

Trinity Broadcasting Network

Quarterly Programming Report

April, May, June 2016

KTBO-TV Oklahoma City, OK

Central Time

Leading Community Issues

Results of ascertainties from civic leaders, responses from KTBO viewers, and from the print media, comprising newspapers, magazines and publications.

Health

Family

Civic Affairs

Economy

Education

Crime

Homeless

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #1231A	30:00	15:00	L	PA/O	4/4/2016	5:30 PM
					4/5/2016	3:30 AM
					4/9/2016	2:30 PM

Guests Megan Souder and Cynthia Baker offer host Dolly Velasquez good information regarding mosquitos and the Zika virus. The Zika virus is transmitted by mosquitos found in areas such as Mexico, South America, Caribbean, US Virgin Islands and Puerto Rico, currently in the US the transmission is related to travel in these areas. However, there are cases where males who are affected can transmit the virus sexually. It is suggested pregnant women or those who plan on becoming pregnant in the next few months, consider their travel plans. Also it is recommended that everyone should use insect repellent containing deet, limit outside activities from dusk to dawn and wear long sleeves and pants. The Zika virus has been connected with babies being born with microcephaly, a condition of having a small head. Symptoms of Zika virus, red eyes, joint pain fever can appear from 7 to 14 days after being bitten. It can be treated with tylenol or motrin.

Joy In Our Town #1234A	30:00	15:00	L	PA/O	4/25/2016	5:30 PM
					4/26/2016	3:30 AM
					4/30/2016	2:30 PM

Clinical Nutritionist Keith Bishop and host Dolly Velasquez discuss osteoarthritis. Osteoarthritis attacks the joints, usually knees, but can affect the neck, jaw, shoulders, any joint. It is the dehydrating of the cushioning between the bones. To reduce the pain one can take anti-inflammatory medications, and there are some natural things such as fish oil and ginger can help. Vitamins that include collagen are also beneficial. These help with the pain but do not correct the cause. Foods to avoid are red meats; foods that can help are fish and nuts. Exercise is often painful but helps build up the joint.

Joy In Our Town #1234B	30:00	15:00	L	PA/O	4/25/2016	5:30 PM
					4/26/2016	3:30 AM
					4/30/2016	2:30 PM

Keith Bishop explains Osteoporosis to host Dolly Velasquez. Osteoporosis is a condition of bone density. There are no symptoms, a bone density test is required to diagnosis this condition. Women are the most likely to develop osteoporosis; 16% of woman over 55 have osteoporosis, 4 % of men over 55. Petite body frames are at higher risk. High doses of calcium, 1200 to 1500 used to be prescribed, however, it is now known that that dosage can contribute to heart attacks and strokes. Bone density can be improved with vitamins and exercise. Fifty grams of protein should be consumed per day. Soft drinks and more than 4 cups of coffee per day can contribute to bone density loss. Helpful are collagen, minerals, and vitamins D3 and K2.

Joy In Our Town #1239B	30:00	15:00	L	PA/O	5/30/2016	5:30 PM
					5/31/2016	3:30 AM
					6/4/2016	2:30 PM

Dr. Dale Peterson explains to host Dolly Velasquez structural issues. David wrote we are fearfully and wonderfully made. As we look at the complexity of our bodies we see how true this statement is. There are different components that make up our bodies; organs, biochemical and structural are just a few. If we have a biochemical issue they need to be treated biochemically, often we treat structural issues biochemically rather than structurally. Some structural issues relate to three areas: hip misalignment, when it becomes slightly misaligned, the skull can slip slightly on the spine and our ribs can twist and lock up. These can all be easily treated, but many times doctors look at other things rather than structural. One thing to remember is symptoms are warning lights and should be addressed not just medicated.

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Joy In Our Town #1240A	30:00	15:00	L	PA/O	6/6/2016	5:30 PM
					6/7/2016	3:30 AM
					6/11/2016	2:30 PM

Dr. Dale Peterson explains to host Dolly Velasquez the importance of electromagnetics on our health. Our bodies communicate electro-magnetically between heart, brain and other areas. Life is defined by electromagnetic activity. We are designed to draw energy from natural electromagnetic from our surroundings. However, those forces have been diminishing and other electronic devices are beating down on us: electronics like 1100 satellites and cell phones. Exposure to these electronic waves are affecting our health. Issues are tired, headaches, can't sleep with people who work around radar or microwave systems. There are devices that can assist in blocking these outside microwaves.

Health

Switch On Your Brain #023	27:30	27:30	REC	PA/O/E	04/06/2016	5:30 PM
					06/29/2016	5:30 PM

