They then open credit cards in the deceased person's name and drain their bank accounts. In order to not have this happen to your loved ones experts suggest; 1) notify the credit bureau right after the death, 2) Limit the names listed in the obituary, and finally 3) Cancel your loved ones drivers license.

Issue: Internet Control

Program: The Brody File

Air Date and time: 04-15-2014 @ 8:30pm

3:18

The United States invented the Internet as a military function. Since it has been a commercial entity the United States Department of Commerce has managed internet traffic and assigned website addresses, but now the Obama administration wants to hand over the keys to a multinational organization. Many fear this will muzzle free speech around the world. In the late '90s the Commerce Department formed a non profit agency called the Internet Corporation for Assigned Names and Numbers (ICANN) which governs the system that assigns website addresses and directs internet traffic. Following Edwin Snowden's revelations about America's spying activities the Obama administration is feeling international pressure to give away the authority to direct web traffic. Even the head of ICANN said everyone interested in the Internet deserves a voice in the management of it as equal partners. Some countries have already passed a resolution that will allow governments to shut off websites. Congress is considering 2 different actions; one would delay the transfer of control and another requires Congressional approval before the Obama administration can act.

Issue: Internet Control cont.

Program: CBN Newswatch

Air Date and time: 05-09-2014 @ 9:30pm

3:50

There is a debate in Washington on the Internet. They want to make sure Internet neutrality is in place; that no one or business moves faster over the Internet than any others. Advocates for Net Neutrality want the Federal Communications Commission (FCC) to reclassify the Internet in Federal law so the Internet would be considered a telephone. Then the FCC would have full authority to regulate it. Critics say that is regulation from more than a century ago and the FCC should stay out of it and let the free market determine the future. It will be months possibly a year before there are any new reclassifications made.

Issue: Social Contagion

Program: CBN Newswatch

Air Date and time: 05-01-2014 @ 9:30pm

2:49

A new study from Brown University suggests divorce could be contagious. The findings show that if a friend or loved one gets a divorce that raises your chances of divorce. The study found that 75% of marriages were more likely to end in divorce if a friend got divorced and 33% were more likely to divorce if it was a friend of a friend. The researchers call it "Social Contagion" which is the spread of attitudes and behavior through friends, family and social networks. The study showed that married people with deep religious convictions were more likely to be happy and less likely to divorce. Christians are more likely to get the emotional and social support they need to navigate the shoals of married life.

Issue: Mid-term Elections

Program: CBN Newswatch

Air Date and time: 04-01-2014 @ 9:30pm

5:47

Midterm elections are 7 months away and polls show Republicans may win the Senate majority. The district lines are redrawn every 10 years after the census is taken and in 2010 the new district lines benefit the Republicans. Due to this redistricting, Republicans have a big advantage that may help Republicans win midterm elections. Another advantage for Republicans is the Democratic support of ObamaCare. With the voters convinced the country is going in the wrong direction it will be a steep hill for the Democrats in the mid-term election.

Issue: National Security & NSA Scandal

Program: CBN Newswatch

Air Date and time: 05-22-2014 @ 6:00pm

: 35

The House is taking a step to curb the National Security Agency's (NSA) collection of every Americans phone records. Today it passed the USA Freedom Act; it reorganizes the most controversial program exposed by former NSA contractor Edwin Snowden. The bill would stop the NSA from collecting the phone records of Americans, but it would still order the phone companies to keep that information for 18 months so the NSA can search it for terrorist threats. Opponents say it does not actually end the bulk collection of American's private information.

Issue: ObamaCare

Program: CBN Newswatch

Air Date and time: 04-01-2014 @ 9:30pm

: 33

The White House said enrollment in the Health Care Act hit more than 7 million before the midnight deadline. They saw a huge surge on the last day. They say it will take days to sort through all the numbers. The White House does not know how many have the health care because they lost theirs due to ObamaCare and they do not know how many have paid their premiums.