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

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Health

Switch On Your Brain #024	27:30	27:30	REC	PA/O/E	04/13/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is the Mind?" We are spirit, soul, and body. And the mind is the central part of us. The mind is this soul part of us. It's our intellect; our ability to think deeply. Our will; our ability to choose, and our emotions; our ability to feel. And it's subservient to the spirit of man. So, the spirit of man is higher than the mind of man. And the mind is higher than the physical part of man, which is the brain and the body. And the Holy Spirit is designed to lead it all. Holy Spirit, to spirit, to soul, to body, the soul being mind. Research shows that the mind is divided into a conscious part and a non-conscious part. The non-conscious part is linked to the spiritual part of man and it drives the non-conscious mind. The conscious mind is the conscious part of us that is awake when you're awake. The non-conscious is always awake. Our conscious mind is equally as powerful as the non-conscious mind. The mind is separate from the brain. The mind is not the brain. The mind controls the brain. Scientifically we call it neuroplasticity, which "Neuro" means brain, "Plastic" means to change. But what's really happening is it's renewing of the mind. Our brain has actually been designed by God to be constantly renewed. Whatever you're focusing your attention on, your brain just reflects that. Where your mind goes, your brain follows. So, literally, as soon as we become aware of something, as soon as we are consciously aware of something in our thought life, it becomes changeable. You see, your thoughts precede your words and your actions. As soon as we become aware of something we can re-conceptualize the information. Basically, as we are aware of something, we can in science re-conceptualize the information. Re-conceptualize is basically a fancy word for redesigned. Now, it is accepted that ninety-five percent of who we are operates at the non-conscious level. What is interesting is how science is catching up with word of God. Because this is a completely spiritual thing. God made science. Science is spiritual. As you are thinking, information is coming in through your five senses. And then, that is then activating thoughts to move from the non-conscious to the conscious part of your mind. So, for example, the label PTSD (Post-Traumatic Stress Disorder) comes in varying stages. Any trauma that you have, any toxic thought that you have in your brain is a post-traumatic stress disorder. Anything that you haven't dealt with creates this trauma in your brain. It goes from worry to anxiety to trauma. So, every time it pops up from the non-conscious mind, your whole being is flooded. What we've got to do is go back to the core of: Who are you? How are you reacting? What happened in your life? How have you reacted to that? Is there a better way of reacting? And the only answer is Jesus; to go to the Holy Spirit, because He knows what you can deal with at that particular moment in your life. We need to deal with the psychology. We need to have things like talk therapy and a loving environment and people sitting down and helping you deal with these issues. We don't take the person's problem. We don't fix the person's problem. We encourage and carry the person while they're fixing their problem.

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Health

Switch On Your Brain #025	27:30	27:30	REC	PA/O/E	04/20/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Choice and the Power of Choice." It is such an incredible gift from God to be able to choose. And it's something that's been debated for years. Even now, it's very popular in science to talk about the fact that we actually don't have any free will. We don't have a choice. That we're just these animals or these biological automata that just respond to the environment. That's not what the Bible says and that's not actually what happens. Moment by moment of every day, you are choosing. And every time that you choose, you generate a signal with your mind that completely changes the genetic structure of your brain and your body. Deuteronomy 30:19 says: "I lay before you life or death." So, every single day, you're in the events and circumstances of life. And you can't control them because those events and circumstances are the result of other people's choices. But you can control your reaction to. So, you have the ability to choose how you are going to react to those events and circumstances. You see, choice is a real thing. And as we choose, we activate all different parts of our brain that kick into high gear. And as we choose well, amazing things happen in our brain. You have to partner with God. Grace is you stepping into what He has given us. When we step into the probabilities, they are all good and life will happen like it should and we will rejoice despite the circumstances. The only way we're going to choose the correct thing is if we direct our attention towards the Holy Spirit, and discipline our minds to listen to the Holy Spirit and choose the correct way. And as we choose, we then collapse that probability into a reality. We have such hope built into us. And science and scripture meet. God uses science to help us see the hope that He has built into us. In super position we don't know the outcome. When you have a love, power, and a sound mind, you are in super position. So, if we listen to God, we'll start hearing wonderful picture of the probabilities. If we listen to the enemy, we'll be hearing an awful list of probabilities that can go wrong. But we have to actually make one of those happen. When you are desperate, you will change. And when you have desperation plus a vision of who you really are, it's so much easier to move forward. We have these incredible things in our body that I call discomfort zones, which are reactions. When you're about to make a choice, there are three discomfort zones that kick in. The first one is you just become aware of how you're going to react. The second one is much stronger where you actually can feel your heart pounding and the adrenaline pumping – a very strong physical reaction. The third one is when you are about to make that choice. You become very, very, very self-aware, self-evaluative and self-regulating, in terms of the consequence of your choice. The plastic paradox is where we can choose either good or bad and they both have consequences. Our brain will simply follow your mind. Where your mind goes, your brain will follow. Make sure the choices that you make are the choices that are led by the Holy Spirit.

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Health

Switch On Your Brain #014	27:20	27:20	REC	PA/O/E	04/27/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental health issues are biological then you automatically want a biological solution. When we talk about biological, we're talking about the realm of the physical. We are spirit, soul, and body. The rules that apply to the physical are not the same as the rules that apply to the soul; to the mind. So, if mental health issues are lumped along with something like diabetes, or a broken arm, or a cardiovascular issue, that is not correct. When we separate out the biological and the mental and we look at this thing correctly, we actually have much more hope. Because of instead of stigmatizing you and saying that you are a diseased, broken machine, we are saying: Hey, you are perfect, made in the image of God. And, the choices that you've made have landed you up in a bad place. And so, we can stand with you and recognize the depth of the uniqueness of who you are and help you get through those issues

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Health

Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	05/04/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind constantly changes. The brain is like a mirror that reflects what is going on inside your mind. The mind can change the brain. The way you think will change the brain. The brain is plastic and we call this neuroplasticity; neuro meaning brain, plastic meaning change. Each and every one of us is so completely unique. As it says in the Bible we are uniquely, fearfully, and wonderfully made. Unique means stand alone, set apart. For so many years, there's been a debate between nature, nurture, and what I call the "I-Factor." Nature is nature-dominant. In other words, are your genes and your biology dominating you? Are you controlled by your genes? Are your genes dictating you? Is there a certain pattern in your brain that's causing all these things to happen? So, that's the nature argument. Then, the nurture argument is the environment that you grow in, the experiences that you have, the traumas that you go through. Is that what's causing these issues? So, there's the debate: Is one more important than the other? Do they work together – nature and nurture? Well, it makes a lot of sense that the nature and the nurture work together. But, there is another factor that's overriding both of these and that is you – your uniqueness that I call the "I-Factor." The psychological part of you, the mind part of you. Your choices are real. You are free to make whatever choices you want, how you focus your attention. This is the gift that God has given us. But please be aware that there are consequences of your choices. So, if you spend all day ruminating about the things that have gone wrong and who did what to you and how you want what someone else has got, well, you are going to be in the mental ill health zone. If you're spending more than 21 days whining and moaning about your situation, and complaining, you will build toxicity into your brain. Research shows that seventy-five to ninety-eight percent of current mental, physical, emotional, behavioral illnesses today come from our thought life. Research shows that DNA responds to the signal of the mind. DNA doesn't just switch itself on. It's just hardware. It needs something to make it work. You switch your genes on and off and the dominant signal for switching genes on and off, which makes physical substance in your brain, is your thought life. We create internal environments with our thinking and as we create those internal environments, that's literally done with our belief systems. What you are thinking about right at this moment is what we call an epigenetic factor. Our external environment is very important. It's the environment that you are living in, the people that you're involved with, your work environment, the context of your life, the social factors of your life – these all create the external environment that also impact how you are managing your life. These are also called epigenetic factors. It is incredibly important for us to create positive entangled relationships. God designed us for relationship. He designed us primarily for a relationship with Him and we are designed for relationship with each other. We improve our epigenetic external environment by the kinds of people that we interact with. It's important that you choose who you're going to spend time with, that they energize you, that they will encourage you, that they will lift you, and that they will not tell you what to do. Healing comes from three major things. Number one: You have to take responsibility. You have to change your own epigenetics. That's the internal epigenetic factor. Then, you need to have your loved ones, your inner circle, and your family. That changes your external epigenetics. And then, there's a second part to the external epigenetics, and that's the community. Your schools, your places of work, the institutions that you're linked with – these all play a role in your healing, in creating environments for you of healing.

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Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	05/11/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "The New Science of Stress." Did you know that stress is good for you? The new science of stress shows us that the way we perceive an event will determine whether we move into healthy or unhealthy stress. Healthy stress, which is normal, which is good, helps us to become alert and focused, have wisdom, and think clearly. Unhealthy stress, is when you make bad choices and we then throw our body off and we step into this unhealthy zone inside of our bodies, and there are two stages. We cannot control the events and circumstances of our life, but we can control our reactions to those events and circumstances. When you react incorrectly, you take a good thing and you turn it into a bad thing. What happens is that when we actually start reacting incorrectly and our perceptions start changing; our perceptions of the environment and the situations, then we start affecting every cell of our body and we start moving into stage two and three of stress, which is toxic and which is negative. They manifest in different ways. When we do make these bad mistakes, we can get rid of them and this is the most amazing thing in science: if you have wired that in, you can wire it out. Because we can stand back and observe our own thinking, we have a multiple perspective advantage both into the way that our brain actually functions. So, stand there, stand back, and make a decision: I want healthy stuff happening in my body, not bad stuff. The more you reach out and help others, the more you serve others, the more you get over yourself, the more resilience you actually build into your body physically and mentally against the stressors of life and the more easily you will actually stay in stress stage one and the more you will avoid mental ill health. We need to stop seeing people that have diagnosed mental ill health issues as faulty biological machines. This in itself is a stigma. What we need to see is a beautiful, unique, incredible human being that is not stuck in a box but that has a unique way of seeing life and is going through a hard time.

Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	05/18/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

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Switch On Your Brain #018	27:30	27:30	REC	PA/O/E	05/25/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. NIDA is the National Institute of Drug Association. They define addiction as "A chronic (which means on-going) relapsing (which means it's never going to go away) brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences." Basically, their philosophy is that once you're an addict, you're always an addict. That is not what the Word of God says. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

Switch On Your Brain #019	27:30	27:30	REC	PA/O/E	06/01/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

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

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #020	27:30	27:30	REC	PA/O/E	06/08/2016	5:30 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "The Disordered Mind." The difference between a disease and a disorder is that you can control a disorder. But that is a choice. And if you choose well, you move into mental health. If you choose badly, you move into mental ill health. So, if you make a good choice, you build healthy thoughts, which generate life. If you make a wrong choice, you build unhealthy thoughts. It's not that you have a disease in your brain. It's that you have a disorder and your brain can rewire. Disorder is the result of incorrect thinking. A disordered mind is a chaotic mind filled with cluttered rogue thoughts of anxiety, worry, and all manner of fear-related emotions send out the wrong signal right down to the level of the DNA. Some research that just came out very recently from Stanford shows that instead of there being a distinct neurological pattern for each type of disorder, for example, schizophrenia would have this type of brain signature; and bipolar this type of brain signature; and anorexia this type of brain signature; and each of those having this type of genetic signature. What they've actually found is that all the different psychiatric disorders actually have the same kind of brain damage. And what's very interesting is the areas of the brain that show damage are the actual areas that follow the path of thought formation. We're thinking beings. We think all day long. We're made in the image of a thinking God. And as we are thinking, we are building thoughts. And that building of thoughts follows a certain pattern in the brain. What's important to understand now is that your thinking is so powerful that you change the physical nature of who you are. You can choose to build your brain, you can choose to destroy your brain. Your brain simply responds to the mind and the body responds to the brain. You are not a victim of your biology. You are a victor over and above your biology.