Program: CBN Newswatch

Air Date and time: 04-04-2014 @ 9:30pm

: 37

Many who did not sign up for ObamaCare by the deadline are finding out they cannot enroll now till the next open enrollment period, which is November 2014. It is because the insurers are refusing to sell to individuals after the enrollment period ends.

Program: CBN Newswatch

Air Date and time: 04-11-2014 @ 9:30pm

6:20

Kathleen Sebelius, Health and Human Services Secretary, stepped down today and President Obama named Sylvia Mathews Burwell as her replacement. The Obama administration is hoping a new face will help signify a fresh start. The disastrous roll out of the Health Care Law, which including the crippling glitches on HealthCare.gov, plagued Sebelius term. She also bore responsibility for the contraceptive mandate. The Republicans say it is not Sebelius that is flawed, but the health care law she defended. Even after she is gone it will continue to fall short. The Obama administration is saying the new law is a success, 7.5million people signed up by the March 31st deadline, but two new studies by the Rand Corporation and Express Scripts cast doubt on the Obama administration's numbers. They say the correct numbers are closer to 3.9million enrolled, which is far below expectations. Express Scripts found that premiums and deductibles will most-likely go up. The Republicans feel the new studies show the Obama Administration and Kathleen Sebelius are not telling the truth.

Program: The Brody File

Air Date and time: 04-29-2014 @ 8:30pm

3:36

Dr. Ben Carson says he has the right prescription for the health care crisis in this country. He said it is not ObamaCare. His political action committee called American Legacy has a new venture that's called Save Our Healthcare." It is a petition drive where Americans sign up to tell Congress there are better solutions on healthcare. He said, "people do not understand when you take the most important thing you have and you put it under government control you are relinquishing an enormous amount of control and you are fundamentally changing the nation."

Issue: Choosing a College

Program: CBN Newawatch

Air Date and time: 04-30-2014 @ 9:30pm

3:19

Parents have many things to consider when helping their children decide on a college. The parents are concerned with the level of education and the type of culture on campus toward the family faith. John Zmirak's book "Choosing the Right College" helps families pick the right school and also helps find ways to cut the cost.

Issue: Dangers of Pornography

Program: CBN Newswatch

Air Date and time: 05-15-2014 @ 6:00pm

1:14

A coalition is gathering in Washington DC and their goal is to make Americans more aware of the dangers of pornography. Ahead of the two-day summit some of the lead speakers held a news conference. They pointed out if Americans knew just how harmful pornography could be they would begin to reject it. A neurosurgeon talked about how pornography actually changes the brains of users and causes them to be addicted. A researcher pointed out the pornography industry deliberately sets out to create addicts and a feminist pointed out this addiction changes the way users view sex and women.

Issue: Prayer in Govt. Meetings and Schools

Program: CBN Newswatch

Air Date and time: 05-05-2014 @ 9:30pm

3:38

The Supreme Court upheld the long-standing tradition in a split decision today to uphold prayers at the beginning of Government meetings. Supporters are celebrating the victory, but opponents are saying the fight is far from over. The ruling will also have an effect on other Federal Court cases that have not been ruled on yet.

Program: Christian World News

Air Date and time: 05-12-2014 @ 8:30pm

3:44

The Supreme Court ruled, "it was not for the legislatures to require chaplains to redact the religious content from their message in order to make it acceptable for the public sphere." Implications for the ruling extend across the country.

Issue: Collection of Student Data

Program: CBN Newswatch

Air Date and time: 05-08-2014 @ 9:30pm

5:47

Schools are collecting data on students. 95% of school districts use vendors and computer clouds to store all kinds of information. The policies for protecting that data are weak and nontransparent. Only 25% of schools tell parents where their child's information is stored. Much of the data can be sold or marketed, plus many contracts allow the vendor to keep student information forever. Parents are trying to get limits put on what the school collects and how long the vendor can store it. Changes have been made to the Federal Student Privacy Law (FERPA); the changes allow much more data to be collected.