Switch On Your Brain #021	27:30	27:30	REC	PA/O/E	06/15/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses psychotropic medications. Research shows that no one single psychotropic does any good for any brain. It actually creates a new neurological disorder. It doesn't matter what meds you have taken, what you've been told to do, you can change it with your mind. So, when we take a biomedical approach to medication, what we will see is a disease that needs a medication. But, actually, mental illness is not a disease and it doesn't need a medication. It is a very serious thing, but it's a mind disorder and it needs a different type of approach. Unfortunately, there's an entrenched myth in society. And it really is a theoretical myth that has just grown. And that is that medications are going to rebalance the brain. It also implies that the whole cause of mental disorder is biological or genetic or chemical. Unfortunately, if you look at the research, we've kind of been led to believe that a drug will actually renormalize the brain and this is really not true. What drugs do is they change the brain, and not necessarily for the better. Psychotropic drugs are things like your benzodiazepines, which are things like valium. You get your SSRIs, which are things like Prozac. And then, you get your anti-psychotic drugs that are given for things like schizophrenias. What's very interesting is that these drugs were initially stumbled on by mistake. They were developed for surgery and they saw that they had a mood-altering affect, and at that point, the world of psychiatry had mental health be classified as a disease. There's been an increase of use of psychotropic drugs and a reduction of more psychological talk-based intervention in helping people deal with mental health. Mental health is not being dealt with like it should. There's hundreds of references that you can go through and research this concept of what medication does to your brain. Once you're more informed, you then go to your doctor. You speak to your doctor. Find a doctor that will work with you and work on a plan to reduce your medications in a way that's going to work for you. You can't just reduce medications. You also have to address what is going on in your mind. Because you got there with your mind, so you're going to get out of it with your mind. Seventy-five to ninety-eight percent of mental, physical, emotional illnesses today are coming from our thought life. So, as you are gathering that data, that's a decision of your mind, the decision of your mind to go and read the resources and get informed about this. That is a decision of your mind. It's also a decision of your mind to be desperate to change and to be prepared to work through the change. In the same way that your brain has structurally changed because of the medication, your brain can structurally change again because of your mind, because of your love, power, and sound mind being able to change your brain.

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

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

Switch On Your Brain #022	27:30	27:30	REC	PA/O/E	06/22/2016	5:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses directing your rest. Directed rest means being able to focus, being able to do what it says in Proverbs 4:20-22, which is pay attention to my words, direct and focus your attention. When you do that, a healing comes in your body. You change. Directed rest activates networks inside the brain. When you switch off to the external and you switch on to the internal networks of your brain, they kick into high gear and you actually think with more wisdom, more clarity. So, the Psalm 46:10, which says, "Be still, and know that I am God," is really important when it comes to activating the internal networks of our brain. Directed rest literally means that we focus in a different way, we pay attention in a different way that actually activates our brain to function at a much higher level. A disciplined mind where you're focusing on something makes learning take place. We call this the "Quantum Zeno Effect" in quantum physics. "Quantum Zeno Effect" means the repeated effort that makes learning take place. Now research studies are pouring out showing that when we direct our mind, when we learn, we change the brain. Your brain is designed to be restructured and renormalized. It just takes a lot of disciplined mind work. We are designed to direct our rest. Scientific research has actually shown us that when we direct our rest, that means that we switch off the external, we switch on to the internal, and we actually organize our mind. And when we're focusing on God, we get this incredible sense of peace and calmness. Directed rest means that we actually think within ourselves. We actually go inside of our own heads and we think internally and that helps us to bring order and focus back into our minds. What's the benefit? What they have found from the research is when you order your thoughts like this, your brain grows networks. You activate neuroprotection, which means you protect against mental ill health. You actually bring health into your body. So prayer works. Thirty seconds a day that you build up cumulatively into a minimum of seven minutes is a number that scientists give us for making incredible physical change inside of your brain.

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

700 Club NewsWatch #05272016	CBN	1:00:00	5:00	REC	PA/O/E	05/27/2016 2:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called "Our Journey of Hope." Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

Family

Joy In Our Town #1231B	30:00	15:00	L	PA/O	4/4/2016 5:30 PM
					4/5/2016 3:30 AM
					4/9/2016 2:30 PM

Mike Bateman and host Dolly Velasquez discuss families of addicts and the help they can receive through Jesus House. Addiction and mental illness affects the entire family not just the addict. Just two ways it affects families is through loss of trust and economic issues. Often family members think they are helping when in actuality they are enabling the addiction. Every Saturday Jesus offers a class for family members on recognizing enabling and how to encourage and not enable. Jesus House helps reunite families and recovering addicts.

Joy In Our Town #1233A	30:00	15:00	L	PA/O	4/18/2016 5:30 PM
					4/19/2016 3:30 AM
					4/23/2016 2:30 PM

Pam Kanaly with Arise ministries and host Dolly Velasquez discuss how to be a woman of influence and how to leave a legacy. When wanting to leave a legacy a woman asks what do I want to be remembered for. With younger children find creative ways to teach and relate-taking natural things into spiritual teaching and guidance. With adult children it is important for us to pray for wisdom on when to speak and when not to speak. While we may not agree with their life choices we need to show unconditional love and remember God is not through with them yet. When dealing with daughters-in-law, it is important to love the person your child loves. And to show what it looks like to walk with Christ in love. Arise ministries ministers to single mothers through an online education center and also a yearly conference called "Survive and Thrive. This year's dates are June 24-25.

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

Joy In Our Town #1233B	30:00	15:00	L	PA/O	4/18/2016	5:30 PM
					4/19/2016	3:30 AM
					4/23/2016	2:30 PM

Author Pam Kanaly offers insights into 2nd marriages with host Dolly Velasquez. Second marriages have a failure rate of 67%, Pam and her second husband have been married 25 years. It is not always easy, it generally takes 5 years for two families to successively blend. She suggest keeping in mind biblical instruction not to be unevenly yoked. Also educate yourself with Christian resources and Godly counsel. Remember your role as a step mother is not to replace their real mother. Instead your role is to model Christ's love and how a Godly marriage looks. Don't give up too soon. Press into God for guidance.

Joy In Our Town #1238B	30:00	15:00	L	PA/O	5/23/2016	5:30 PM
					5/24/2016	3:30 AM
					5/28/2016	2:30 PM

Donna Edwards with Living Well and host Dolly Velasquez talk about marriage and the difference between arguing and disagreeing. At times our homes can feel like a war zone; leading to high conflict. The difference between arguing and disagreement: when arguing you are trying to convince the other person they are wrong. On the other hand during a disagreement you look at two different viewpoints. No two people in a marriage are totally compatible, you have different genders and different backgrounds. One main contributor to raising the intensity is tone of voice. Suggestions: watch tone of voice, listen and if needed take a time out, set the length of time out. Things that add to intensity are criticism, defensiveness, acting disgusted and distractions such as electronic devices.

Joy In Our Town #1239A	30:00	15:00	L	PA/O	5/30/2016	5:30 PM
					5/31/2016	3:30 AM
					6/4/2016	2:30 PM

Executive Director from Living Well Donna Edwards and host Dolly Velasquez discuss families and war and peace. Some families feel like a constant war zone, battling constantly. Parents need to set the example. They need to how to disagree without a full blown conflict. Parents to be in control. Today in many homes the children make decisions that the parents should be making. Parents need to set boundaries, children need guidance. Don't be afraid to have disagreements in front of children, but do not disagree about children in front of them. Let them see how to resolve disagreements. Set ground rules for discussions between, and between parents and children; show respect, no raised voices, no name calling, no blaming and learn to take responsibility.

Civic Affairs

Joy In Our Town #1232A	30:00	15:00	L	PA/O	4/11/2016	5:30 PM
					4/12/2016	3:30 AM
					4/16/2016	2:30 PM

Director of Oklahoma Aeronautics Commission Vic Bird and host Dolly Velasquez talk of the importance of Aerospace education. In Oklahoma aerospace is the 3rd largest employer, it is important to encourage young people to consider this work force. The Aeronautics Commission invests over \$200,000 per year in educational programs. Certification to work in this field does not require college degree, it is a standalone educational opportunity. Not only does the commission support summer camps and other programs, they are also the primary sponsor of the Aerospace America Day. These days always include either the Blue Angels or the Air Force Thunderbirds, along with a large hands on youth educational area.

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

Joy In Our Town #1235A	30:00	15:00	L	PA/O	5/2/2016	5:30 PM
					5/3/2016	3:30 AM
					5/7/2016	2:30 PM

Chairman of the Oklahoma Energy Resources Board (OERB), Danny Morgan and host Dolly Velasquez enlighten us on the services and work of the OERB. In the early 1990's the leaders of the energy industry in Oklahoma had a vision to repair damages left from abandoned oil sites. There are 2 main functions of the board: 1. Restoration and clean of the land so it can be productive 2. Education about the industry. No state funds are used. Oil and gas producers pay a small percentage of each purchase to fund the projects. Everyone from board members to those who work on clean up are volunteers. Since 1994 OERB has restored 15,000 abandoned well sites at a cost of over \$100 million dollars. There is no cost to the land owner. This clean up includes concrete pads, tanks, old derricks, salt water scarring and other issues.

Joy In Our Town #1243B	30:00	15:00	L	PA/O	6/27/2016	5:30 PM
					6/28/2016	3:30 AM

Kurt Foreman, with the Oklahoma City Chamber of Commerce, shares with host Dolly Velasquez the functions of the Chamber of Commerce. Three weeks after the Oklahoma land run, 125 years ago, the Board of Trade was established, this later became the Chamber of Commerce. They were involved in the first airport, developing Tinker AFB. They even mailed bricks, there was a minimum weight requirement for air mail, so they would mail bricks to ensure they met the weight. Currently the chamber is doing a study of an area called the Innovation Area which includes OU Medical, VA Hospital, Oklahoma Medical Research foundation among others. The area is not only medical focus, GE has their global research for energy in this area.