Issue: Rural Investment Fund

Program: Rural Evening News

Air Date and time: 04-28-2014 @ 9:00pm

1:39

The United States Department of Agriculture (USDA) has announced a \$150million investment fund to grow small businesses and create jobs in rural America. USDA Secretary Tom Vilsack says 8 credit institutions have pledged to invest in the new effort that will allow some rural businesses access to the capital they need. This summer USDA will host a gathering of financial executives to help sell rural America to investment banks. There will be a conference July 23rd-24th where the USDA will try to bring together the people with money and the people with deals and the infrastructure projects.

Issue: Supreme Court Rulings

Program: CBN Newswatch

Air Date and time: 06-26-2014 @ 6:00pm

5:20

The Pro-Life had a tremendous win today in the Supreme Court. The Supreme Court took away the bubble zone that Massachusetts' courts put around abortion clinics. The Massachusetts' Court said Pro-Life people were not allowed free speech within the bubble zone. Today the Supreme Court said the First Amendment should apply the same to all people and said the 35' bubble zone was unconstitutional.

: 30

The Supreme Court decided to limit President Obama's power to bypass Congress and make recess appointments to high-level government positions. The Court's decision says the recess has to last 10 days to be considered a recess under the Constitution. They also ruled that the President's appointments to the National Labor Board in 2012 without Senate confirmation were unconstitutional.

1:37

The Supreme Court ruled today the digital information on our cell phones could no longer be searched without a warrant. The police can take the phone from a person they just cannot look at the information until they have a warrant.

Issue: Taxes for 2013 and 2014

Program: CBN Newswatch

Air Date and time: 04-10-2014 @ 9:30pm

2:44

Taxes are due next Tuesday. The IRS, Internal Revenue Service, is so busy it might not be the best place to get help with so few days left to file. There are plenty of tax experts that might be able to get you deductions you did not even know about because of loopholes in the laws.

Program: Rural Evening News

Air Date and time: 04-21-2014 @ 9:00pm

: 58

The Tax Foundation announced that Tax Freedom Day is here. Monday April 21st is the day Americans have collectively earned enough income to pay off their total Federal, State, and local tax bill. This year that day arrives three days later than last year and 111 days into the New Year. Rural Americans will spend more on taxes in 2014 than they will on food, clothing, and housing combined. And will pay \$4.5 trillion in Federal, State, and local taxes.

Program: CBN Newswatch

Air Date and time: 04-21-2014 @ 9:30pm

4:31

In 1900 Americans had to work till January 22 to pay off their taxes. Today we have to work 111 days till April 21 to pay off our taxes. For Federal and State taxes combined Americans will pay \$4.5 trillion. We pay more to government taxes than we do for our food, home and clothes combined. The fiscal cliff deal Washington politicians worked out at the beginning of last year has raised the taxes of more than three-fourths of Americans. Also a couple of several ObamaCare tax hikes have taken effect. Americans will not get any tax relief in the near future.

Issue: Terrorism

Program: The Watchman

Air Date and time: 06-18-2014 @ 6:00pm

11:25

For the American viewer what's happening in Syria and Iraq matters. President Obama on many occasions has said Al Qaeda is all but decimated and also that the world is a more peaceful place. In reality all three terrorist groups of the Middle East: Hezbollah with over 100,000 rockets and missiles pointed at Israel and well trained operatives all over the world including the United States; Hamas, which is Iranian backed and has hundreds of rockets that it launches at Israel almost daily out of Gaza and is part of the Palestinian Authority Government (which President Obama and his administration has accepted with open arms); and then there is Al Qaeda, who is not decimated and has more geographical territory with their off shoot groups than they did before 911 and are stronger and growing; and now there is another group Islamic State of Iraq and Syria (ISIS) which broke off of Al Qaeda. ISIS is not just a terrorist group, it is a well-trained fully functioning army. ISIS was Al Qaeda's Iraq branch, but broke away to start its own operation. Al Qaeda has disowned ISIS because their tactics are too extreme even for Al Qaeda. ISIS is responsible for attacking Christians in Syria. The American trained Iraqi soldiers and police are not putting up a fight as ISIS takes over Iraq one city at a time. Dozens of Americans along with many other westerners have traveled to Syria to join in on the Jihad meaning we need to beware when the western Jihadists return to their homelands where they will be striking out at Jews and Christians.