Economy

Joy In Our Town #1232B	30:00	15:00	L	PA/O	4/11/2016	5:30 PM
					4/12/2016	3:30 AM
					4/16/2016	2:30 PM

Vic Bird explains the importance of aeronautics on the economy in Oklahoma to host Dolly Velasquez. The main responsibility of the Aeronautics Commission is to see that the aeronautic needs of commerce and community are met. The first flight by the Wright brothers lasted 12 seconds, 30 years later Wiley Post flew around the world in 7 days and 19 hours, today it takes 20 hours to go half way around. Oklahoma has 3 commercial airports and 107 other airports around the state. Of those 49 are regional business airports and 47 of those can accommodate private jets. There are 7 centers around the world offering maintenance, repair and overhaul for aircraft, two of those are in America, one in Florida and the other in Oklahoma. In Oklahoma City we have the world's largest military aircraft maintenance facility and in Tulsa the world's largest commercial repair facility. The commission helped get the Engineering Tax Credit bill Passed, exclusively aerospace engineers and aircraft companies in Oklahoma. The first year 2009, 348 engineers took advantage of the tax credit, costing Oklahoma 3.5 million in tax dollars, but the economic impact was 270 million.

Joy In Our Town #1241B	30:00	15:00	L	PA/O	6/13/2016	5:30 PM
					6/14/2016	3:30 AM
					6/18/2016	2:30 PM

Linda Parker and Bob Steinerd with Oklahoma City Score Chapter explain to host Dolly Velasquez what SCORE is. The mission of SCORE is to mentor and educate small businesses. They help with solving problems for existing businesses and starting new small businesses. SCORE was established nationally in 1965, and in Oklahoma in 1982. There are currently 1200 volunteer mentors nationally and 26 in Oklahoma City. There are offices in OKC, Tulsa and Ardmore. Anyone interested can receive face to face mentoring or online. Online clients can work with any of the 1200 mentors who may have similar business backgrounds. They offer educational workshops, seminars and webinars. Topics cover every aspect of business. Nationally SCORE clientele is made up of 56% women, 39% minorities and 13% Veterans.

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

Joy In Our Town #1243A	30:00	15:00	L	PA/O	6/27/2016 6/28/2016	5:30 PM 3:30 AM
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Linda Parker and Bob Steinerd discuss with host Dolly Velasquez tips on starting a small business. Linda and Bob are associated with a volunteer organization called SCORE. They mentor and educate business owners of any size. Statistics show 99% of employers and small business and 50% employees are employed by small businesses. Oklahoma City is in the top 10 cities favorable to small business according to publications such as Forbes, Money, Entrepreneurs, and Inc. Before even registering ones new business it is suggested they contact SCORE, who will help with all areas. Starting a small business goes beyond the product or service. Other things to consider are bookkeeping, marketing, tax regulations, hiring. Planning ahead and having a business plan are both very important to the success of the business.

700 Club NewsWatch #05022016	1:00:00	5:00	REC	PA/O/E	05/02/2016	2:00 PM
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CBN News Reporter Caitlin Burke Reports: Disruptive innovation: While you may not recognize the term, it's affecting life and business as we know it. It happens when new ideas and technology shake up old markets by creating new ones. We've seen it in transportation, hospitality and now with banking. It's being called Wall Street's "Uber moment." Rob Morgan, vice president of Emerging Technologies at the American Bankers Association says customers expect to have the same type of digital access to banking as they do to other important services. Think about it. You can get your mail through a smart phone, order dinner, even hail a cab, all just by pulling up an app. Now thanks to financial technology, you can also access your money. Apple, Google, Amazon are the tech giants all on board with financial technology. Most of them are starting off with digital payment apps. While they may be a little late to the party, major banks have entered this new reality. Banks are competing in this space, but it seems they face an uphill battle. According to Harris Research firm, 77 percent of consumers have a positive impression of the tech industry, compared to 35 percent who feel good about the financial industry. Those skirmishes seem to be taking the shape of regulations. The tech industry wants breathing room for young startups, while the banking industry believes its new competitors should follow the same rules it does. Security is a major concern of consumers when it comes to digital financial services. Peters says your cell phone will eventually provide better protection of your information than a debit or credit card. Some of the popular services include Venmo, Google Wallet and Apple Pay. They allow you to transfer money and buy products without ever stepping into a bank or pulling out your credit card. This especially appeals to the Millennial generation. According to Viacom Media, 73 percent of Millennials prefer using digital services than going to a bank. But it's not Millennials who stand to gain the most from this technology. Despite battles on Capitol Hill, both the banks and the tech industry agree that, ultimately, the consumer will be the winner.

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Economy

700 Club NewsWatch #05202016	1:00:00	5:00	REC	PA/O/E	05/20/2016	2:00 PM
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CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Financial advisor Robin Tull, founder of Tull Financial Group in Chesapeake, Virginia, said many people lack an overall plan. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBR1 developed the program to help Americans determine how much they need for retirement. Choose To Save offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Married couple Amanda and Eddie Grizzard are two people who started saving early. They saved individually before marriage and began as a couple the month they married. The Grizzards used a financial planner to determine how much they needed for retirement. The Grizzards save a pre-determined amount every month that is automatically deducted from their paychecks. They add to it when there's overtime pay and they live frugally. The Grizzards have also kept saving even during bad times. Experts say holding off saving when the markets are down is a common retirement saving mistake. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips: Plan on living longer than you think you might as life spans continue to grow. Save extra for healthcare because those costs going forward are difficult to estimate. Maximize your employer's 401K match and look into a Roth retirement account. Know why you are saving. Paint a picture of your retirement. It will sharpen your focus and motivation. For Julia and Chris Williams, investing is part of living a godly life and saving as they start their family brings them peace. In fact, the Williams are thinking beyond retirement. They're following Proverbs 13:22 which says, "A good man leaves an inheritance to his children's children." That means not only planning for their retirement and for their son Anderson, but for his children as well.

Education

Joy In Our Town #1235B	30:00	15:00	L	PA/O	5/2/2016	5:30 PM
					5/3/2016	3:30 AM
					5/7/2016	2:30 PM

Danny Morgan shares with host Dolly Velasquez the role of OERB (Oklahoma Energy Resources Board) in education in Oklahoma. OERB develops educational material in the fields of science and math. Curriculum is for age's kindergarten through High School. Teachers attend workshops developed for the grades they teach. The teachers are taught by master teachers. Curriculum includes hands on experiments, writing and language skills. Teachers and students are made aware of items made from oil, such as cosmetics, fertilizer and plastics. Over 15,000 teachers have been trained, after completing the workshop they are each provided with \$1200 in materials. OERB also offers college scholarships to students going into the oil and gas field.

Joy In Our Town #1236B	30:00	15:00	L	PA/O	5/9/2016	5:30 PM
					5/10/2016	3:30 AM
					5/14/2016	2:30 PM

Janet Grigg is the Director of Seeworth Academy and she shares with host Dolly Velasquez information on charter schools: what they are and why they are needed. Charter schools are public schools sponsored by school districts or other organizations. The goal of charter schools is to meet the needs of each individual student. These schools may have a specific area they focus on, such as, science, math, arts and music or preparation for college. So a student gifted in these areas can receive specialized instruction. Seeworth Academy takes students who are at risk of not graduating and helps them achieve their goal.

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

Joy In Our Town #1236A	30:00	15:00	L	PA/O	5/9/2016	5:30 PM
					5/10/2016	3:30 AM
					5/14/2016	2:30 PM

Guest Blair Lanning and Host Dolly Velasquez discuss illiteracy and how it affects one's life. Literacy is not only the ability to read and write it is also the ability to take that information and improve one's life. Not being able to read causes low self-esteem and confidence. Simple daily activities such as going to the grocery store or filling out job applications are difficult. There are many reasons for illiteracy, such as childhood illness, or divorce causing often moves, anything that causes missing school. OIC (Opportunities Industrialization Center) gives volunteers nine hours of training and matches them with students of varying ages. Not only do they help with reading and writing OIC also offers programs to help prepare for GED testing.

Joy In Our Town #1237A	30:00	15:00	L	PA/O	5/16/2016	5:30 PM
					5/17/2016	3:30 AM
					5/21/2016	2:30 PM

Janet Grigg and host Dolly Velasquez discuss poverty and a student's education. There are two types of poverty: situational and generational. One example of situational poverty is the newlywed couple with low income to begin, but they have the hope and ability over the years to increase. The difference with generational poverty is that it is passed from generation to generation. They live with crisis on a daily basis. Children may not know if they will have food or shelter. Their reading and language skills are far below normal. They have behavioral issues. Seeworth Academy works with these students on every level. First addressing the behavioral side, so the student can benefit from school and classroom. Then they work with the student on their education. Many after graduation have gone on to college.

Joy In Our Town #1241A	30:00	15:00	L	PA/O	6/13/2016	5:30 PM
					6/14/2016	3:30 AM
					6/18/2016	2:30 PM

Chris Meyers with Opportunities Industrialization Center discusses GED studies with host Dolly Velasquez. The process and testing for GED has changed since 2015, there are now three tests that can be taken to receive your High School Equivalency diploma. The one OIC uses is the Hise test. This test is more economical and not only includes the five necessary tests but also two retakes. In the US every 26 seconds or 7000 per day drops out. OIC offers these students more than just a diploma; they also have an exit to success program. This teaches the student how to do a resume, how to go through an interview and how to fill out an application. The goal for each student is not only to receive their GED but also to develop skills to be self-sufficient.

Crime

Joy In Our Town #1237B	30:00	15:00	L	PA/O	5/16/2016	5:30 PM
					5/17/2016	3:30 AM
					5/21/2016	2:30 PM

Master Sgt. Gary Knight with the OCPD enlightens host Dolly Velasquez about human trafficking in Oklahoma City. There are two types human trafficking: labor trafficking which takes place more in other parts of the world and sex trafficking, this is mainly what is in US and OKC. Prostitution and strip clubs are the main avenues, with prostitution being the most prevalent. Many of these girls are ages 13 to 16. They are often runaways who come of even worse situations of sexual and physical abuse. So they are not always cooperative with police, making it hard to get them out and prosecuting the ones holding them. In the past pimps would control the girls, today it is often gang members. They see the possibility of repeatedly making money. When they sell drugs or guns their product is gone, with prostitution they can sell her over and over. People are encouraged to call 911 if they see a young girl who may be in this situation.