Issue: Terrorism cont.

Program: CBN Newswatch

Air Date and time: 04-16-2014 @ 9:30pm

4:01

A new video that shows what looks like the largest gathering of Al Qaeda in years and has the terrorist second in command saying he wants to attack the United States. According to CNN the footage shows the #2 leader Nasser al-Awalaki meeting with commanders and fighters in Yemen. He also heads Al Qaeda in the Arabian Peninsula. Plans are being made in Yemen for attacks against America. Nasser al-Awalaki says in the video our goal is to destroy the cross. He also says the US is the bearer of the cross, so the US must be destroyed. The cross is Christianity. Al Qaeda has a bull's-eye on the back of every Christian in the Middle East and around the world. Some experts feel Al Qaeda wants to do things on a grander scale than 911, but no one is sure if they have the capability. There is intelligence supporting the possibility of small scale, inexpensive, low tech schemes that can be carried out by one person.

Issue: Tyson Chicken Nugget Recall

Program: Rural Evening News

Air Date and time: 04-07-2014 @ 9:00pm

: 51

Tyson has recalled more than 75,000 pounds of frozen cooked chicken nuggets. They may be contaminated with small pieces of plastic. USDA's inspection service said the problem was discovered after consumer complaints of minor mouth injuries from consumption of the product. The problem was traced to a blending machine.

Issue: Unemployment

Program: CBN Newswatch

Air Date and time: 04-17-2014 @ 9:30pm

: 47

America is at a pre-recession jobless rate according to the new numbers just released. Janet Yellen, head of the Federal Reserve, said the 2009 stimulus program is still very much needed. She also said the country should expect a gradual recovery over the next two to three years.

Issue: Vehicle Changes

Program: CBN Newswatch

Air Date and time: 04-01-2014 @ 9:30pm

: 33

By 2018 the government will require all new vehicles to have rearview cameras. The Highway Traffic Safety Administration say the rule will apply to all cars, SUVs, and mini vans as well as some small trucks and buses. Backing up accidents cause an average of 210 deaths per year. Children under 5 years of age account for 31% of the deaths and at least 15,000 injuries are attributed to backing up accidents. The government says the new rule will save lives and prevent injuries.

Issue: Porcine Epidemic Diarrhea Virus

Program: Rural Evening News

Air Date and time: 04-11-2014 @ 9:00pm

1:24

PED (Porcine Epidemic Diarrhea) Virus from China is affecting farms in 27 states killing millions of piglets in less than a year. Butchers and farmers say they have not seen anything like this since the 1950s. Consumers should expect the price of pork to go up in some areas about 50%.

Program: Rural Evening News

Air Date and time: 04-22-2014 @ 9:00pm

1:53

The USDA is working hard to bring the PED virus to an end. It has been in the US for about one year. The sow's immune system is not strong enough for both the sow and piglet therefore the sow is passing the virus on to their babies. The piglets have almost no immune system, so they are catching the virus and dying. In an effort to slow it down the USDA is requiring the reporting of PEDV as well as the Swine Delta Corona Virus. The USDA said tracking the pigs would help. At the end of last week PEDV has been officially reported in 28 states.

Program: Rural Evening News

Air Date and time: 04-23-2014 @ 9:00pm

2:09

The (PEDV) Porcine Epidemic Diarrhea Virus epidemic continues to spread. It is in over 28 states and has killed over 4 million piglets. The USDA is not only going to track the pigs, but are now requiring the producers to isolate the sick piglets and report it.