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

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

Joy In Our Town #1238A	30:00	15:00	L	PA/O	5/23/2016	5:30 PM
					5/24/2016	3:30 AM
					5/28/2016	2:30 PM

CEO of Central Oklahoma Habitat, Ann Felton Gilliland and host Dolly Velasquez discuss Habitats inmate program. Habitat is a Christian Housing Ministry assisting low income families. They have built over 840 houses, averaging 45 to 50 a year. The inmate program allows for 8 to 10 inmates with non-violent crimes to help with these projects. The inmates have a choice of where to volunteer, many choose habitat, besides the 8-10 there is a waiting. The Habitat staff is trained to work with the inmates, no regular volunteer comes in contact with them. It gives the inmates a chance to see that people care and teaches a skill before release. For habitat it allows for extra assistance saving them on each build.

Joy In Our Town #1240B	30:00	15:00	L	PA/O	6/6/2016	5:30 PM
					6/7/2016	3:30 AM
					6/11/2016	2:30 PM

Master Sgt. Charlie Phillips talks with host Dolly Velasquez about the work of Police Chaplains. The OKC Police Department program has been in existence for 37 years, the last four years the Senior Chaplain has been a commissioned police officer. Along with the senior chaplain there are 11 volunteer chaplains. These chaplains not only minister to police officers, but also their families, civilian employees, retired officers and crime victims. They are not there just to pray for them, but at birth of their children, at funerals, during tragedies. A police officer sees more than any human should ever see, sometimes these things are taken home and affect the families. The Chaplains are there for the spouses and families also. They help in the three areas of the officers lives: physical, emotional and spiritual.

Joy In Our Town #1242A	30:00	15:00	L	PA/O	6/20/2016	5:30 PM
					6/21/2016	3:30 AM
					6/25/2016	2:30 PM

Kris Steele with Teem (The Education and Employment Ministry) and host Dolly Velasquez discuss this ministry that assists low level felons turn their lives around. The program offers education and job training, helping in employment placement, mentors, and legal assistance. Oklahoma has the highest rate of female prisoners and the 2nd highest rate of males incarcerated. One in twelve Oklahomans are felons, our prisons are at 122% capacity. Some are hard core criminals, however, many are low level offenders who need treatment to change. TEEM offers training in areas like culinary, welding and heavy equipment, among others. They work with local employers who are willing to give someone a second chance. Children with incarcerated parents are 7 times more likely to take part in criminal activities, however, with treatment and training this generational issue can be changed.

Joy In Our Town #1242B	30:00	15:00	L	PA/O	6/20/2016	5:30 PM
					6/21/2016	3:30 AM
					6/25/2016	2:30 PM

Director of Oklahoma Highway Safety, Toby Taylor gives information to host Dolly Velasquez regarding the issue of impaired driving in Oklahoma. Impaired driving is a voluntary act of driving when under the influence of not only alcohol and illegal drugs but also prescription medications. Many medications state do not operate heavy equipment which includes a vehicle. In 2014 drug and alcohol impaired driving accounted for 4594 accidents, 2056 injuries and 208 deaths. Offenders average age for alcohol abuse is 21-35 and predominately male, drug offenders are typically 21-45 years old also predominately male. Gov. Fallon in 2013 set up a council to address the issue and try to reduce the incidents. They developed a campaign End Dui using ads, billboards and other sources. Since April 2015 over 1000 arrests have been made.

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

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

Joy In Our Town #1230A	30:00	15:00	L	PA/O	4/2/2016	2:30 PM
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Mike Bateman, Executive Director of Jesus House talks with host Dolly Velasquez about the changes in Jesus House services. In the past Jesus House was known as a soup kitchen and shelter ministry, it has now expanded into life transformation. They offer a 10 to 12 month program, the criteria being: homeless, addicted and mental diagnosis. The program gives not only food, water and shelter, but counseling, work therapy, and GED classes. Jesus House challenges and encourages, it is not a hide out. Recent studies show a decline in chronic and veteran homelessness, however, an increase in ages 18 to 30. The number of homeless veterans is down to 60.

Joy In Our Town #1230B	30:00	15:00	L	PA/O	4/2/2016	2:30 PM
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Larry Bross, Director of City Care, Inc and host George Young discuss a nationwide project called 100,00 Homes Project. In Las Vegas a study was done on one homeless man called Million Dollar Mike, with all the services he received in one year, emergency rooms, incarcerations, meals, etc, he had cost taxpayers over \$1,000,000. In Oklahoma City we have Floyd who in one year cost \$160,000. The 100,000 Homes Projects is aimed at people who have been on the street for 10 years or more. The difference between this project and others is that the person does not have to be clean and sober to benefit. They are offered a place to stay and they receive overlapping services-mental and medical health services from several organizations working together. The original target number in Oklahoma City was 80, but in one year 217 have been placed. Out of those 217, 1 has died, 1 jailed and 2 reconnected with family. The others are still in the program. While their drinking has not stopped, they have cut back. Not only is the project helping the participants, it is helping the tax payers.

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